

Doctor's Visits and Medical Clearance

Injuries will happen. Student-athletes should always inform their parents, coach, and athletic trainer about an injury or medical concern. Communication is vital to assist the student-athlete in their evaluation, treatment, and recovery.

OHS Injuries

- The Licensed Athletic Trainer will be glad to evaluate a student-athlete about an injury that occurred during an Overhills High School participation. If the athletic trainer decides the student-athlete needs to be evaluated by other medical professionals or the parents take their child to see a medical professional, the student-athlete **MUST** bring a medical note from the professional who evaluated and treated them. This note should include when the student-athlete is cleared to return to participation or any modifications that the student-athlete should follow. Medical clearance with the appropriate medical note is **REQUIRED**.

Non-OHS Injuries

- Non-OHS Injuries are injuries that occur during any outside OHS activities. Student-athletes should inform their parents, coach, and athletic trainer, so OHS is aware and does not put the student-athlete in a situation that may make the injury worse. OHS is not responsible for non-OHS injuries. Please contact your family physician regarding evaluation and treatment. A doctor's note and / or medical clearance may be requested on the student-athletes return. The athletic trainer will have final say regarding any medical concerns that happen outside OHS.

CONCUSSIONS

- Any student-athlete who suffers head trauma (concussion) will be required to have the appropriate paperwork before returning to OHS sports. Student-athletes **MUST** be evaluated and cleared by a licensed physician. All forms will be returned to the athletic trainer to clear the student-athlete for OHS participation regardless if it's an OHS or Non-OHS injury.