



Athletics Canada Injury / Illness Reporting & Athlete Camp / Competition Clearance Policy

Target audience: Service Providers
 Funded athletes and their Personal Coaches
 Selected team athletes and their Personal Coaches
 AC Camp athletes and their Personal Coaches

The following are the guiding policies for Athletics Canada (AC) around injury and illness reporting for funded athletes, athletes based at each of AC's two Hubs and the process for athlete clearance for AC's training camps and competitions. AC has these reporting structures in place to enable us to assist as much, and as quickly, as possible with injuries and illnesses. AC's pre-camp / competition injury and illness clearance policies are in place to ensure a healthy and competitive team and so that the sports medicine resources at the camp and competition are optimized. Injury and illness clearance for camps and competitions is context specific, and so we will take a pragmatic approach.

Who to inform / First Point of Contact (FPoC)

CAPP* athletes are all assigned an Athlete Performance Advisor (APA) who should be their First Point of Contact (FPoC) for injury or illness.

Selected team members for an AC team who are not on CAPP* should use the team's Lead Coach or Team Doctor as their FPoC. (Note the Lead Coach may also be the team manager / team leader for smaller teams; each major AC camp and competition will have an assigned Team Doctor. However, the Team Doctor will not necessarily travel to all competitions or camps).

(CAPP stands for the "Canadian Athletics Performance Pathway".)



General Injury & Illness Reporting Guidelines

Missed competitions: All athletes

Please report any injury or illness that has already caused, or will cause, the athlete to miss a planned competition to the FPoC.

Modified Training: Hubs Athletes

Please report any injury or illness that has already caused, or will cause, the athlete to modify training for the last two (2) days to the Hub's Sports Medicine (SM) Lead (so the athlete, coach or other IST might initiate reporting). If injury/illness is longer than seven (7) consecutive days the athlete, coach or Hub SM Lead should notify the Hub's physician, Athletes Performance Advisor (APA) and AC's Chief Medical Officer.

Modified Training: Non-Hubs Athletes

Please report any injury or illness that has already caused, or will cause, the athlete to modify training for the last seven (7) days to the FPoC.

Training Camp and/or Competition Injury/Illness Clearance

Definition of an injury or illness in the context of a training camp or competition

Any injury or illness that is likely to prevent the athlete from competing at their normal level within seven (7) days of the event, or has caused the athlete to miss a planned competition within the last seven (7) days or is likely to cause, or has already caused, the athlete to modify training for seven consecutive (7) days.

Notification of illness or injury

If an athlete is ill or injured or if a staff member is ill before attending an AC camp or competition they must inform the AC Camp/Competition FPoC. Ideally injuries are reported as soon as modified training has occurred for seven (7) more days once team selections have occurred (so this might be months before the camp or competition). Failure to do so could result in the athlete or the staff not being allowed to travel with the team, or the athlete or staff being sent home from the team early.

Athlete or staff camp or competition clearance for a potentially contagious illness or infection

All athletes and staff are *required* to report all illnesses or infections to the AC Camp/Competition FPoC that occur within 7 days of travel or at any time within the camp or competition to ensure that appropriate steps can be made to avoid further spread of this illness/infection. In these cases, the Team Doctor will decide if the athlete can travel and/or if they should be quarantined upon arrival. This is a purely medical decision based on the health and welfare of the athlete concerned, the rest of the team and, potentially, the general public.



Athlete camp or competition clearance guidelines for injuries

If an athlete reports an injury prior to an AC camp or competition (see definition above), a Leadership Group will be formed as follows:

- In cases relating to able-bodied athletes the Leadership Group will be the Camp/Competition Lead Coach, the Camp/Competition Team Doctor and AC's Head Coach (who will act as chair of the group).
- In cases relating to Para athletes the Leadership Group will be the Camp/Competition Lead Coach, the Camp/Competition Team Doctor and AC's Para Performance Lead (who will act as chair of the group).
- In cases where the Camp/Competition Lead Coach is also the Head Coach or AC's Para Performance Lead then the High Performance Director will join the Leadership Group (who will act as chair of the group).

The Leadership Group will decide if the athlete should attend the camp or competition and if they are fit to compete. If that decision is not clear, the Leadership Group can ask the athlete to complete medical and/or fitness tests to provide more information. If the athlete refuses to take a test, which is their right, then that will be taken into account in coming to a final decision.

It is expected that in most circumstances that, in coming to their decision, the Leadership Group will also consult with the athlete and/or their personal coach and/or their personal medical team.

The basis of the Leadership Group's decision will be the potential impact of attendance / non-attendance on:

- The short-, medium- and long-term best interests of the athlete concerned;
- Resources (particularly medical services) for the rest of the team;
- Resources (particularly medical services) available at home versus at the camp or competition for the injured athlete;
- Other athletes (for example where athlete numbers are limited and the ill or injured athlete is "blocking" another athlete who may be named as an alternative).

If there is a split opinion within the Leadership Group then the Group's chair will make the final decision regarding the athlete.

Special Circumstances

Specific circumstances may effect the Leadership Group decision making process. Examples include timelines imposed by travel logistics and competition entry deadlines or medical confidentiality and consent issues. In these cases the Leadership Group may adapt this overall process as they see fit while maintaining, as fair as practical, the spirit of this policy.