

## Athletic Information for the Parents from the Athletic Trainer (Diane Savacool)

Physical Exams must be current within the past 13 months. . **If a physical expires during the season, your athlete will need a new one in order to continue playing past the date of expiration.** It is your responsibility as a parent to make sure your child's physical is current and up to date. Physicals are kept on file in the Health Office to be used for future sports clearances. Please check with the health office if you are unsure of the date of expiration of your child's physical. When handing in a new copy of a physical **please indicate your child's sport on the top of the physical** to further assist with organizing all of the paperwork the office receives during the preseason. Students will be medically cleared by the school Health Office once they have a current physical and have received any additional clearances that may be needed from additional medical professionals.

When filling out the Family ID registration please make sure to fully complete all fields especially those involving emergency contact, previous injuries, medical conditions, medications, health insurance and previous head injuries. Any and all medical concerns or conditions must be indicated while filling out this information. If the information isn't on Family Id, the athletic department staff, including the Athletic Trainer, Coach and EMT's will NOT know of your child's medical history or needs should they need to be transported via Ambulance. This information must be updated each season. **Remember this is the ONLY information the Athletic Trainer, Coaches and EMT's get on your child's medical history and current conditions.**

Doctor's notes are needed ANYTIME an athlete is seen by a Doctor regarding an injury or illness. Please make sure the injury/illness/or reason for visit is clearly stated so that we know that the student is cleared to return to sports. The only acceptable clearance notes are those from an MD, DO, PA, NP. Per ELHS Athletic policy, Chiropractors/Physical Therapists cannot write clearance notes for return to sports. Make your life easier, get a Dr's. note **EVERYTIME** you go, and if your child is being seen by a Physical Therapist/Chiropractor, have the Dr. write a note saying that the student can be cleared by them. Please give the notes to the nurse during the school day, or to the athletic trainer after school, so that it can be given to the nurse the next day. Completed medical forms should be dropped off at the Health Office directly and Doctor's notes can be faxed to (413) 525-9781.

Concussion Baseline testing is given before starting a sport at ELHS. This includes all incoming Freshmen and anyone who has not played a sport at ELHS before. This testing is then repeated two years later to maintain the most up to date level of baseline testing.

The baseline test is not testing to see if the student HAS a concussion. The baseline testing is taken so the Athletic Department staff have a guideline of "normal" reaction time, memory and cognitive ability which is used as a reference when a student sustains a concussion.

After a suspected or diagnosed concussion athletes need to be first cleared by their PCP (not by an Urgent Care or Emergency Department) before they can return. If a concussion is diagnosed, the student's PCP must clear the athlete to return to school/sports and this allows the athlete to begin the Return to Play process with the Athletic Trainer. This process involves first taking the

post-concussion testing and returning to within a reasonable level of the original baseline testing. The post testing results are used to determine if the student has returned to the “pre-concussion” levels. After the post-testing is at the “normal” level the student will begin a progression of physical activities for a total of 6 days (as long as symptoms don’t return) before they will be completely medically cleared to return to athletics. If your athlete has a return of symptoms or has continued symptoms during this time period they must be re-evaluated by their PCP before continuing.

**Please refer to the ELPS district website for the full East Longmeadow Public Schools Policy/Protocol for Management of Sports Related Concussion. The link can be found under the Health Services link.**

If your student is injured at practice and the injury is not reported to the Coach or Athletic Trainer it is your responsibility as a parent to notify the AD, AT or school nurse of the injury so that we can track the progress of the injury and the student’s return to activity. Again, get a note to clear the student once the injury or illness is over.

Per East Longmeadow Public School policy, students exhibiting signs of illness must be free of an elevated temperature (100.0 degrees or higher) for at least 24 hours without the use of fever reducing medication and must be free of symptoms of gastro-intestinal illness (nausea, vomiting or diarrhea) for 24 hours as well, before returning to school or sports activities. (If your child is sick, please have them stay home and rest to get better. This is one small, but important, way to prevent illnesses from taking out an entire team)

Per East Longmeadow Athletic Training guidelines any suspected rash or skin condition that has the potential to be transmitted to another student, will be required to be evaluated by a physician. There is a medical clearance form that must be completed by the evaluating physician. The physician will give me direction as to how the area must be covered and treated. Written instructions including diagnosis, treatment (medication that is being prescribed with any side effects), how long the area must be treated, and what means need to be used for covering it, before they are permitted to return to any competition should be indicated. Typically the area must be covered for the entire course of treatment.

The state mandated MIAA Heat Policy will be followed for all practices and games (Fall and Spring Seasons). If the temperature and humidity levels are at a high level, practices may need to be modified, and games may potentially be postponed. Due to this policy your child’s practice times and locations may change on short notice. This policy states that practices need to be modified or changed according to the reading on a Wet Bulb Globe Thermometer that I will use to accurately determine the weather conditions and its effects on practices and the health of the athletes during that time.

Please make sure your student has all of their inhalers, epi pens, diabetic supplies and any other medical supplies they may need with them at all times. I do not have these things to give them if they need them in an emergency. In addition, I do not have any over the counter medications (i.e. Advil, Aleve, Tylenol, Benedryl etc.) to give your child.

The ELHS Athletic Department will follow all Massachusetts Department of Public Health, East Longmeadow Department of Public Health, and MIAA guidelines, precautions, and restrictions as they relate to Covid-19. Further information on these guidelines, precautions, and restrictions will be sent out to ELHS families as needed.

Any questions or problems feel free to contact:

Diane Savacool, AT, [diane.savacool@eastlongmeadowma.gov](mailto:diane.savacool@eastlongmeadowma.gov)

Thanks and have a great season.