

Athletic Training Services



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Megan Neemann is an athletic trainer employed by Syracuse Area Health and contracted to your school.

- An athletic trainer is a licensed healthcare professional who specializes in the prevention, examination, diagnosis, treatment, and rehabilitation of emergent, acute, or chronic injuries and medical conditions, especially as they occur in sports.
- Coverage is provided for most home varsity events and daily practices.
- Availability is typically from 1pm until the end of daily practices or games, and may vary day to day based on schedules.
- Injuries brought to the athletic trainer will be evaluated and treated or referred on as appropriate.
- Treatment may include strength and stretching exercises, and modality use when available, along with practice modifications to keep your athlete in the game if at all possible. Other suggestions will be made on a case by case basis.
- If you see a doctor for a condition that may affect your student athlete, please bring a note outlining the plan of care so the athletic trainer may assist in the best way possible.

The **Healthy Roster** App



This app will allow you to view injuries as they are documented by the athletic trainer, along with recommendations for how to best keep your student athlete in the game. Communication with parents will primarily be done through the Healthy Roster App. Please set this up for your student athlete.

- Athletic Trainers will send email invitations to the email addresses provided to the school. Follow the instructions included in the email to get linked to your athlete's account.
- Accounts only need set up once so if you have already done this you do not need to do it again.
- The system will keep you in the loop in terms of injury updates and your athlete's activity in the athletic training room. It is also an easy avenue to stay in contact with your athletic trainer.
- Although the system notifies coaches of changes as well, it is still important for your athlete to communicate with the coaches directly.

If you suspect your student athlete may have sustained a **concussion**, let the athletic trainer know as soon as possible.

- A baseline concussion test will be administered to all student athletes 7th grade and older at least once every two years.
- Sessions will be coordinated by your athletic trainer and coaches.
- If you do not think your athlete has had a baseline concussion test, please contact your athletic trainer.

Head Injury and Concussion Policy (abbr.)

1. Student athlete (SA) sustains injury with reasonable cause to suspect concussion.
2. SA is removed from play and evaluated by school nurse or athletic trainer, depending on time of day and location of injury
3. If a concussion is suspected, parent will be notified. SA may be sent home from school if symptoms are severe. If concussion occurs at practice or game, the SA may stay but will not be eligible to participate. If the environment is increasing symptoms, it is recommended that the SA be removed from the environment (i.e., sent home).
4. A computerized neurocognitive test MAY be administered at this point. If we are reasonably sure a concussion has been sustained, it may be recommended to wait to administer the impact test until symptom free.
5. The SA should check in with the school nurse daily to monitor symptoms. School accommodations may be recommended depending on symptoms. If they are advised, the SA will be expected to leave their phone in the office during the day to limit screen time, wear a baseball cap to help with light sensitivity, will not be allowed to attend noisy school events such as dances, games, pep rallies, etc., and will be expected to eat lunch in a quiet environment (the school office) to help with noise sensitivity. They will also be removed from PE classes, as excessive physical activity can be detrimental to recovery. They will need to return a signed agreement indicating intent to cooperate with these recommendations at home as well (limit screen time, avoid environments which may exacerbate symptoms, and no outside physical activity for the duration of symptoms). In return, they will receive printed copies of all notes, tests, and class materials to allow them to participate in school as fully as possible.
6. The SA will follow the school's return to learn procedure to reintegrate into normal schooling first, with the exception of PE class. Once this process is complete, the SA will work with the athletic trainer to progress back into physical activity, which includes PE and sports.
7. The chosen concussion test will be administered once symptom free, and will be taken into consideration in regards to return to sport and physical activity.
8. As directed by the athletic trainer, there will be a 4-5 workout progression back into sport. This will take at minimum 4-5 full days. The SA should check in with the athletic trainer daily to find out what that day's workout will be and to develop a schedule to return. The athletic trainer will also let the SA know when they are allowed to return to full participation in PE class.
9. Finally the athletic trainer or school nurse will communicate all accommodations to the teachers as they are put in place, and also as they are lifted.
10. Final clearance for return to school-related physical activity will be made by the school's Athletic Trainer. This means physician's notes clearing a student for participation in physical activity prior to completing the return to play progression will be considered null and void; the student must complete a progression back into activity.