

## Peak Injury Policy

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Return to play is an individualized decision as each person will heal at different rates. Depending upon injury severity, athletes may be restricted in return to ski.

**Athletes who were seen by a physician must have appropriate clearance, in writing, from that physician before they will be allowed to return to ski.**

**\*\*\* Note: in cases of CONCUSSION, please refer to the Peak Ski Racing Academy Concussion Protocols for specific return to skiing procedures. \*\*\***

### **DO NO FURTHER HARM.**

Coaching staff will ensure that the physical environment is hazard-free to prevent injury, and ensure that skiers are healthy before training/racing.

Injured athletes **MUST** be removed from training/racing and all players **MUST** have parental clearance prior to returning from injury.

Athletes **MUST** have medical clearance before returning to skiing from concussion injuries, see Peak Ski Racing Academy concussion policy.

Physical ability will be taken into consideration when training players. Part of athletes training will be to improve strength, stamina, balance and agility to develop better, safer players.

Long-Term Player Development (LTPD) will always be considered when planning sessions and games to give each player what is required for individual growth.

All Peak Ski Racing Academy team staff will complete CPR and First Aid training.

### **Returning to Play Protocol**

After an injury, Peak Ski Racing Academy and its Coaches, Parents and Players, have a Duty of Care to ensure that **NO** athlete participates in training or races if they have **NOT** fully recovered from their injuries.

ALL athletes returning from injury must complete and sign a Peak Ski Racing Academy 'Return to Play Form' and **MUST** have submitted it to the Peak Ski Racing Academy official prior to the activity.

Definition of an Injury:

Sports injuries result from acute trauma or repetitive stress associated with athletic activities . Sports injuries can affect bones or soft tissue (ligaments, muscles, tendons).

Symptoms that persist, intensify, or reduce the athlete's ability to train/race to their full capacity without debilitating pain are considered by Peak Ski Racing Academy as an **"Injury"**.