



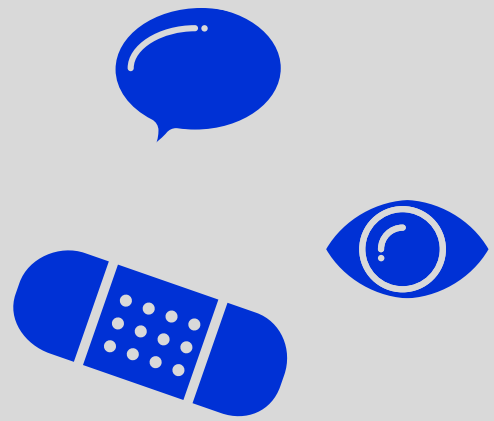
# HPCF Injury Process

When a client reports a non life-threatening injury the following process should occur.

## Coach Completes First Report of Injury

Client reports a pre-existing injury during the initial consult - OR - Client reports an injury after a WOD, or is unable to complete the WOD. Have client complete the form, and this form must be placed in the location's designated bin for entry

STEP 01



## Filing & Notification

Once the form is received, the athlete will be entered into the Injury Tracking sheet, and an email will be sent to the Injury Assessment Coordinator



STEP 02



## Injury Consult

An injury consult will be scheduled with the client by the injury coordinator to determine the severity and proper course of action.

STEP 03



## Game plan

Depending on the seriousness of the injury (Level-1, Level-2, Level-3) a game plan will be created for recovery to ensure that the athlete heals and can integrate back into daily classes as soon as possible.



STEP 04



## Full Participation

Once the athlete has completed their game plan, a follow up will be conducted by the injury assessment coordinator to determine if the injury is resolved. If it is, the athlete will be re-introduced back to full participation.

STEP 05

