

Xavier Prep Crew Injury/Illness Guidelines

Xavier Prep Crew places the safety of our athletes and coaches first. It is, however, an outdoor sport, and as such, unforeseen injuries, and occasionally illnesses can occur. In the event that an injury or illness occurs during practice time, the following protocol will apply.

General

- Recognizing that crew is a strenuous, physically demanding sport, parents and athletes have a responsibility to inform the coaches of any illness, injury or condition that might adversely impact an athlete's practicing. If there is any question in this regard, the coaches should be notified the same day, and the athlete should be held out of practice until medically cleared. Athletes not fully cleared by their doctor, but who can either run, row or erg, (as evidenced by a physician release), may attend practice at the coaches' discretion. If, in the coaches' opinions, the attendance of an athlete is a distraction in any way to the coach or to other team members, the injured athlete will not be permitted to attend/observe practice.
- When training away from boathouse/marina, the coach is responsible for carrying a portable version of the first aid kit, and a cell phone.
- Athletes are instructed to always notify coaches immediately of any injury/illness. Athletes are instructed to notify their parents the same evening as well. Based on the level of the injury/illness, the coach will also call the parents that evening to notify them, and generate an incident report to the Board President.
- All Xavier Prep Crew coaches will maintain current CPR and First Aid Certification as part of the terms of their contract agreement.
- This policy will be reviewed yearly by the Board.

Incident specific

- Minor scrapes and bumps that can comfortably be handled by the athlete should be handled that way, utilizing appropriate resources from the first aid kit.
- When unsure of the nature or severity of an injury or illness, **the coach will contact 911 and the athlete's parent(s).**

Any incident involving a call to 911 will prompt:

- An immediate telephone call from the coach to the Lake Duty parent.
- The coach will then call the President of the Board who will in turn call Sister Lynn Winsor.
- The coach will, within 24 hours, send a formal written summary via e-mail to the Board President outlining the nature of the incident, whether an illness or injury, the date and time, and a brief summary of what happened, and its disposition.
- The Board president will, present the written summary of any incident occurrence to the Board for review, either via e-mail, or at the next scheduled Board meeting.