



Return to Sport Injury Protocol

Injury Protocol

This protocol must be followed whenever an athlete has an injury which requires them to modify activity for more than ONE WEEK or requires them to modify activity within the BLACKOUT PERIOD leading up to a competition.

Step 1: Seek professional advice and get them to fill out the Nepean Artistic Swim Club [Functional Abilities Form \(FAF\)](#), then hand it out to your coach(es). Ask for recommendations about what the athlete can do at/outside of the pool to help with recovery (ex. Specific exercise program, posture correction, find short term functional goals in accordance to a gradual progression of activity, etc.).

Step 2: Follow up on recommendations - athlete/parent must update coach(es) on progress *once a week* to ensure successful recovery and reintegration into practices.

Step 3: Increasing participation in practices based on successful recovery of injury and suggested timeline from medical professional (ex. Moving from on land activity, to in water activity out of pattern, to in water activity in pattern).

Step 4: Full return to practice with no restrictions. Athlete must pass a specific screening tool provided by their coach(es) and a signed note from their medical professional must be provided to reach stage 4, except where the note provided in step one includes a full timeline for recovery and the timeline has been met.

Notes regarding injuries during a blackout period:

If an injury occurs or continues into the blackout period, a meeting is required between parents, the athlete, team coach(es), a head coach and a board member to discuss the athlete's participation in the upcoming meet.

If an athlete has not reached Step 4 within two weeks of the competition, the athlete will be scratched for the upcoming meet.

An exception may be made if an athlete is able to participate in >75% of regular training activities and has approval for participation in a competition by a medical professional. The final call will be made by the Head Coaching team and may involve partial participation in the competition (i.e. figures only).

Other notes:

The Head Coaching team has the right to make final decisions concerning an athletes' participation in artistic swimming activities during and post-injury.

It is the athlete and parent's responsibility to inform coaches of injury as soon as possible so that the proper steps are taken to ensure maximum health of the athlete.

During injury, athletes are expected to attend ALL practices (either in the water or on land) unless otherwise advised by a medical professional. Exceptions may be made at the discretion of the Head Coaching team.

The Head Coaching team recognizes that each case is different and will take into account all factors before making any final decisions.

Medical Professional includes sports medicine doctors, physiotherapists, chiropractors, athletic therapists, massage therapists.