

Athletic Department

Medical Policies and Procedures

The Medical Team

The Clinton Central Jr.-Sr. High School sports medicine staff consists of certified/licensed athletic trainers, team physician, and student athletic trainers. The team physician works in conjunction with the Witham Sports Medicine Medical Director to lead the sports medicine staff. The sports medicine staff works together to prevent, treat, and rehabilitate all injured student athletes.

In the event of an injury

Athletic injury should be brought to the attention of the athletic trainer or team physician as soon as possible. The athletic trainer and/or team physician will evaluate the injury and determine the most appropriate course of care. A majority of athletic injuries can be successfully treated and rehabilitated in the athletic training room at the school. Parents will be contacted in a timely manner should the injury require more extensive care. In order to help each athlete optimally recover from their injury, the medical staff recommends each athlete make every effort to follow-up daily in the athletic training room until they have recovered sufficiently per the sports medicine staff. The injured athlete cannot return to play unless cleared by the certified athletic trainer or team physician. Those athletes under the care of a doctor other than the team physician must provide written clearance from their doctor to the athletic trainer before they will be released back to participation in practice and/or games. Please feel free to contact the athletic trainer if you have questions or concerns regarding an injury.

Training room policies

Treatments - Athletes are expected to be at practice on time regardless of their need to see the athletic trainer. The injured athlete should be in regular communication with the athletic trainer to make every effort to receive their treatment at times which will try to limit their time away from practice.

Taping - The athletic trainer will determine the need for taping for practice or games for all athletes. Taping will only be done for recent injuries and in conjunction with a supervised daily rehabilitation program with the athletic trainer. Bracing is

recommended for those athletes with a prior history of injury but no recent problems. Braces have been proven to provide excellent support and be both cost effective and time efficient.

Durable medical equipment - Crutches, sling, braces, walking boots and the like are often used to hasten an athlete's recovery. The school has a limited resource of durable medical equipment for loan/use. It is a privilege for athletes to be loaned school equipment to be used during the recovery. It is greatly appreciated when this equipment is returned in good condition and in a timely manner. You will be held financially responsible for equipment that is not returned or is returned in poor condition.

Medications - Over-the-counter medications (ibuprofen, acetaminophen, etc.) will not be distributed or dispensed to any student athletes by either the athletic trainer or team physician. At no time are prescription medications dispensed.

Return to play policy

Members of the Clinton Central Jr.-Sr. High School sports medicine staff are responsible for emergency care, evaluation, treatment, and rehabilitation of injuries sustained by Clinton Central athletes. The sports medicine team will also make the final determination of when an injured athlete may resume participation.

- Parents have the ultimate authority to exclude their child from participation, but cannot overrule the exclusion requirements of any member of the Clinton Central Jr.-Sr. High School sports medicine staff
- The coach has the authority to exclude a member of their team from participation, but cannot overrule the exclusion requirement of any member of the Clinton Central Jr.-Sr. High School sports medicine staff
- A treating physician, the athlete's personal physician, or other healthcare provider cannot overrule the exclusion requirements of any member of the Clinton Central Jr.-Sr. High School sports medicine staff. The sports medicine staff will make every effort to work and communicate with the other medical provider if differences in management plans occur.

The goal of the Clinton Central Jr.-Sr. High School sports medicine staff is to practice "athlete centered medicine." This is best accomplished by having the sports medicine staff make decisions that best serve our student-athlete's short and long-term medical interests.