

ATHLETIC TRAINING FACT SHEET 2018-19



ATHLETIC TRAINING ROOM

LOCATION:

Athletic Center - Use entrance nearest Baseball Field

HOURS:

Middle School 2 pm - 4 pm

Upper School 2:55 pm - 6 pm*

* Or until athletic practices/games have ended. Weekend and holiday hours will be determined by scheduled events.

IF Athletic Training Staff is not in the room, it means they are on the sideline of any on-campus athletic events. Please call our cell phone # to locate us.

WHAT IS AN ATHLETIC TRAINER?

Athletic trainers are licensed healthcare professionals that are an integral part of your athlete's Sports Medicine Team. They collaborate with, and work under the direction of, physicians and other medical providers to keep your athlete healthy. When athletes are injured, the athletic trainer helps to care for their injuries with the goal of returning them to competition as soon as safely possible.

ATHLETIC TRAINING SERVICES

- Immediate First Aid and/or CPR at the time of an injury. Assess injury severity to determine if further medical care is needed.
- Recognition of an emergency medical situation. Injury evaluation and clinical diagnosis.
- Establish therapeutic treatment plans for injuries. Create rehabilitation stretching/strengthening programs for injuries.
- Monitor Return-to-Play progression plans post-injury and post-concussion.

INJURY OR CONCUSSION QUESTIONS

If you are ever concerned about an injury or concussion that may have occurred at Bullis, from an outside of school team or an accident, **PLEASE CALL OR EMAIL THE ATHLETIC TRAINING STAFF**. We can answer questions and help guide the next steps in the evaluation and recovery process.

IN THE EVENT OF AN INJURY...

It is essential that ALL athletic injuries be reported to the Athletic Training Staff when they occur.

AT SCHOOL:

- The athlete or coach should report injuries during practices or games to the Athletic Training Staff, as soon as the athlete realizes he/she is injured. All coaches have the Athletic Training Staff cell phone number.
- The Athletic Training Staff will evaluate the injury and make a determination as to what the most appropriate course of care is.
 - In MOST cases, injuries are minor and the athlete can be treated in the athletic training room.
 - IF the injury requires further medical evaluation by a physician, then the athlete's parent/guardian will be contacted by the Athletic Training Staff.

ON THE ROAD:

- Athletes should report any injury to his/her coach, so they may request the host school Athletic Training Staff evaluate the injury.
- The host school's Athletic Training Staff will provide basic care and refer the athlete to follow-up with the Bullis Athletic Training Staff the next day.
- The athlete and coach should call or email the Bullis Athletic Training Staff about the injury and come to the athletic training room after school the next day for follow-up care.
- In case of a significant injury, parents/guardians will be contacted about the injury directly from the host school.

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Athletes must ALWAYS bring athletic clothing and tennis shoes for an evaluation and possible therapeutic exercises. Even if they do not think they will be able to participate fully in sports that day.

**ATHLETIC
TRAINING STAFF**

RACHEL MOORE

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CONTACT

(301) 706 - 1442

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DOCTOR NOTES

EVERY TIME your athlete sees a doctor, chiropractor, physical therapist, etc. you **MUST** provide a written note from them. The more detailed the instructions and return to play guidelines they can include about the injury is helpful:

- What is the injury?
- Clearance status - Fully? Modified? OR not cleared?
- What treatments do they need, like ice, heat or tape?
- What rehab strengthening or stretching exercises can they do?

A copy of the note must be emailed to or turned in to the Athletic Training Staff. You are welcome to provide a copy to the coach as well, but we will inform them regardless.

YOUR ATHLETE MAY NOT RETURN TO SPORTS WITHOUT A WRITTEN CLEARANCE RELEASE FROM THE PHYSICIAN

IN THE EVENT OF A CONCUSSION

- Athletic trainers have extensive concussion education and are prepared to recognize concussions, provide academic Return-to-Learn plans, and monitor the Return-to-Sports progression protocol once an athlete is recovered.
- Any player who exhibits signs, symptoms, or behaviors consistent with a concussion will be removed from the practice or athletic contest and will not return to play until cleared by a licensed health care provider, which includes the Bullis Athletic Training Staff.
- Parents/guardians will be informed that their athlete may have suffered a concussion. They will be advised on the next steps in monitoring them and possibly keeping them home from school the following day.
- The Athletic Training Staff will notify appropriate school personnel, including administrators, learning specialists, and the school nurse.
- The Athletic Training Staff will follow-up the next day and establish a time line for evaluation, including an ImPACT test, and then based on the results they will implement any necessary Return-to-Learn parameters for the school day and teachers.
- Once cleared of symptoms by the Athletic Training Staff or a physician, he/she may begin the supervised and gradual Return-to-Play protocol.
- The player's gradual return to full activity is monitored by the athletic training staff over a minimum five-day period, or longer as symptoms allow.
- The player may resume full activity participation after he or she successfully completes the Return-to-Play protocol.

BULLIS TEAM PHYSICIAN

Dr. Samuel Sanders, MD

Greater Washington Orthopaedic Group
OFFICE # (301) 589 – 3324

* **You are NOT required OR obligated to use the team physician.** However, IF you are in need of an orthopedic doctor this is whom our medical staff can help refer you to. When you call to schedule an appointment, tell the receptionist you have a Bullis athlete that needs to be seen and they will try to accommodate you within 1-2 days.

TAPING & BRACING

- The Athletic Training Staff will provide tape and wraps for practices/games when it is warranted as a necessary part of a current injury recovery plan.
- IF an athlete is getting taped for athletic events, they will also be provided strengthening exercises to perform before receiving the tape in order to enhance healing.
- IF an athlete needs an ankle brace, the Athletic Training Staff can fit and sell one to the athlete (with parental permission). The braces cost the wholesale price and the amount will be billed to the student account.