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INJURY EXEMPTIONS

Injuries are an unfortunate reality of HP athletics. It is possible for an athlete to receive exemption from events due to injury, however, it is not something that should be done without careful consideration. Injury exemption applications trigger several requirements including documentation and follow up in order to ensure it is safe for an athlete to return to competition.

Athletes may apply for injury exemption from CEC events for the following:

- 1) Acute injuries that prevent the athlete from competing (i.e. broken limb, dislocation, soft tissue injury).
- 2) Acute or chronic injury that may be partially recovered, but in the opinion of the athlete's medical professional, poses significant risk of re-injury or further damage.

PROCESS

In both cases above, athletes must submit a completed CEC Injury Exemption Application form found here: [insert link to Eric's form. to the HPD: cec.hpd@climbingcanada.ca](mailto:cec.hpd@climbingcanada.ca).

Applications must be submitted prior to the event in question.

All injury exemption applications pass from HPD to CEC Medical Panel for evaluation.

RETURN TO PLAY

After an injury exemption has been granted, additional documentation/communication for return to play is required. The exact requirements are case dependent and will be clearly communicated to the athlete and/or athlete's medical professional.

PARTICIPATION IN FUTURE EVENTS

It is important to note that an injury exemption does not automatically guarantee qualification/invitation to the future events. There are several factors that the HPC will consider:

- i. Athlete readiness and return to play status:
 - a. Is it safe for the athlete to return to competition?
- ii. Performance trends:

- a. Are there past performance indicators that the athlete in question had a high probability of qualifying for the next event if the injury had not occurred?
- b. Based on medical evaluation, is the athlete back to similar performance potential?
 - iii. Timelines for International events:
 - a. If the athlete is not back to peak performance for the next qualification event, is there enough time after to train before international events? (i.e. an athlete is not 100% for Nationals and there are 3 months to first WC after selection camp).

If you have any questions please consult with your coach or medical profession.

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