

## Medical Clearances and Notes for Playing

1. **No athlete will be allowed to practice or compete without a medical clearance.** Medical clearances are necessary for **any and all** doctor's visit (MD, DO, DC, NP, PA, PT, etc.). This is to help protect the player, coach, certified athletic trainer, and school from liability issues. Medical clearances must be received directly from the physician by the certified athletic trainer via doctor's note (prescription note or official letter on letterhead from doctor's practice), fax (scanned prescription note or official letter on letterhead from doctor's practice), or email (scanned prescription note or official letter on letterhead from doctor's practice).
2. **Once the certified athletic trainers have determined that physician evaluation is necessary,** the coach will be notified. The athlete will not be allowed to return to participation in practice or competitions until a clearance note has been received from the physician by the certified athletic trainers.
3. **If the athlete has already seen a physician** prior to seeing the certified athletic trainers, the athlete will not be allowed to return to participation in practice or competitions until a clearance note has been received from the physician by the certified athletic trainers. The certified athletic trainers need specific instructions from the physician about treatments that should be performed for the injury, or need a note saying that the certified athletic trainers can "treat the injury at their discretion."
4. **If the certified athletic trainer has a question about a clearance note** the athlete will not be allowed to return to participation in practices or competitions until the certified athletic trainer has clarified the clearance note with the physician.
5. **The certified athletic trainer will notify the coach** when an athlete has received medical clearance.
6. **Medical notes regarding playing with casts or other special pieces of equipment** shall be a shared responsibility between the athlete, certified athletic trainers, and coaching staff. The athlete will be required to bring a note to the certified athletic trainers no later than the day before a competition. The certified athletic trainers will make a copy of the note for the athlete, head coach, and the officials. The original will be placed in the athlete's medical file. **Coaches please notify the certified athletic trainers of any rule changes involving casts, braces, or other special equipment at the beginning of the**

**season, so we can better serve the athletes who may require this equipment during the season.**

7. **Concussion protocol** is documented separately in order to return athletes safely to participation without risk of further injury. Athletes with concussions are only cleared to return to play when they have completed the schools "Return-to-Play" protocol, even if cleared by a physician to ensure a safe return to participation. For further information about the concussion "Return-to-Play" protocol, please speak to one of the certified athletic trainers or see the Concussion/Head Injury Care and Return to Play Guidelines link on the Athletic Department webpage.

I understand and promise to adhere to the above policies with the understanding that failure to comply with these policies could result in removal from participation in my current sports season and possibly additional sports seasons.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

