



USD 259 Sports Medicine Athlete Injury Guidelines & Responsibilities

For the care and safety of student athletes, USD 259 provides Athletic Trainers in every Wichita high school. Athletic Trainers are licensed medical professionals who provide prevention, assessment, and rehabilitation of athletic injuries. When an athlete gets injured, the following guidelines have been established to give the Athletic Trainer and Coaches the ability to provide the best medical care possible.

1. Report all injuries and illnesses to the Athletic Trainer and Coach. The Athletic Trainer will determine if participation or referral to physician is appropriate.
2. All athletes should notify the Athletic Trainer before and after seeing a physician for any injury that affects athletic participation. **If seen by a physician, a medical clearance form will be required before returning to play.***
3. Any athlete unable to practice or misses a practice due to injury will be required to obtain final clearance from the Athletic Trainer before returning to play.
4. An injured athlete is still expected to be present at practices and in practice attire, unless excused by the Athletic Trainer or Coach. Athletes unable to compete due to injury will be given alternate conditioning and rehabilitative activities.
5. An athlete that misses alternate conditioning or rehab will be considered absent from practice, and therefore disciplined by coaching staff.
6. Athletes are expected to be at practice on-time, regardless of their need to see the Athletic Trainer. Plan ahead and report to the training room early if possible.
7. If an athlete requires extensive treatment, communication will be made, letting the coach know why the athlete was late to practice.
8. Report all dangerous conditions and/or broken equipment to your coach immediately. Do not use any safety equipment (helmets, pads, etc.) that are not functioning or fitting properly. It is your responsibility to check your safety equipment daily.
9. The Training Room should be treated as a medical facility. Do not touch or remove any items or materials without permission.

***If an athlete is seen by a physician for any injury or illness that results in missing practice, he/she will not be able to return to participation without a written release from that physician. Without a physician note we have no way of confirming the diagnosis, what treatment we may provide, limitations to athletic participation, or if the athlete may safely return to play.**

For any questions or concerns about an athletic injury, please contact me at any time.

Jennifer Hudson MEd, LAT, ATC
Wichita High School East
Certified Athletic Trainer
Jhudson1@usd259.net
316-973-7147