

# Student Athletes and Over-the-Counter Pain Relievers

Some athletes may benefit from higher doses of over-the-counter medications, such as Tylenol and ibuprofen, to help alleviate pain or aches from injuries and training.

Please keep in mind the school's policy on over-the-counter medications which can be found in the student handbook.

"The ministry/school/center will not dispense over-the-counter medications without written authorization from both the child/youth's physician and parent/legal guardian. All nonprescription medication shall be in the original container and labeled by the parent/guardian with the child/youth's name. A Consent for Medication form signed by the physician and parent/legal guardian should accompany the over-the-counter medication. Over-the-counter medications will not be dispensed more than the manufacturer's recommended dose and frequency, unless authorized from the youth's physician."

If your student's physician thinks your student would benefit from a higher dose of an over-the-counter pain reliever, please have the physician specify a dose on your student's medication consent form.