

El Dorado Cross Country

Injuries

1. Injuries must be reported to your coaching staff, regardless of how minor they might appear.
2. Athletes injured, sick or unable to participate in our scheduled practices or meets for more than 3 consecutive days, will initiate parent contact by the coaching staff to discuss and agree on an action plan involving the students' rehabilitation.
3. If a physician decides to keep an athlete from participating in practices or a meet, it must be in the form of a written note. A written release from the physician will be required to allow the athlete to again participate in practices or meets.
4. Should the injury require long term rehabilitation, the athlete may be transferred into a physical education class at the coaches' discretion.
5. All team members are required to participate in all practices and meets as the coaches' schedule dictates. If an athlete cannot participate in either a practice or a meet, due to injury or illness, the athlete will still be required to attend and assist the coaching staff and teammates.