



CVAC Injury and Recovery Policy

Purpose

To ensure the safety and well-being of all swimmers, this policy outlines the procedures for managing injuries and facilitating recovery.

Reporting Pain or Discomfort

Swimmers must immediately inform their Coach if they experience any pain or discomfort during practice.

1. Initial Assessment:

When a potential injury is identified by a Coach, either through observation or information provided by the swimmer, the Coach will make an initial assessment to categorize the injury as either:

- **Dull Ache/Strain**
- **Sharp Pain (Stop Immediately)**

2. Response Based on Assessment:

- **Dull Ache/Strain:**
 - **Medical Attention:** The swimmer and their Parent/Guardian should seek professional medical attention at their discretion.
 - **RICE Principle:** The swimmer should follow the RICE (Rest, Ice, Compression, Elevation) principle for injury recovery. If pain increases, professional medical attention should be sought.
 - **72-Hour Rule:** If there is no improvement within 72 hours, the swimmer must consult a medical professional and provide their diagnosis to the Coach before resuming any activities. The Coach will inform the Head Coach and the swimmer's Parents/Guardians of the injury.
 - **Medical Clearance:** Depending on the medical diagnosis:
 - The swimmer may be cleared to return to regular activities.
 - The Coach must receive a return-to-swim plan from the medical professional, which will be followed until the injury is cleared.
 - **Significant Improvement:** If there is significant improvement within 72 hours, the swimmer may return to regular practices. Recurring injuries will be treated as new injuries, and the assessment process will begin again.
- **Sharp Pain:**
 - **Immediate Medical Attention:** The swimmer must consult a medical professional immediately and provide their diagnosis to the Coach before resuming any activities. The Coach will inform the Head Coach and the swimmer's Parents/Guardians of the injury.
 - **Medical Clearance:** Depending on the medical diagnosis:
 - The swimmer may be cleared to return to regular activities.
 - The Coach must receive a return-to-swim plan from the medical professional, which will be followed until the injury is cleared.

3. **Communication and Coordination:**

- **Medical Providers:** A swimmer shall choose a medical provider and must ensure that the provider is willing to communicate with the Coaches and provide a return-to-swim plan.

4. **Documentation and Follow-Up:**

- All injuries and recovery plans must be documented by the Coach.
- Regular follow-ups will be conducted to ensure the swimmer's recovery is on track.

Review and Amendment

This policy will be reviewed annually by the Head Coach and the CVAC Board of Directors and amendments to the policy will be made as necessary to ensure it remains effective and up-to-date with current best practices.