

BULLIS ATHLETIC TRAINING FACT SHEET 2022-23

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 timeline 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.

BULLIS ATHLETIC TRAINING STAFF

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