



Gridder Cheer Policy: Athlete Injuries

Date Created: January 1, 2024

Date Revised: January 1, 2024

Purpose:

Gridders Cheerleading is committed to the well-being and safety of our athletes. In the event of an injury, this policy outlines the procedures and expectations for athletes, their families, and the organization to ensure a safe and timely return to training and competition.

Applicability:

1. This Policy applies to any athlete enrolled in a Gridder Cheer competitive cheerleading or performance cheerleading program.

Policy:

2. Attendance Expectations:
 - 2.1. If an athlete is unable to participate in regular training and competitions due to injury, they are still expected to attend practices. Athletes should actively observe and engage in activities that do not exacerbate their injury.
3. Medical Documentation:
 - 3.1. In the event of an injury, athletes are required to provide a formal note from a medical professional detailing the nature of the injury and a potential return to training date. This documentation should be submitted to the coaching staff before their first practice post-injury.
4. Modified Training:
 - 4.1. Athletes are expected to continue training in areas that do not impact the injured area. Coaches will work with athletes to develop modified training plans to facilitate recovery while maintaining overall fitness levels.
5. Rehabilitation:
 - 5.1. Athletes and their families are responsible for proactively seeking rehabilitation for the injury. Rehabilitation may include but is not limited to physiotherapy, massage therapy, chiropractic care, and other appropriate forms of treatment to expedite the recovery process.
6. Concussion Protocol:
 - 6.1. In the event of suspected concussions, athletes are required to wear a soft helmet for a minimum of two practices upon returning to activity. Soft helmets can be provided by the gym, or athletes may choose to purchase their own. This precaution is taken to ensure a safe and gradual return to full participation.



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7. Responsibility of Athletes and Families:
 - 7.1. Athletes and their families are expected to communicate openly with coaches and provide updates on the progress of the injury and rehabilitation efforts. This collaboration is essential for the coaching staff to make informed decisions regarding the athlete's return to full participation.
8. Return to Play Evaluation:
 - 8.1. Prior to resuming full training and competition, athletes must undergo a comprehensive evaluation by the medical professional who provided the initial injury documentation. The final decision on returning to play will be made in consultation with the coaching staff.
9. Review and Amendments:
 - 9.1. This policy will be reviewed periodically to ensure its effectiveness. Any necessary amendments will be made in consultation with relevant stakeholders.

By adhering to this Athlete Injury Policy, Gridders Cheerleading aims to create a safe and supportive environment that promotes the well-being and optimal performance of all athletes.