

# Hershey Aquatic Club

## *MEDICAL ACTION AGENDA*

It is the responsibility of the swimmer and parent/guardian to notify the coaching staff of any and all injuries in writing so that the staff is aware of the swimmer's limitations in practice. Our staff will then monitor the swimmer's injury and practice in conjunction with any guidelines received in writing from the swimmer's doctor or sports medicine professional.

If a swimmer complains or notifies a coach of an injury occurring during practice, the staff will address the nature of the injury and decide whether the swimmer can continue or should be removed from the water until the swimmer is treated by the medical field.

If the coach requests a swimmer to seek medical treatment or diagnosis, the swimmer may return to the water only after a note has been given to the coaching staff from the medical professional granting permission to resume activity.

When a swimmer returns to the water, it is up to the coaching staff to determine which level and lane will be most appropriate for the swimmer to re-enter the program in. Taken into consideration will be the returning swimmer's conditioning level and the current practice level of the other swimmers.

Once the swimmer has returned to the water, should he/she complain again of the same ailment, the swimmer will be removed from practice of any kind. At this time, a meeting will take place between swimmer, parent/guardian, coach and board member(s) so all involved are aware of any practice restrictions that may be placed on the swimmer by the medical professional.