



Gordon's School Physiotherapy Policy

1. Purpose

This policy outlines the access arrangements, management pathways, and expectations for students requiring physiotherapy services within the school. It ensures clarity of provision, defines responsibilities, and sets boundaries for when external care is required.

2. Scope

This policy applies to:

- Residential Boarders
- Sport Scholars
- Harlequins Partnership Programme Students and all other ACE/ACE Development players
- High Performance Athletes (excluding Sport Scholars):
 - Netball Elite Performance Programme
 - 1st Team Football
 - 1st Team Hockey
 - 1st Team Boys' and Girls' Cricket

3. Definitions

- **Physiotherapy Triage:** A brief initial assessment undertaken by the school physiotherapist to determine the nature and severity of the injury.
- **Follow-up Appointment:** A scheduled session after triage to continue treatment, review progress, and/or provide further rehabilitation input.
- **External Physiotherapist/Provider:** Any physiotherapist or service outside of the school, including NHS or private provision.

4. Policy Provisions

4.1 Residential Boarders

- Residential Boarders may access physiotherapy triage following referral through the Medical Centre.
- Where no more than **two follow-up appointments** are required, the student will continue to be managed by the school physiotherapist.
- Where **more than two follow-up appointments** are required for a longer-term injury or rehabilitation programme, the student will be referred by the school GP to NHS physiotherapy or to a private provider, as requested by the student's parents/guardians.

4.2 Sport Scholars

- Sport Scholars may access physiotherapy triage and subsequent physiotherapy appointments for **all injuries**, including those sustained both within school and externally.

4.3 ACE and ACE Development Players (including HPP Students)

- ACE and ACE Development Players (including HPP Students) may access physiotherapy triage and subsequent physiotherapy appointments for **all injuries**, including those sustained both within school and externally.

4.4 High Performance Athletes

- High Performance Athletes may access physiotherapy triage only. Following this:
 - **Day Students:** any advised further investigations and/or treatment is the responsibility of parents/guardians to arrange.
 - **Residential Boarders:** management will follow the procedures set out under **Section 4.1 (Residential Boarders)**.

5. Rules and Expectations

5.1 Documentation

- All external investigation documentation must be submitted to the school physiotherapist before school-based physiotherapy commences.

5.2 Re-injury and Symptom Re-Appearence

- Where a student sustains a re-injury or experiences a re-appearance of symptoms after being managed by an external physiotherapist, the school physiotherapist will not review or assume management of the case.
- Ongoing responsibility for treatment and rehabilitation remains with the external physiotherapist.

5.3 Attendance

- Students who miss **two physiotherapy appointments** within an academic year will be referred to an external physiotherapist for further care.

5.4 Rehabilitation Adherence

- Students must adhere to their prescribed rehabilitation plan and any associated advice provided by the school physiotherapist.
- Where a student has not adhered to their rehabilitation plan, they will not be reviewed again until they have engaged with it.
- If a student continues to disregard or fail to adhere to their rehabilitation plan or advice, the school reserves the right to discharge them from school physiotherapy and advise that they seek physiotherapy externally.

5.5 Return-to-Sport Clearance

- Where a student has been managed by an external physiotherapist, the school reserves the right to request written clearance confirming the student's readiness to return to sport.
- In the absence of such documentation, the school may withhold the student from competing until clearance is provided.

5.6 Service Capacity

- If current provision of the school physiotherapy service cannot meet the needs of the student, the student will be required to seek treatment from an external physiotherapist.
- This measure ensures that a safe, effective, and timely service is maintained for all students under school physiotherapy care.

6. Review of Policy

This policy will be reviewed annually by the school's medical and sports departments to ensure it remains aligned with best practice and safeguarding standards.