Procedures for Injured Athletes

- **Keep coaches apprised of *potential* injuries** *(no surprises please!)*
- **Athletic trainers must be kept in the loop on all injuries**. *i.e. if you can't practice one day, both the coaches AND trainers should know this.*

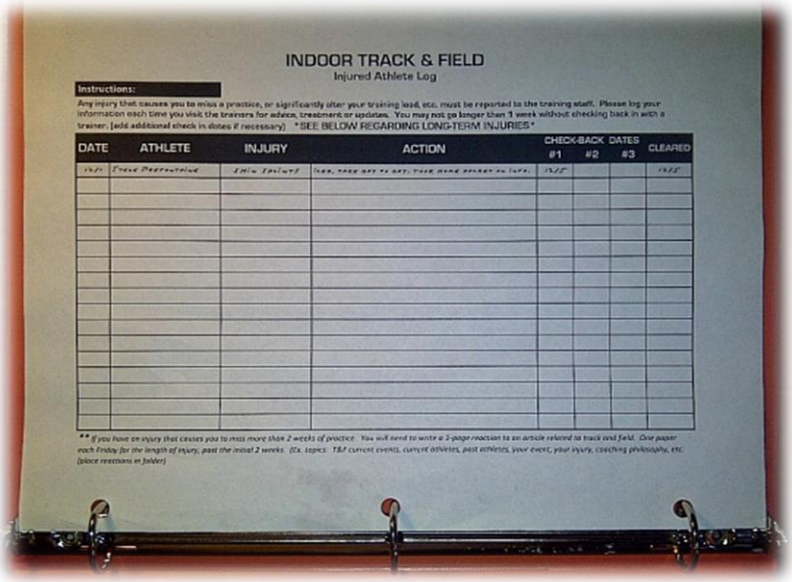
(make sure to treat the training staff with the utmost respect i.e. please and thank you…)

Please Follow this Injury Documentation Procedure:

- Any injury that causes you to miss a practice, or significantly alter your training load, etc. **must be reported to the training staff.**
- Record in log each time you visit the trainers for advice, treatment or an update.
- You may not go longer than 1 week without checking back in with a trainer.

Long-Term Injury:

- If you have an injury that causes you to miss more than 2 weeks of practice. You will need to write a 1-page reaction to an article related to track and field. One paper each Friday for the length of injury, past the initial 2 weeks. *(place in side folder of binder)*


INDOOR TRACK & FIELD
Injured Athlete Log
Instructions:
Any injury that causes you to miss a practice, or significantly alter your training load, etc. must be reported to the training staff. Please log your information each time you visit the trainers for advice, treatment or updates. You may not go longer than 1 week without checking back in with a trainer. (add additional check in dates if necessary) *SEE BELOW REGARDING LONG-TERM INJURIES*
DATE | ATHLETE | INJURY | ACTION | CHECK-BACK DATES #1 #2 #3 | CLEARED
** If you have an injury that causes you to miss more than 2 weeks of practice. You will need to write a 1-page reaction to an article related to track and field. One paper each Friday for the length of injury, past the initial 2 weeks. (Ex. topics: T&F current events, current athletes, past athletes, your event, your injury, coaching philosophy, etc. (place reactions in folder)