

A.K. SOCCER ACADEMY RETURN TO PLAY POLICY

Strain/Sprain and Fracture

If a player endures an injury during training or a game and seeks medical attention the player must obtain a note from a Doctor, Physiotherapist or Athletic Therapist in order to return to play (Appendix A). If no note is obtained, players must be assessed by A.K. Soccer Academy Physiotherapist, Anisha Kinnarath, and the following return to play guidelines will be followed post injury.

- 2 training sessions with no contact to light contact (player can perform non contact activities leading up to small sided games). If player has not sat out or complained of pain, he/she can participate in limited game time.
- 2 more training sessions with contact. If player has not sat out or complained of pain, he/she can participate in standard game play.

Illness

Players who miss 2 consecutive training sessions and/or games may see limited playing time in their first game back, this is to ensure that the player is 100% healthy and back to full strength. This is to protect the player from any injuries that can occur due to lack of strength from decreased activity during the period of illness.

Players who have persistent pain, aches or fatigue during training sessions may see limited playing time in games until he/she can participate in a full training session with no concerns.

Concussions

Any players who sustain a head injury in a training session or game must be seen by a Doctor and have a medical note before returning to play. All coaches must follow the Concussion Return to Play Guidelines – Coach.ca ([Return to Play Guidelines](#))

Appendix A:

Date:

RETURN TO PLAY

This release is to certify that _____ (players name) has been examined and:

_____ is unable to return to play until further notice.

_____ may return to full play.

Name of Doctor: _____

Signature: _____

Date: _____