



CONROE CROSS COUNTRY AND TRACK & FIELD INJURY POLICY

INJURY DURING SCHOOL HOURS

If an athlete is injured a coach will send the athlete to the athletic trainers. If the trainers deems the injury to be serious they will give the parents a call to take appropriate actions. Otherwise, the athlete will be treated by the trainers and sent to class. If the injury necessitates going to the doctor immediately, the athlete and parents will be instructed to do so.

INJURY AFTER SCHOOL HOURS

If an athlete is injured a coach will contact the parents and notify the parents of the injury. If the injury is determined to be serious, the parents will be instructed to take the athlete to be seen by a medical professional. If the injury requires EMS to be called, a coach will go to the hospital requested by the parent with the athlete.

INJURY OUTSIDE OF ATHLETIC ACTIVITIES

Athlete must inform coaches they are injured, and depending on severity the athlete will be sent to the trainers. However the trainers ARE NOT responsible to treat non Conroe HS activity injuries. If instructed to go to a doctor, a doctor note must be brought back immediately, following the guidelines below. The doctor appointment should be made immediately and a date as early as possible. Communication from parent and athlete about the initial outside injury must be made clear to Coach, trainers and/or doctor. NO parent sit out notes are allowed!

Upon returning to team

The athlete must provide documentation listing what the athlete is not capable of doing. The documentation will also specify the time frame upon which the athlete will be cleared to resume participating. No open ended notes.

Conroe Trainers

If an athlete is instructed to see the Conroe High School Trainers, they are not to arrive before 6:30 am.