Calhoun Athletics - Athletic Training & Injury Protocols

Calhoun's Athletic Trainer (ATC) is available every school day from 1:30-6:30pm, depending on game schedules. Students who need to see the ATC must make an appointment through the Athletic Training Booking Page. The Athletic Trainer can also be reached via email, GChat, or in the 8th-floor Athletics office.

The Athletic Trainer supports student-athletes with:

- Emergency care
- Injury evaluation
- Injury rehabilitation
- Taping and game/practice preparation
- Concussion evaluation and management
- Strategies for injury prevention (stretching, strength training, etc)

INJURY PROTOCOL

If a non-life-threatening illness/injury occurs, the athlete must report immediately to the Athletic Trainer. If a physician is consulted, a note from the physician is required to return to participation.

> Our Athletic Trainer is contracted through NYU Langone Health [link]. If the athlete needs to see a physician due to an athletic injury, the Athletic Trainer can connect families with the appropriate specialists/physicians within the NYU Langone network. These doctors are trained in sports medicine and are experts at treating athletes focused on returning to play/sports.

In the event of a serious medical emergency during Calhoun Athletics events, the Athletic Trainer and/or coaches will contact emergency medical services and follow the procedures detailed in the Emergency Action Plan (EAP) for Calhoun Athletics.

If a serious athletic injury occurs when the Athletic Trainer is not with the team, coaches will follow the Emergency Action Plan by calling 911 and activating the EMS system. The Athletic Trainer will be notified of the athlete's injury as soon as reasonably possible so they can assist with follow-up care and treatment.

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INJURY RETURN PROTOCOL

Decisions regarding the availability of an athlete for practice or game competition require the cooperative efforts of the athlete, coach, Athletic Trainer, physician, parents/caregivers, school nurse, and Director of Athletics. Decisions will be made based on sound medical judgment with the outcome being good athletic health care for the athlete. The following guidelines will be used to determine player status:

If an athlete is under the care of a physician, the physician shall determine the availability of the athlete. Under no circumstances shall the coach allow the athlete to participate without specific direction from the sports medicine staff. A “no-play” decision by the physician will always be followed.

If the athlete is NOT under the care of a physician, the responsibility regarding the availability of an athlete for participation rests with the Athletic Trainer. The Athletic Trainer will determine the athlete’s playing status and communicate it with coaches, families, and other relevant parties as necessary.

If an athlete disregards the medical decision of the Athletic Trainer, the Athletic Trainer will notify Nicola Zimmer, Director of Athletics.

CONSENT FOR TREATMENT

I acknowledge that sports participation involves a risk of injury, and I understand that the Certified Athletic Trainer will take every precaution to reduce this risk through preventive measures, education, and medical intervention. I have read and understand the content of this form, and I consent to allow the Certified Athletic Trainer to provide medical care to my child as needed.