

South Kent Sports Clearance Policy

Clearance Following Injury or Illness

1. Injury Recovery Clearance:

- Athletes returning from injury must obtain clearance from their treating healthcare professional following a comprehensive medical evaluation. This clearance **must detail** in writing all **THREE items** below:
 - The final diagnosis of the injury.
 - Treatment plan
 - The athlete's status to resume sports activities, including any physical restrictions or limitations that may apply.
- Athletes must also receive clearance from a representative of the team's medical staff, including doctors, physiotherapists, and/or athletic trainers, before the athlete is allowed to resume any sport-related activities.

2. Post-Illness Clearance:

- Athletes recovering from illness (particularly contagious or serious conditions) must be cleared by a healthcare provider confirming they are no longer infectious and are fit to participate in sports activities. This clearance **must detail** in writing that the athlete is cleared to resume sports activities, including any physical restrictions or limitations that may apply.
- The School reserves the right to require that the athlete produce a negative test result, if requested, prior to permitting the athlete to resume sports activities.

3. Post-Surgery Clearance:

- Athletes returning after surgery must provide written medical clearance from their surgeon or treating physician, including any HEP (home exercises plan), rehabilitation or conditioning requirements. This clearance **must detail** in writing that the athlete is cleared to resume sports activities, including any physical restrictions or limitations that may apply.