

## **Central Bucks Aquatics**

### **Illness/Injury Guidelines and Policy Regarding Athletes Returning to Participation after Illness/Injury**

#### **Illness/ Injury Guideline**

Over the course of each season swimmers encounter a number outside challenges. Some of the biggest challenges swimmers face outside the pool is long term illness and/or injury. Wherever and whenever an injury/ illness occurs it should be fully diagnosed by a doctor or specialist. CBST coaches are not qualified to diagnose any injuries or illnesses and are instructed not to do so. Often times a swimmer may need to take significant time off out of the water or may need to alter the training regimen due to a doctor's diagnosis. If this does occur we ask that families please inform the CBST coaching staff so we can make adjustments for that swimmer. If a swimmer does need to spend significant time out of the water or is limited in participation (for example, cannot use legs or upper body or can only swim for limited times), the coaches may start the swimmer off in a different group that is more appropriate for the athlete's present training level. Once back to full capabilities, the swimmer will be put back into the appropriate training group. It is recommended that athletes in all sports start off slow after coming back from an injury/ illness as a precaution to prevent further problems. These guidelines can help keep swimmers, parents, and coaches all on the same page regarding returning to swimming after illnesses and injuries.

#### **Policy Regarding Returning to Participation after Illness/ Injury**

If an athlete sustains an injury such as but not limited to the following: a concussion, broken bone, or serious sprain, Central Bucks Aquatics typically requires a doctor's note clearing the athlete to be provided in order to allow the athlete to return to swimming and/or diving practice. This policy also applies to certain non-routine illnesses particularly if the illness is a new, serious condition (such as but not limited to diabetes or a heart condition), is serious and highly contagious (such as but not limited to the mumps), or otherwise would require potential modification to the athlete's practice routine. Additionally, this policy applies to surgical procedures. If your child is experiencing serious injury, illness, surgical procedure, or another medical situation as described above please alert the coaches and CB Aquatics administrative staff and be prepared to provide a doctor's note clearing your child to resume participation in swimming and/or diving. To the extent that there are any needed modifications to swimming/diving participation, the doctor's note or a written parent communication should provide that information. If you are not sure whether your swimmer's medical condition requires a doctor's note to resume participation please ask CB Aquatics administrative staff prior to having your athlete return to practice.

Also, please see information on the team website policies page specifically regarding concussion.