

VVHS Injury/Illness Policy

Pre-Existing Conditions

The VVHS Sports Medicine program cannot be responsible for any injuries sustained prior to or outside of participation at VVHS. It is the responsibility of the student athlete and parent/guardian to inform the Sports Medicine staff of any injury that may have occurred outside of VVHS athletics. Athletes cannot return to VVHS athletics until the outside injury has been evaluated and cleared by a physician **AND** the Athletic Trainer. All medical documents need to be turned into the Sports Medicine Staff, documented and cleared before returning to VVHS athletics.

Any and all injuries/illnesses **MUST** be reported to the VVHS Sports Medicine Staff immediately.

Clearance Notes: Any student-athlete that is seen by a physician for an injury/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 diagnosis and therapeutic recommendations if the athlete is to rehab with the VVHS ATC.

An APS athlete cannot return to athletic participation until a Physician AND the Athletic Trainer has cleared the individual, and any and all paperwork has been received.

If you are sick (vomiting, diarrhea, sore throat, fever, etc.) you must see the Athletic Trainer. If you go to the hospital or Physician's office for emergency care, you must contact the Athletic Trainer as soon as possible and turn in all documents. If the Physician, Athletic Trainer, or coach has excused you from practice, you must check in with the Athletic Trainer daily or before returning to practice.

APS Athletic Injury Policy

Injuries that have occurred out of season, in a club sport or is a non-athletic injury are not eligible for treatment or care by the Sports Medicine Department. These injuries must be seen and cleared by an outside Physician. Clearance notes still need to be given to the Sports Medicine Dept. **before** returning to participation in APS Athletics.

Return to Play

Return to play is an individualized 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 will be allowed to return to play. ***See above bolded Clearance note details***

*** Note: in cases of CONCUSSION, please refer to the APS Concussion Protocols for specific return to play procedures. ***

Guidelines will be established by the VVHS Athletic Trainer for athletes returning to activity after an injury/illness that **has not** been referred for licensed medical care **and are not** under the care of a physician.