Soreness, aches, pains, and injuries are inherent aspects of competitive sports. Soreness occurs when bodies are pushed to the necessary limits to break down muscle fibers so they are rebuilt stronger. Aches and pain can be muscle and/or joint related. The key for athletes is to be able to determine whether what they are feeling is soreness or pain. Injuries, with proper training and care, can largely be avoided.

The coaches of Capital City Rowing do their best to prevent the injury of our athletes through monitoring training and techniques and taking care to develop appropriate training programs. CCR training programs include, but may not be limited to, ergometer workouts, strength and core training, running, on-the-water rowing, flexibility work, as well as prescribing appropriate periods of rest for recovery.

There is a difference between being sore and being injured. Being sore means that there is a sensation of pain that will ease and dissipate with rest. This is a normal part of training. Being injured means that a part of the body has suffered damage beyond what is normal during training, resulting in chronic pain, or loss of functional use. Athletes need to know the difference between being sore and being injured. Feeling sore is not a reason to opt out of practice. Having an injury absolutely is. The policy below has been developed so that the athletes, the coaches, and the parents work towards the common goal of ensuring the athlete is able to fully participate in the training program and competitive events while reducing the risk of injury.

The chart below highlights key differences between muscle soreness and pain.[[1]](#footnote-1)

|  |  |  |
| --- | --- | --- |
|  | **Muscle Soreness** | **Pain** |
| **Type of discomfort:** | Tender when touching muscles, tired or burning feeling while exercising, minimal dull, tight and achy feeling at rest | Ache, sharp pain at rest or when exercising |
| **Onset:** | During exercise or 24-72 hours after activity | During exercise or within 24 hours of activity |
| **Duration:** | 2-3 days | May linger if not addressed |
| **Location:** | Muscles | Muscles or joints |
| **Improves with:** | Stretching, following movement | Ice, rest |
| **Worsens with:** | Sitting still | Continued activity |
| **Appropriate action:** | Resume offending activity once soreness subsides | Consult with medical professional if pain is extreme or lasts >1-2 weeks |

# Policy

Athletes who inform their coach that they are experiencing symptoms of an injury will be directed to see a doctor for medical guidance.

1. That athlete will then not be allowed to participate until a doctor has been consulted and a course of action has been prescribed. The doctor will determine whether or not the athlete is cleared to fully participate in the sport of rowing as offered by Capital City Rowing, i.e. training to row at a highly competitive level.
	1. If it is determined by a doctor that the athlete simply requires rest, a note indicating the period of rest signed by the doctor must be delivered to the athlete's coach. The athlete will then take the appropriate amount of time off at home. They will not be allowed to sit idly at practice.
	2. If it is determined by a doctor that the athlete needs to undergo physical therapy and cease all rowing activity, the athlete will then be required to undergo physical therapy under the supervision of trained medical and rehabilitative professionals until the athlete is cleared to return to competitive rowing. Injured rowers who are medically cleared to return to the sport must work proactively with their medical provider, and their coach, to return the rower to a state of fitness that allows full participation.
	3. If it is determined by a doctor that the athlete needs to undergo physical therapy but is not limited from participating in rowing activity, the athlete will then be required to keep their coach informed regarding their condition, and notify them immediately if the athlete's condition worsens. If there is a worsening in condition, the athlete will be required to return to their medical professional for further assessment. (Refer back to #1)
2. Coaches will not be responsible for any non-rowing rehabilitative activity.
	1. Injured rowers should not come to practice to do non-rowing rehabilitative work.
	2. An exception, pending availability and approval from the coach, is use of a stationary bike at land practice if stationary biking is part of the prescribed recovery process.
	3. Rehabilitative work should only be done under the supervision of trained professionals.
3. Coaches will only be responsible for integrating a doctor or therapist-prescribed amount of rowing and ergometer work until that athlete is fully able to participate with the rest of the team

In sum, an injury is a medical problem and should be addressed by medical professionals who have the expertise and training required to help heal the injured. This is the surest path to recovery. Once a plan for recovery is in place, it is up to the athlete and parents to work proactively with medical professionals and the coach towards that end.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(insert name) have read the CCR Injury Policy for the 2021-2022 season, and I understand that I will be held accountable for its contents.

Rower’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. From the Move Forward website by the American Physical Therapy Association; http://www.moveforwardpt.com/Resources/Detail.aspx?cid=1d04bab9-44f2-44d7-b510-7337125c88e9#.VMvVryyRLVx [↑](#footnote-ref-1)