

JCC ACTIVITIES INJURY PROTOCOL

Injuries are an inherent risk with sport participation at all levels, but many injuries can be prevented. The care that follows when an athlete sustains an injury can vary depending on injury type and severity. JCC's certified athletic trainer is skilled in injury evaluation and assessment and is often the first healthcare professional to see an athlete after an injury has occurred. Many injuries can be managed on-site at the high school under the care and supervision of the athletic trainer, but some injuries may require additional medical care. The athletic trainer may make referrals or recommendations to seek additional medical care or see a specialist for further injury evaluation. Parents and guardians may still choose to seek additional care on their own, with or without the athletic trainer's involvement. The preseason "Consent to Treat" form allows the athletic trainer to utilize their full professional scope to help the athlete. If it is not signed or is signed and later rescinded, the athletic trainer is not able to provide any type of medical care to the athlete except for emergency, life-saving interventions.

In the event an athlete sees an additional health care professional (HCP) besides the athletic trainer for an injury or illness while their school sport is in-season, the athlete **must** provide a written note from the provider that states any relevant activity restrictions or allowances/clearance. If the note is turned into the coach, the coach must give it to the activities office, school nurse, or athletic trainer.

Without a written note, the athlete will not be allowed to participate in their sport until said note is produced and turned into the activities office, school nurse, or athletic trainer.

The athletic trainer often sees the athlete in the setting their sport is in and is familiar with the demands of their sport and what the athlete will need to accomplish in order to make a full and safe return following an injury, while other HCPs often see the athlete in a clinical setting. If the additional HCP that is seen for care of an injury is an approved provider (physician, nurse practitioner, or physician assistant), the athletic trainer will defer to the plan of care designated by said provider and will follow their medical orders. If the athlete sees only the athletic trainer and not an additional HCP for an injury, the plan of care, return to play process, and final clearance will be at the athletic trainer's discretion.

In the event additional medical care is sought and the athletic trainer and other HCP disagree on plan of care, particularly where the HCP clears the athlete for return to sport but the athletic trainer does not feel it is safe, the athlete and parents/guardian may sign a specific "Against Medical Advice (AMA)" waiver. This waiver can be obtained from the athletic trainer, and is in regards to the continued sport participation with the athlete's specific injury. Under said waiver, JCC schools and Sanford Health will not be held liable for further injury that occurs while playing on the existing injury. This waiver covers only the specific injury listed, and does not cover any new or unrelated injuries that may result from normal sport participation. A new waiver must be signed for each individual injury or condition. The waiver must be signed by the athlete and parents/guardian, and returned to the athletic trainer to be signed and kept on file at the high school.

*Concussions do not fall under the injury protocol and cannot be waived. Please see the specific concussion protocol for details.