

Athletic Training/Sports Injury Policies and Procedures

If your child unfortunately sustains an injury or illness which can affect sports/PE participation, the following measures will ensure that he/she receives the best possible care.

1. **The athlete must report all injuries/illnesses to the athletic trainer.** Contact will be made to the parent with regard to the proper treatment for the injury/illness.
2. If the athlete is seen by a physician for any reason that could affect their sports participation, during the season, he/she will be required to obtain and present **to the athletic trainer** (NOT THE COACH) a clearance note from the physician's office. (see #3 for note specifications)
 - a. If a student is seen by a physician outside of the state of New Jersey, he/she must be cleared by a physician licensed in the state of New Jersey prior to returning to competition/practice.
 - b. The note must be signed by a physician licensed in New Jersey
 - c. Must state any restrictions or limitations
 - d. List a date that the athlete can safely return to activity
 - e. The athlete will NOT BE ALLOWED TO RETURN TO ACTIVITY unless the ATHLETIC TRAINER, NOT the coach receives this note. The school nurse must also receive a copy of the note.
3. All treatment/rehabilitation decisions will be made by the athletic trainer whose plan of care is discussed and approved by the supervising physician.
4. In the event that an athlete exhibits any signs and symptoms of a concussion as determined by the athletic trainer or attending physician, he/she will be immediately removed from participation and will not be allowed to return to participation until he/she has been evaluated by a physician trained in the evaluation and management of concussions.

***See "Head Injury Return To Play Protocol"**

5. In order to be in the training room, a Certified Athletic trainer must be present or nearby.
6. Unless a Certified Athletic Trainer is present in the Athletic Training room, no treatment will be conducted. This includes, but not limited to, whirlpool, electric stimulation, or ultrasound.
7. If an athlete is scheduled for treatment or rehabilitation, show up! If you do not show up, you will risk losing all future Athletic Training Room services for that liability.
8. All athletes must sign into the Daily Treatment Log before utilizing ANY Athletic Training room service (including getting ice).
9. Please wear appropriate and modest dress when in Athletic Training room. An athlete's underwear should not be seen and cleats must be taken off before entering the Athletic training Room.
10. The Athletic Training Room is not a hang out, especially during school hours.
11. Do not take anything from the Athletic Training Room (TAPE, coolers, equipment, etc.) without the consent of a Certified Athletic Trainer.
12. Respect will be shown at ALL times while in the Athletic Training Room.