Injury Protocol: Skill Session/Individual Workout/Weight Lifting

Certified Athletic Trainer (ATC) present at skill session/individual workout:

- The Athletic Trainer supervises the treatment given to the injured student-athlete.
- Players and coaches should go to the bench area (or equivalent) once medical assistance arrives and stay there unless their assistance is requested.
- Players and unauthorized personnel should be kept a significant distance away from a seriously injured player.
- Players should not try to assist a teammate who is lying on the field.
- Once the Athletic Trainer or other medical personnel start working on the injured student-athlete, they should be allowed to perform services without interruption or interference.
- Coaches should be prepared to assist the Athletic Trainer if necessary.
- The Athletic Trainer has the unchallengeable authority to determine if the student-athlete can return to activity.
- Even if the injured student-athlete is cleared to return to the workout session by the established authority (certified athletic trainer and/or physician), the student-athlete can still decline to return.

No Certified Athletic Trainer (ATC) present at skill session/individual workout:

- The Head Coach or Assistant Coach with most experience handling injuries, or whomever is First Aid/CPR/AED certified, is in control.
- The individual in control is to assess the situation and determine a course of action:
  - Initiate applicable Emergency Action Plan if necessary.
  - Ascertained if the student-athlete safely get to the Athletic Training Room.
  - If the student-athlete cannot safely make it to the Athletic Training Room, designate someone to contact/retrieve an Athletic Trainer.
  - Provide First Aid, if needed, until help arrives.
- Upon arrival of the Athletic Trainer, the Athletic Trainer will immediately assume control from the individual previously in control, and all personnel should follow the applicable Injury Protocol for Certified Athletic Trainer Present (at left).
- The Athletic Trainer has the unchallengeable authority to determine if the student-athlete can return to activity.
- Even if the injured student-athlete is cleared to return to the workout session by the established authority (certified athletic trainer and/or physician), the student-athlete can still decline to return.