

Liberty Christian School

Return to Play Policy for an Athletic Injury

If your son/daughter unfortunately suffers a school sport related injury, the following protocol has been placed together for them to receive the best possible care.

1. In the event of an injury, the student athlete must report the injury to the athletic training staff.
 - a. At the time of the comprehensive examination of the injury, the athletic training staff will present his/her opinion on the need of a medical referral.
 - b. Parents/guardian will be notified of the injury and if there is a need for a medical referral.
 - i. Athletic Training staff will give advice about the type or specific physician that would best help the student athlete.
 - ii. The final decision of what physician to see rests with the parent/guardian.
2. If the student athlete chooses **not** to receive care from a physician, they can be seen and/or treated by the athletic training staff.
 - a. It will be the student athlete's responsibility to communicate and set up treatments times with the athletic training staff.
 - b. The athletic training staff will use their knowledge and skills to best treat the student athlete until they are able to return to sport, and it will be their decision to determine the return to play status. This will be carefully assessed with the sports medicine team to ensure safest return to play possible.
3. If the athlete is seen by a physician and their injury could affect their sports participation, he/she will be required to obtain and present documentation to the athletic training staff.
 - a. The student athlete will not be allowed to return to activity until there is a physician clearance document. However, it is up to the athletic training staff's discretion to determine the current playing status of the athlete.
 - b. Being released back to participation by a physician does **not** imply full release back to activity that day. The student athlete is released back to the school's athletic training staff for an appropriate progression back to full play.
4. In the event an injured student athlete sees a physician without prior knowledge of the athletic training staff, the athlete must bring a written report of the physician's findings for the release to play. If this is not provided the student athlete will not be permitted to practice/compete until this note is filed with the athletic training staff. The athletic training staff will have full discretion of the status of play for that student athlete.
5. Continued care of the student athlete is carried out daily with reevaluation of the student athletes' progress, daily treatments, and rehabilitation.
 - a. When needed, such care is performed with periodic consultation of the attending physician.
6. The athletic training staff will be responsible for keeping open communication between student athletes, parents, and necessary coaches on the playing status of the athlete.