

**Athletic Injuries/Return to Play or Practice****I. STUDENT OBLIGATION TO REPORT**

**A. Medical Alerts:** All student athletes must report to the trainer any medical alerts (e.g., allergies, asthma, diabetes) and any medications they are taking before play or practice begins.

**B. Injuries:**

1. All injuries, no matter how small or insignificant, are to be reported to the athletic trainer or coach at the time of injury.
2. If an emergency arises, the trainer or coach must be contacted immediately.
3. The trainer, when available, will outline appropriate treatment and rehabilitation program. Athletes must follow these programs.
4. Whenever a student-athlete is referred to a physician, nurse practitioner, or physician's assistant, the interscholastic athletic accident report form must be completed.

**II. PROCEDURES TO RETURN TO PLAY OR PRACTICE**

**A.** The following student-athletes shall not be returned to play or practice without submitting the "Athletic Injury and Return to Play Form":

1. Any student-athlete referred to a medical facility. If the student-athlete has been referred to an outside medical facility, the form must be completed by a physician, physician's assistant, or nurse practitioner at the facility.
2. Any student-athlete removed from a game or practice by the coach and evaluated by an athletic trainer. Lacerations requiring sophisticated evaluation or treatment are included; all other minor wounds are excluded. If the student-athlete is treated by the athletic trainer, the trainer shall complete the form.

**B.** The decision to allow an athlete to return to play or practice shall be in accordance with all sports medicine procedures approved by the superintendent.

**III. TREATMENT AND REHABILITATION PROGRAMS**

**A.** Any athlete who cannot fully participate in practice as a result of any injury is required to report to the training room each day for treatments and rehabilitation.

**B.** All treatment and rehabilitation programs are to be conducted under the supervision of the training staff and no equipment should be operated without proper authority.

**C.** Athletes must sign into the training room daily for any treatments and/or rehabilitative exercises.

**STUDENTS**

**JHFEA-R**

**Athletic Injuries/Return to Play or Practice**

**III. TREATMENT AND REHABILITATION PROGRAMS (Continued)**

- D.** All equipment must be returned to its proper place and is not to be removed from the training room.

**IV. OSHA STANDARDS FOR OPEN WOUNDS**

- A.** Any athlete with an open wound must be taken off the field immediately to be treated by the athletic trainer.
- B.** Any athlete with blood on his/her jersey cannot continue competition play until the jersey is removed or washed.

**Regulation Approved: 2/27/95**