



Athletic Injury:

All athletes must have a completed Annual Sports Physical by a physician and turned in to ATC before being allowed to participate in practice or games.

Any injury sustained while playing a Clarinda High School sanctioned sport MUST be reported to the school's Certified Athletic Trainer (ATC) as soon as possible for evaluation, physician referral, and/or treatment.

If an injury occurs while at an away contest, Student-Athlete may be evaluated by the host school ATC (if available). Student-Athletes are expected to report in person to the Clarinda High School ATC on the next school day. When an athlete is injured at an away contest, the Coach is responsible for notifying the athlete's parents, Athletic Trainer, and Athletic Director of the injury. Coach should complete the "Coach's Incident Report" and submit to Clarinda High School ATC.

The Athletic Trainer is responsible for the care and treatment of the athletic injuries sustained while participating in Clarinda High School athletics. The Athletic Trainer will care for the athlete from the initial injury to return to play. The Athletic Trainer is responsible for determining when it is safe and, in the student-athlete's best interest to return to participation. As a result, the Athletic Trainer maintains the authority to hold an athlete from participation and recommend examination by a physician.

Medical Emergency:

**** Never touch or move an athlete if you suspect a head or neck injury! ****

If ATC is present, ATC will take the lead.

If the ATC is not present, the Coach will contact ATC immediately. The Head Coach will take lead until the ATC arrives.

- Activate Emergency Action Plan
- Keep athlete calm & still
- Check and monitor vitals until help arrives
- If you are first aid/CPR certified, give appropriate care until help arrives
- Keep record of entire incident. Include Athlete's and Parents' names, date, time, detailed description of event, and to what hospital athlete is being taken. Complete Coach's Injury Report

Please refer to the Clarinda High School Emergency Action Plan for full details and directions to field.

Emergency Transport/ Emergency Room Treatment:

Any student-athlete with an injury or illness that requires transport to or treatment in an emergency department must make a follow up appointment with family doctor or appropriate specialist, and be cleared, in writing, by that physician. Student – Athletes WILL NOT be allowed to return to practice or games until clearance note is received, NO EXCEPTIONS. (Emergency Department discharge papers will NOT be accepted for return to play.)



Non-Athletic Related Injury/Procedures/Illness:

Any student-athlete that is seen by a physician for a non-athletic injury/illness or procedure (ex: dental, surgery, asthma) MUST submit a clearance note to the ATC from that physician. Student-Athletes will NOT be allowed to return to practice or games until a clearance note is received, NO EXCEPTIONS.

Return to Play:

Return to play is an individual decision as each person will heal at different rates. Depending upon injury severity, student-athletes may be restricted in return to play. Student-athletes who were seen by a physician must have appropriate clearance, in writing, from that physician before they are allowed to return to play. Certified Athletic Trainer has **final decision** if athlete is allowed to return to sport.

**** In case of CONCUSSION, please refer to the Clarinda High School Concussion Protocols for specific return to learn and play procedures. ****

Physician Visit:

Any student-athlete that is seen by a physician for an injury or illness must submit a clearance note to the ATC. This note must include a return to play/ clearance date and be signed by the physician. The note must also include an injury or illness diagnosis and therapeutic recommendations if student-athlete is to rehab with ATC.

In cases where the injury is a concussion, the ONLY acceptable return to play Physician note will be the "Physician Referral Form" provided by ATC.

Acceptable Return to Play Form:

- Physician Referral Form (Provided by ATC)
- Note on Physician letter head
- Note on Physician Prescription pad

**** Student-Athlete will NOT be allowed to return to practice or games until clearance note is received, NO EXCEPTIONS ****

Signature of Parent or Guardian and Date

Signature of Student- Athlete and Date

**** Form must be signed and returned before participating in sport****



Injury Procedures:

Minor Injuries (Minor cuts, scrapes, bruises, sprains etc.)

1. Coach removes student-athlete from activity; assesses injury.
2. Coach refers student-athlete to ATC if the injury requires medical attention.
3. ATC examines and treats.
4. ATC informs coach that/when the student/athlete may resume play; informs student-athlete and coach of follow-up recommendations.
5. Follow up provided, as appropriate.

Minor Injuries (broken bones, dislocations, significant lacerations etc.)

1. Coach removes student-athlete from activity; assesses injury, alerts ATC.
2. ATC examines and acts, including calling 911, as appropriate.
3. ATC notifies parent; oversees transport to emergency facility (if applicable).
4. ATC informs AD; ATC assists coach in creating and submitting an incident report. *
5. Follow up provided, as appropriate.

Concussion (More detailed procedures are in the Concussion Management Protocol)

1. Coach removes student-athlete from activity, assesses injury, alerts ATC
2. ATC examines and acts, including calling 911, as appropriate.
3. ATC notifies parent; oversees transport to emergency facility (if applicable)
4. ATC provides parents with appropriate forms regarding head appropriate head injury procedures *
5. ATC informs AD; ATC assists coach in creating and submitting an incident report. *
6. AD informs school nurse
7. ATC informs AD and Coach when student-athlete may begin graduated return to play program

If injury occurs at an away event, the coach assumes responsibility for notifying the parents/guardians about the injury, and works with his or her school ATC in completing an incident report



Signature of Coach and Date