



DUBLIN CITY SCHOOLS ATHLETE HEALTH CARE

Return to Activity Following Injury

1. All athletes who have been removed from activity by the athletic trainer and referred for physician evaluation MUST provide a note from the consulting physician prior to re-entry into the activity.
2. All athletes who have been removed from activity, or placed on limited activity by a physician MUST present a current note from the physician clearing the athlete to re-enter activity.
3. A physician's note "clearing the athlete to full go" is recognized ONLY as a release to begin a gradual transition period back to full game activity. This transition time period is designed to monitor the existing condition and assure safe return to intense and demanding game situations.
4. Injured athletes are expected to continue a rehabilitation/strength maintenance program on the injured area following return to play to avoid re-injury. This also is required if the athlete is to continue to practice. These programs will be coordinated through the athlete health care staff.
5. The athletic trainer determines Return to Activity Clearance using protocols established by the supervising team physician staff.