

SFS Sports Medicine Department



When your child needs a hospital, everything matters.SM

Goal

To provide the highest level athletic health care and return student-athletes to pre-injury/illness activity level as quickly and safely as possible, while advocating for the overall health of the student-athlete.

Vision

The Sports Medicine Department at St. Francis de Sales School is dedicated to the comprehensive health care needs and highest quality injury assessment and management for our student-athletes.

Mission

St. Francis de Sales School Sports Medicine Department is committed to providing the highest quality sports medicine services to the student-athletes by providing injury prevention, care, rehabilitation services, and student-athlete education. The staff will encourage a philosophy of education that places a high value on health and wellness. Student-athletes will be enabled to return to their sport as soon as it is medically safe for the individual to do so. The sports medicine staff will work to reduce the risk of athletic injury for all student-athletes of St. Francis de Sales School.



AT Contact Information

	SEAN TILLEY ATHLETIC TRAINER STILLEY@SFSKNIGHTS.ORG	
	ALYSSA LASSEY ATHLETIC TRAINER ALASSEY@SFSKNIGHTS.ORG	

- 419.973.5246

Athletic Training Staff Cell Phone



Golden Rule

- Encourage your student-athlete to see the athletic training staff before taking them to a physician
 - Once we have a note from a doc, we have to follow their orders
 - If we eval first, we can help guide families if a follow up with a physician is necessary or if we can treat in house
 - Can help fast track athletes into team physician's office if we know as well



Return to Participation NOTE

- If a student-athlete is seen by a physician for any reason, following the appointment **the AT staff must have a note** with restrictions, follow up care, or *unrestricted participation orders* **before** the athlete participates in practice or an event.
 - NO NOTE = NOT CLEARED
 - This applies for practice, scrimmages, and contests

SFS Team Physician

Dr. John Anderson, DO

Dr. Stokey, MD (Pediatric Orthopedic Surgeon)

- Scheduling Number
 - (419)251-2061
 - Option 3 for nurse line to schedule
- Address
 - 7640 W Sylvania Ave
 - Suite E



Dr. Anderson is the Director of Sports Medicine at Nationwide Children's Toledo, he oversees the department's Athletic Training staff.

SFS AT staff has access to schedule directly into Anderson's clinic, along with other Nationwide Children's and Mercy Health providers.



SFS Concussion Policy

- Once a brain injury is suspected, the student-athlete has to follow up with a physician *per OHSAA requirements*
 - PCP
 - Team doc
- Morning and afternoon symptoms checks (nurse & AT staff)
- Academic accommodations as needed based off symptom scores
- Return to Play can only begin once a full day of school is completed with no accommodations, a symptom score of 0, and all academic work is completely caught up.
 - 5 progressive phases
 - 24 hours between each phase
 - Any return of symptoms results in going back a phase once symptoms are gone



Athletic Treatment Room Rules

- **Golden Rule:** If an athlete sees a physician/PA for any reason, they must have a note from the provider turned in to the sports medicine staff, before participating in any practice or competition following their appointment.
 - Treatments/taping are first come first serve
 - The ATR is not a restaurant with a menu for athletes to choose from. Plan of care is a collaborative process by the AT and the student-athlete.
 - Every athlete ***must sign in each time prior to receiving*** any treatment.
 - Please arrive at least 30 minutes prior to practice or an event if possible (this obviously does not apply for practices immediately after school).
 - **No food or backpacks/gym bags** in the ATR.
 - **No cleats or muddy shoes** in the ATR. No shoes on the treatment or taping tables.
 - **No FaceTime, Snapchat, photos, videos, including TikToks,** while in the ATR. This is a medical facility, respect others privacy.
 - If an athlete is on their phone while they are expected to be completing rehab, they will not receive any further treatment and will be asked to leave.
 - Proper attire, language, and behavior is expected, at all times, while in the ATR.
 - **Athletes must rinse off in the showers** before receiving treatment after practice.
- **The Athletic Training staff has full authority to ask athletes to leave if they are not compliant with any of the rules listed above or if they are being disrespectful to another athlete or staff member.***



Additional Recommendations

- Encourage your athlete to communicate any medical conditions with Coach and the AT staff
 - We do have access to their emergency medical cards.
 - Ensures extra medication(s) are kept on hand during practices and events.
- Recommend sending a back up:
 - Emergency inhaler
 - EpiPen
 - Testing kit
 - Spare contacts
 - Diabetes emergency kit
- Any donations of liquid IV, granola bars, fruit snacks, etc are appreciated as we try to keep our sideline kits stocked with these items for the athletes, especially during events. Liquid IV is always greatly appreciated (we keep the different teams items separated to ensure any donations are only given to athletes in that specific sport).





FINALFORMS

**ATTENTION ATHLETES & PARENTS,
MAKE SURE YOU HAVE COMPLETED
ALL PRE-PARTICIPATION
REQUIREMENTS IN FINALFORMS.**

- 1. SPORT
REGISTRATION**
- 2. PARENT FORMS**
- 3. STUDENT FORMS**
- 4. ATHLETIC FEE**
- 5. SPORTS PHYSICAL**

