

Athletic Training Information

Parent Meeting

Athletic Training Staff:

- Nate Bruss
 - Primary sports- Football, Hockey, Lacrosse, Track & Field
 - Contact Information
 - Teamsnap
 - Email: nbruss@sfsknights.org
- Alyssa Lassey
 - Primary sports- Soccer, Basketball, Wrestling, Swimming, Baseball
 - Contact Information
 - Teamsnap
 - Email: alassey@sfsknights.org
 - AT Cell: (419)973-5246
- Both available immediately after school, during fall and spring seasons, for ANY student-athlete. Alyssa is available immediately after school in the ATR during winter season, TBD at Tam-O for hockey.
- AT coverage at every home event

NCH Providers:

- Dr. Stokey, MD
 - Orthopedic Surgeon- Nationwide Children's
- Dr. John Anderson, DO
 - Director of Sports Medicine- Nationwide Children's
 - Orthopedic and sports related injuries
 - **Office Number: (419)251-2061**
 - Option 3 to access Nurse line for scheduling
 - Address: 7640 Sylvania Ave, Suite E

Additional Providers

(Sideline game coverage during Varsity Football Home Games)

- Dr. Phillips, MD- Mercy Health (*Orthopedic Injuries*)
- Dr. Boothby, DO- Mercy Health (*Orthopedic Injuries*)
 - Office Number: (419) 251-6784
 - Address: 2409 Cherry St, Suite 10

Additional medical information

It is encouraged that an athlete's first step when experiencing pain or sustaining an injury is to be evaluated by the athletic training staff. We can then determine if being seen by a physician is necessary or if we can treat the athlete at the school.

******If evaluated by a physician, the athletic training staff must have paperwork either clearing the athlete or with restrictions/timeline for a return before the athlete can participate in a practice or competition or training with an sfs coach on campus. This includes following a surgical procedure in season or out of season.***

We also encourage athletes who have been prescribed an inhaler, epi-pen, diabetic emergency supplies, emergency medication, etc to follow up with the AT staff to ensure we are fully aware of the condition, and recommend the AT staff keep a "spare" in the athletic training room if extra supplies are available, this can include contacts. During events all emergency supplies should be accessible to the AT staff or in the team med kit when traveling.

General Care

Meals/Hydration: More often than not, athletes struggle during practice because they didn't fuel appropriately throughout the day, or they are only eating hot Cheetos and skittles right before practice. Regarding hydration, they are allowed to have a water bottle during the school day so long as it is clear. They cannot have gallon jugs. Regarding meals or snacks, the coaches have a general guideline for pre-game meals, night before game day meals, snacks for during the game or while traveling at tournaments. If you have any other questions or want further specifics, please let us know and we will try to answer them to the best of our ability. ***** Nutrition information available on the school website- Athletics- Sports Medicine**

Sleep: Consistent and quality sleep consists of a sleep schedule (similar sleep/wake up times daily), quiet and dark environment, and the avoidance of visual stimulation from electronics. They should not be staying up late playing video games or doing hours on hours of homework.

General Hygiene: We recommended athletes clean out their lockers and take home dirty clothing and towels at least twice a week. They should wipe down any equipment they are using (helmets, pads, etc.) daily. They should not be sitting in their sweaty practice clothes for any extended period of time after practice. Within 30 minutes after practice, they should be in the shower. Athletes have access to showers at the school and are recommended to bring their own personal towels and soap/wash clothes/face wipes.

***** Parent Meeting Slide Deck, Policy and Procedures Manual, Concussion Policy all available on the school website- Athletics- Sports Medicine***

Concussion info on the last page

Concussion Protocol

Baseline Testing:

All contact sport athletes must complete our concussion baseline testing (football, soccer, water polo, basketball, wrestling, hockey, lacrosse, and baseball). The baseline testing includes the following test: online/app **HITCHECK** testing. The purpose of the test is to be used as a tool; they are NOT a determining factor of clearance.

Injury Evaluation and Post-Injury Care:

If an athlete sustains a suspected concussion, we will notify the parents/guardians immediately. Home care instructions will be given and an explanation of the return to sport process. **Once a concussion is suspected an athlete is required by law to follow up with a physician. The athlete will be given classroom and school work accommodations as needed, the concussion management team will track their symptom progress daily, and once appropriate the athlete will begin the return to play protocol. *Student-athletes must make it through a full day of school with no symptoms and return to normal baseline testing levels before they can begin the return to play protocol.* The Return to Play protocol is a 5 phase gradual increase in physical activity each day. In the event that symptoms return during this process, they will regress a phase.**

Protocol:

The student-athlete will check in with the school nurse every morning regarding their current level of symptoms. She will then report those symptoms to the school counselors and suggest the accommodations given to the student-athlete for that day. The school counselor will then work with the intervention specialists and teachers to ensure those accommodations are met. **At the end of the day, the student- athlete will check-in with the school athletic training staff prior to leaving school or progressing to the next phase.** The primary person of contact regarding all missed/make up school work will be your child's school counselor. They will be working closely with teachers and our academic dean regarding a timeline for all make-up work and possible extensions.

Criteria to begin the RETURN TO PLAY PROTOCOL

Prior to beginning the return to play protocol, the student-athlete must meet the following criteria:

1. Student- athlete has been **asymptomatic** for 24 hours as reported by the student-athlete and confirmed by nurse and athletic training staff.
2. Student- athlete has completed **a full day of school with no breaks or academic accommodations.**
3. **Student- athlete has a plan in place with school counselor, teachers, and academic dean regarding all school make-up work, if necessary.**
 - a. **Plan must be signed off on by the counselor and teachers.**

RTP Phases

1. **Light aerobic activity**
2. **Non-contact activity**
3. **Non-contact practice**
4. **Full practice**
5. **Unrestricted clearance**