



# SKS Athletic Training

## SKS Athlete Guidelines

The Certified Athletic Training Department holds three core values: prevention, rehabilitation and return to play. All athletes must adhere to the following guidelines as well as guidelines that have been outlined within the Health Service section of the student handbook.

South Kent School expects all student-athletes to be open and upfront with all members of the medical staff in regards to current and past medical history and injuries.

Prevention of injuries is a main focus of the training staff. In the event that an injury occurs the entire medical staff will work with the coaching staff and parents to return each athlete back to competition in a safe and timely manner.

Basic treatments (ice, heat, stretching and taping) will be provided up to 30 minutes prior to a game or practice, but not after.

If extensive rehabilitation and medical treatment is needed for a student-athlete, he must coordinate treatment times during the day by appointment with one of the certified athletic trainers.

We encourage all student-athletes to communicate with the athletic training staff regarding any medical issues, nutritional questions or health related concerns.

Student-athletes will not be treated nor cleared for the day if the above rules are not followed.

Training office hours will be posted on the wall by the office in the gym lobby. All treatments and evaluations will be done during posted office hours.

The school physician and/or the athletic trainers have the final authority concerning when a student-athlete should be removed from participation for medical reasons, and when the student-athlete may return to partial or full participation.