



National Medical Staff Guidelines

Return-To-Gymnastics Medical Clearance at Camps & Events

This policy covers all events, competitions and camps at which National Medical Staff provide healthcare services.

Process:

- Evaluation for return to gymnastics decision-making may be initiated by all appropriate stakeholders (gymnast, coach, parent, medical staff, program leadership)
- Stakeholders cannot refuse to participate in the return to gymnastics decision-making process

Injury clearance criteria for a pre-existing or chronic injury that has resulted in training alterations:

- In the event there is a concern regarding the ability of an athlete to participate safely, final clearance is subject to review by the National Medical Staff.
- All National Medical Staff involved in the care of the athlete must be in agreement regarding the athlete's clearance status.
- Program leadership will be made aware of medical decision-making, when deemed necessary by medical staff.
- The athlete must have completed all agreed upon evaluation and treatment prior to clearance.
- It may be required for National Medical Staff to discuss the athlete's clearance status with other non-USA Gymnastics-affiliated medical practitioners involved in the care of the athlete.
- A clearance decision must be accompanied by a commitment to pursue a comprehensive return-to-play plan that is communicated to all stakeholders by the athlete and the athlete's medical team.

Injury clearance criteria for an acute injury that occurs at a competition, event, or camp:

- Final clearance is subject to review and decision-making by the National Medical Staff.
- All National Medical Staff present and involved in the care of the athlete must be in agreement regarding the athlete's clearance status.
- The athlete must demonstrate through symptom assessment, physical examination, and through functional testing that he/she can return to competition/training without significant risk for increased injury.