

## **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 Athletes

### **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.
- School physiotherapy will be provided if the injury does not require specialist or consultant input and is expected to resolve with short-term rehabilitation.
- Where specialist assessment or extended rehabilitation is necessary, the school GP will refer the student to one of the following:
  - NHS physiotherapy services
  - A private provider, as agreed with the student's parents or guardians.
- Any injuries occurring before enrolment (from 1st September) or during school holidays will be triaged by the School Physiotherapist to assess the nature of the injury, current management, and treatment needs. Appropriate ongoing care will be arranged, which may include:
  - Monitoring through the Medical Centre
  - Referral to or continuation with NHS physiotherapy services for long-term rehabilitation.
  - Referral to or continuation with a private provider, as agreed with the student's parents or guardians, for long-term rehabilitation.

#### **4.2 Sport Scholars & HPP Athletes**

- Sport Scholars & HPP Athletes are eligible for physiotherapy triage for all injuries, regardless of when or where they occurred.
- Following Triage:
  - Injuries sustained while representing the school in a student's scholarship sport - or, for HPP Athletes, while representing Rugby ACE or Development teams - will be managed by the School Physiotherapist.
  - Injuries sustained outside of school, or within school but unrelated to the student's scholarship sport, - or, for HPP Athletes, while representing Rugby ACE or Development teams - will be managed externally based on the guidance and recommendations provided during triage. Exceptions may be made subject to school physiotherapy capacity.
- Any injuries sustained prior to enrolment (before 1st September) must be managed externally, except where the injury occurred during pre-season training, in accordance with the conditions outlined above.

## **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 & Symptom Re-Appearance**

- 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 three 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 the school's physiotherapy provision is unable to fully meet the student's clinical needs, they will be required to seek treatment from an external physiotherapy provider.
- This measure ensures that a safe, effective, and timely service is maintained for all students under school physiotherapy care.
- The service will cease for Year 13 students on the day of their final examination.
- The service will cease for Year 11 residential boarders once they have permanently departed the site for the summer holiday period.

### **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.