

## **Injured Athlete Procedures**

### **Injury Reporting Procedure**

1. Athletes are to first report practice injuries to the coach then report to the athletic trainer. All injuries and health concerns must be reported to the athletic trainer. If an athlete needs to be referred to a doctor this will be coordinated with the athlete's parents.
2. In the absence of the athletic trainer, the coach will initiate early first aid care. The coach will notify the athletic trainer of all injuries within 24 hours of the injury incident.
3. Injured athletes are expected to continue attendance to practice and games during the treatment and recovery period.
4. Parents are encouraged to contact the athletic trainer regarding any questions or concerns related to their child's injury and care.
5. All athletes missing practice(s) and / or game(s) due to injury or illness must notify the coach directly prior to that practice or game.
6. Each head coach will direct the injured athlete on what they want him or her to wear to the game while they are unable to compete.

### **Taping / Bracing Policy**

1. Tape is a medical treatment tool with a specific therapeutic purpose. The athletic trainer will direct appropriate use of tape for injury care. Tape will not be made available for non-injury use.

2. If an athlete needs to get taped for an away game they must get taped before they leave school by the athletic trainer or make prior arrangements to get a note to be taped by the home school's athletic trainer.
3. The athletic training staff is available to advise parents on purchase and use of various bracing, splinting and supportive devices beneficial to the injury care and prevention. Some braces may be available through the training room at a discounted rate. See your athletic trainer for information.

### **Medical Referral for Injuries**

1. The Hilliard Darby Athlete Health Care program is not designed to replace the family physician or dictate medical care. The choice of health care provider and initiation of medical referral always remains at the discretion of the parent.
2. Your family physicians should be contacted if: problems develop with an injury or the condition worsens or the condition persists for an extended period of time. It is important that injured athlete return to the training room for reevaluation and report any new or remaining problems.
3. Parents have access to the services of the Hilliard Darby Team Physician Staff who help supervise all care provided by the athletic training staff.

Team Physician Dr. Thomas Rossi

4. All athletes evaluated by their family physician or emergency room should provide a note from the physician indicating the type of injury, course of treatment and participation status. The

note should be given to the athletic trainer promptly after the physician visit.

5. A physician MUST evaluate all significant head injuries before the athlete is allowed to return to any practice or game. The athlete must have a note from the physician clearing them to return.

### **Return to Activity Following Injury**

1. All athletes who have been removed from activity by the athletic trainer and referred for physician evaluation MUST provide a note from the consulting physician prior to re-entry into the activity.
2. All athletes who have been removed from activity, or placed on limited activity by a physician, MUST present a current note from the physician clearing the athlete to re-enter activity.
3. A physician's note "clearing the athlete to full go" is recognized ONLY as a release to begin a gradual transition period back to full game activity. This transition time period is designed to monitor the existing condition and assure safe return to intense and demanding game situations.
4. The athletic trainer determines Return to Activity Clearance using specific protocols established by the physician.



### Adolescent Athlete Protective Care Policy

1. No member of the athletic training staff or coaching staff may clear an athlete to participate if a physician has removed the athlete from activity.
2. No member of the coaching staff can clear an athlete to participate if the athletic trainer has removed the athlete from activity.
3. Following physician clearance for return to activity, if clinical evidence, rehabilitation progression or new injury information indicates the athlete is at continued risk from injury, it is the responsibility of the athletic trainer to protect the health of the athlete. The athlete is to be held from activity and referred back to the physician for further advisement.
4. The team physician, attending physician, athletic trainer, coach, or parent may withhold an athlete from re-entering activity if it is considered to be in the best interest of the individual's health. This policy allows those with specialized knowledge to act as a safety net, thereby optimizing the protection afforded the individual adolescent athlete.



### Hilliard Darby Athlete Health Care Physician Staff

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