TAFT HIGH SCHOOL
Athletic Training Guidelines for Student-Athletes

Report all injuries to the Athletic Trainer(s) and your coach as soon as possible. The Athletic trainer(s) will determine if participation is appropriate.

Any athlete unable to complete a practice due to injury will be required to obtain clearance from the Athletic Trainer(s) before returning to play.

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.

Rehabilitation sessions scheduled with the Athletic Trainer(s) 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.

Except in an emergency, all athletes should notify the Athletic Trainer(s) before seeing a doctor for sports related injuries and illness. A signed medical clearance will be required before returning to participation.

Injuries that occur outside of the Taft athletic programs are not the responsibility of the Taft athletic training staff to evaluate or treat.  Direction for care can certainly be recommended.  Club, weekend, and recreational activities are not considered part of the Taft athletic program.

The Athletic Trainer(s) 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.

Athletes wanting to be taped on a daily basis must be evaluated by the Athletic Trainer(s) and a need for taping established. Athletes being taped daily will perform rehabilitation exercises if they want to continue to be taped.

Athletes will not be taped on practice or game field/court. Taping/ wound care should be done in the Athletic Training Room before practice or contests.

Athletic Trainer(s) may discontinue taping or rehab exercise based on injury progression or athlete needs.

