



Thompson Okanagan FC Return to Play Policy

- **Concussion:**
Concussion symptoms must have completely resolved and documented medical clearance completed by a medical doctor or nurse practitioner must be received before resuming full contact practice or game play. Clearance from a physiotherapist or like is not sufficient.
- **Injury Requiring Surgery:**
Players must be cleared by a physiotherapist and have documented medical clearance by a medical doctor or nurse practitioner before resuming full contact practice or game play.
- **Long Term Injury (no surgery):**
Players must have written clearance to play from a physiotherapist or doctor before resuming game play. An email will suffice in this case.
- **Short Term Injury:**
Players must have clearance from their physiotherapist before resuming game play. An email will suffice in this case.
- **Long Term Contagious Illness:**
Players must have a clearance letter from a doctor in order to return to the team.

The most common contagious diseases are categorized as **bacterial, viral, fungal** and **protozoan**. Examples are pneumonia, measles, chicken pox, meningitis, mononucleosis, pertussis (whooping cough).