

Pen Argyl Area School District

Current File: IGDJ

Policy

Date Adopted: November 20, 1996
Date Revised:

ATHLETIC INJURY POLICY

The timely reporting of injuries is very important for a number of reasons.

- * The athlete receives the proper treatment immediately. This often lessens the severity of the injury and aids in reducing the rehabilitation time needed for the athlete to fully recover and return to practice and competition.
- * In case of a serious injury, the athlete will be evaluated and referred to a specialist trained in the care of the particular injury in question.
- * When the trainer obtains firsthand information regarding any given injury, it allows for follow-up treatment. This aids in the athlete's recovery, reduces the chance of recurrence, and provides important information in case of recurrence.

It is for these reasons that the following procedures are being implemented.

1. If an athlete is injured and is treated by a physician, the athlete must obtain a written medical clearance from the treating physician and written clearance from the trainer before he/she will be permitted to return to practice and competition.

Note: The trainer's clearance will consist of a form filled out by the trainer and delivered in person to the head coach. Under no circumstances will an injured athlete be permitted to participate in either practice or game competition until the head coach is in possession of this form.

2. If an athlete is injured and fails to report the injury to the trainer, the trainer, upon his/her recognition of an injury condition, is authorized to remove the athlete from practice and competition until the proper treatment is received and the athlete is fit to return to practice and competition. Should the athlete simply require treatments which can be administered by the trainer, the trainer's written clearance alone will be required before the athlete is allowed to return to practice and competition. However, should treatment by a physician be required, then the procedures discussed above in #1 will apply.

Note: In the event that the parent(s) or legal guardian(s) of the athlete in question insist(s) that the athlete be permitted to practice and compete on the basis of having received the physician's medical clearance alone, and without being cleared by the trainer, they will be required to complete and sign (in person) a Waiver of Liability form, releasing the Pen Argyl Area School District and the athletic training staff of any liability regarding said injury as well as any further injury which might be sustained as a result of the athlete returning to practice and competition. Waiver forms are available from the trainer.

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3. The "taping" of athletes by parents, or anyone other than a trainer employed by the Pen Argyl Area School District is not an allowable act. Should treatment of this nature be detected by, or brought to the attention of the trainer, the trainer will determine the need for the taping. If the need is determined to be legitimate, the trainer will personally administer the treatment. In cases where anyone other than the trainer insists upon taping the athlete in question, the trainer has the authorization to remove the athlete from practice and competition until that time when the parent(s) or legal guardian(s) complete a Waiver of Liability form as discussed in Section 2. (This is very important, for the improper immobilization of joints can, and often does, result in both a weakening of the joint in question as well as the athlete sustaining injuries to other areas of the body (i.e., an assortment of knee injuries as a result of improperly or unnecessarily immobilizing the ankle joint).

Note: In cases where the team is competing at a neutral site or the opposing team's school, athletes are to either be taped by a trainer employed by the Pen Argyl Area School District prior to departure or the opposing team's trainer upon arrival at the site of the competition.

I have read and fully understand the information provided in this document.

Signature _____
(parent/guardian)

Date _____

Signature _____
(student athlete)

Date _____