

NDSCS
Sports Medicine Guidelines for Student-Athletes

1. Report all injuries to the Athletic Trainer and your coach as soon as possible. The Athletic trainer will determine if participation is appropriate.
2. Any athlete unable to complete a practice due to injury will be required to obtain clearance from the Athletic Trainer before returning to play.
3. Athletes unable to compete due to injury will be given alternate conditioning and rehabilitation exercises. And will report to the Athletic Training Room daily for these sessions.
4. Rehabilitation sessions scheduled with the Athletic Trainer must be kept. Missed sessions will be reported to the coaching staff. Make-up sessions will be scheduled at the convenience of the Athletic Trainer.
5. Except in an emergency, all athletes should notify the Athletic Trainer before seeing a doctor/student health nurse for sports related injuries and illness. Proper Medical forms should be picked up in advance of your appointment. A signed medical clearance on athletic department forms will be required before returning to participation.
6. The Athletic Trainer may continue to hold out an athlete that has been cleared by a doctor when such action will result in a faster/safer return to full competition.
7. Athletes wanting to be taped on a daily basis must be evaluated by the Athletic Trainer and a need for taping established. Athletes being taped daily will perform posted rehabilitation exercises if they want to be taped.
8. Injured athletes that are in need of the schools injury golf carts will have to have the need for use approved by the Head Athletic Trainer. Any misuse or abuse either seen or heard will result in the loss of this service.