

Athletic Injuries and Treatment

There is an inherent risk that goes with participation in extracurricular activities. The possibility of injury is real. We ask that our coaches be diligent in their supervision, teach proper techniques, take care in fitting the athlete with equipment, and have a working ability to provide standard first aid in response to injuries. The athlete also shoulders a responsibility to be safe and smart in the athletic arena. In order to reduce the chance of injury, the athlete should listen and follow the directions. There is no place for horseplay, and proper techniques particular to the sport should be practiced and utilized as a matter of safety.

We have an athletic trainer but the trainer's ability to be everywhere we play or practice is impossible. Whenever possible, the trainer's expertise will be utilized in the care of injuries resulting during practices or games. Our trainer will also be involved in the rehabilitation and decision process as to whether and when the athlete can return to competition. The trainer may make medical referrals to appropriate physicians if conditions indicate such need. Medical referral forms will be given to athletes when need for further medical assistance is warranted. These forms allow athletic the trainer to communicate information regarding suspected injuries and symptoms to physicians. It also allows physicians to communicate specific diagnosis, restrictions, treatment, and rehabilitation instructions to the athletic trainer. If an athlete is sent or goes to a physician without referral from the athletic trainer, a note from the physician is required before the athletic trainer can proceed with treatment or rehabilitation.

It is the athlete's responsibility to report to the athletic trainer and coach all injuries associated with athletic participation immediately, and by any means, within 48 hours. When the athletic trainer learns of such injuries, appropriate coaches will be notified. Similarly, when coaches learn of such injuries, they will notify the athletic trainer.

If injuries are discovered after athletes have returned home, athletes should go to their own physicians and report such to the athletic trainer and coaches as soon as possible the following day.

The athletic trainer will notify parents or guardians in case of emergencies. If parents or guardians cannot be reached, the athletic trainer will contact the alternate name on student's emergency card. The athletic trainer shall follow directions of designated adults with respect to securing additional health care and related transportation services for athletes.

If the adults cannot be reached, the athletic trainer will call the paramedics, if necessary.

If, in the judgment of the trainer or coach, injuries are limb or life threatening, the paramedics will be called first, and then the parents or guardians will be notified.

Coaches, athletes, parents, and the athletic trainer are encouraged to communicate on all phases of injuries.