

Cathedral Athletic Department  
Medical Policies and Procedures

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### **The Medical Team**

The Cathedral Sports Medicine staff consists of certified/licensed athletic trainers and a sports medicine team physician . These medical professionals collaborate to prevent, treat and rehabilitate all injured student athletes.

### **In the event of an injury**

Injuries should be brought to the attention of the athletic trainer as soon as possible. The athletic trainer will evaluate the injury and determine the most appropriate course of care. The vast majority of injuries can be successfully treated and rehabilitated in the athletic training room here at Cathedral. You will be contacted in a timely manner should the injury require more extensive care.

In order to ensure that your son/daughter optimally recovers from their injury, it is extremely important that they make every effort to come to the training room until it has been determined that they have recovered sufficiently. The injured athlete cannot return to play unless cleared by the athletic trainer or team physician. **Those under the care of a Doctor other than the team physician must provide written clearance to the athletic trainer before participating.** The Cathedral athletic trainer or team physician has final authority over the athlete's participation status. Please feel free to contact the athletic trainer if you have questions or concerns regarding an injury.

### **School Insurance**

Cathedral (through First Agency, Inc.) offers secondary insurance to possibly offset the costs associated with athletic injuries, the cost of this plan is absorbed in each student's activity fee. It **may** cover those expenses not reimbursed by your private insurance carrier.

Only “new” accidents that occur during official practices or games **may** be covered. Those conditions resulting from cumulative trauma (overuse) are unlikely to be covered. Please contact Jean Harris in the Cathedral Business Office (317-968-7312) if you would like to file a secondary insurance claim. **Cathedral High School is not financially responsible for medical expenses resulting from athletic participation.**

### **Training Room Policies**

Treatments – Athletes are expected to be at practice on time regardless of their need to see the athletic trainer. The injured athlete should make every effort to receive treatment during their resource period and after school. Athletes are seen on a “first come, first served” basis.

Icing and/or Taping – The need for icing or taping is determined by the athletic trainer. **Icing or taping will be performed in conjunction with a supervised daily rehabilitation program.** Icing and Taping are never used as stand alone treatments as they merely treat the symptoms of an injury, but do not properly address the underlying problem.

Bracing is recommended for those athletes with a prior history of injury but no recent problems. Braces have been proven to provide superior support, and they cost effective and time efficient.

Durable Medical Equipment – Crutches, slings, braces and the like are often used to hasten an athlete’s recovery. It is greatly appreciated when this equipment is returned in good condition and in a timely manner. **You will be held financially responsible for equipment that is not returned, or is returned in poor condition.**

Medications – Over the counter medications (ibuprofen, acetaminophen, etc) are only distributed for those injuries that do not allow your son/daughter to participate. These medications will not be dispensed prior to or during events so as to mask pain and potentially worsen an injury. At no time are prescription medications dispensed.

**\*Medications/supplies for students with asthma, allergic reactions and diabetes should be provided by the student’s family. These supplies should be given to a member of the athletic training or coaching staff, and they will be stored in an accessible location for practices and games.**