

Gwynedd Mercy Academy High School

Sports Medicine General Policies and Procedures

This protocol outlines procedures for staff to follow in managing athletic injuries and return to play, and outlines school policy as it pertains to environmental conditions.

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I. Pre-Season Online Registration

The Gwynedd Mercy Academy High School (GMAHS) Athletic Department is excited to announce that we are now offering the convenience of online registration through FamilyID (www.familyid.com).

FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through FamilyID, the system keeps track of your information in your FamilyID profile. You enter your information only once for each family member for multiple uses and multiple programs.

Complete registration instructions can be found on the FamilyID section of the GMAHS Athletics website.

II. Pre-participation Physical

Any student-athlete wishing to participate in a GMAHS sanctioned sport must first register online through FamilyID (see section I) and complete the approved physical form. The only form that will be accepted is the PIAA Comprehensive Initial Pre-participation Physical Evaluation (CIPPE). The CIPPE form can be downloaded from the FamilyID section of the GMAHS Athletics website or from the link posted at FamilyID.

The physician completed CIPPE form (Section 7) must be uploaded to FamilyID prior to the first practice of the first sport in which the Student-Athlete wishes to participate. **Student-Athletes will NOT be permitted to participate in their chosen sport until the CIPPE form is received, NO EXCEPTIONS! Please do not mail any forms to school!**

III. Athletic Injury

Any injury sustained while playing a GMAHS sanctioned sport **MUST** be reported to the school's Certified Athletic Trainer (ATC) as soon as possible for evaluation, physician referral, and/or treatment.

If an injury occurs while at an away contest, Student-Athletes may be evaluated by the host school ATC. Student-Athletes are expected to report in person to the GMAHS ATC on the next school day. When an athlete is injured at an away contest, the Coach is responsible for notifying the athlete's parents, Athletic Trainer, and Athletic Director of the injury.

If a Student-Athlete is injured outside of a GMAHS sanctioned sport (ex: travel or club team), she is **ENCOURAGED** to report to the ATC for evaluation, physician referral, and/or treatment.

If a Student-Athlete will miss school because of an injury, she should contact the GMAHS ATC with an update on her status.

*** Note: In cases of a **CONCUSSION**, please refer to the GMAHS Concussion Policy. ***

IV. Injury Evaluation and Treatment

The ATC will be available for injury evaluation and treatment daily after school, 2:30 – 3:30 pm, game schedule permitting. Student-Athletes are **NOT** allowed to miss class for injury treatment and should only report early if there is **NO** 9th period academic class.

Student-Athletes will be evaluated or treated in the following order:

1. Teams with Away contests
2. Teams with Home contests
3. Taping for practices
4. Previously evaluated injuries
5. New injuries

V. Physician Visits

Any student-athlete that is seen by a physician for an injury must submit a clearance note to the ATC. This note must include a return to play/clearance date and be signed by the physician. The note must also include an injury diagnosis and therapeutic recommendations if she is to rehab with the ATC.

Acceptable physician notes for injuries include: the “physician referral form” provided by the ATC, **OR** a note on the physician’s letterhead or prescription pad with the previously listed information, **OR** the “Recertification by a Licensed Physician of Medicine or Osteopathic Medicine” form (Section 9 of the CIPPE).

In cases where the injury is a concussion, the **ONLY** acceptable physician note will be the “physician referral form” provided by the ATC.

If a Student-Athlete sees a physician for an injury, she **WILL NOT** be allowed to return to practice or games until a clearance note is received, **NO EXCEPTIONS**.

VI. Non-athletic Related Medical Procedures/Problems

Any student-athlete that is seen by a physician for a non-athletic illness or procedure (ex: dental surgery, asthma) **MUST** submit a clearance note to the ATC from that physician. See Section V for a list of acceptable physician notes. Student-Athletes **WILL NOT** be allowed to return to practice or games until a clearance note is received, **NO EXCEPTIONS**.

VII. Medical Emergency

***** Never touch or move an athlete if you suspect a head or neck injury!!! *****

If ATC is present, the ATC will take the lead.

If ATC is not present, the Coach will contact the ATC immediately. The Head Coach will take the lead until the ATC arrives.

- Keep athlete calm & still
- Check and monitor vitals until help arrives
- If you are first aid/CPR certified, give appropriate care until help arrives.
- Keep a record of entire incident. Include Athlete's and Parents' names, date, time, detailed description of event, and to what hospital athlete is being taken. Complete Coach's Injury Report.

Please refer to the GMAHS Emergency Plan for full details and directions to fields.

VIII. Emergency Transport/ Emergency Room Treatment

Any Student-Athlete with an injury or illness that requires transport to or treatment in an emergency department must make follow up appointments with their family doctor or appropriate specialist, and be cleared, in writing, by that physician. Student-Athletes **WILL NOT** be allowed to return to practice or games until a clearance note is received, **NO EXCEPTIONS**. **Emergency Department discharge papers will NOT be accepted for return to play.**

IX. Return to Play

Return to play is an individualized decision as each person will heal at different rates.

Depending upon injury severity, student-athletes may be restricted in return to play.

Student-Athletes who were seen by a physician must have appropriate clearance, in writing, from that physician before they will be allowed to return to play.

*** Note: in cases of CONCUSSION, please refer to the GMAHS Concussion Protocols for specific return to play procedures. ***

X. Lightning

PIAA and NFHS rules state that you **MUST** wait at least 30 minutes after the last visible lightning or audible thunder. If at minute 29 there is a strike, you must restart that 30 minute clock. Just because the sky looks clear, does not mean the lightning threat has passed. Lightning can strike as far as 10 miles away from the storm. Also, if you can hear thunder, lightning is typically close enough to strike.

It is advised that Coaches download a weather application onto their cell phones so that they will be aware of any impending weather conditions or alerts.

If a storm is imminent, please seek shelter **INSIDE** the school. The shed at the track & fields is **NOT** considered a safe shelter. Coaches must quickly and safely escort their team to the school. Coaches must take attendance to ensure that everyone is accounted for.

If a game or practice is delayed because of lightning, the Athletic Director (AD) or the Athletic Trainer will give the all clear to return to the field. Either the AD or the ATC will advise the coaches and the officials when you may resume.

XI. Heat Illness & Hydration

To prevent heat illness, make sure the athlete is well hydrated, wears loose fitting, light clothes and is properly conditioned. Water must be provided and encouraged even in cold temperatures as dehydration can still occur.

All teams must provide water at every game and practice for athletes. Team coolers are stored in the locker room in school and must be returned there after practices and games.

No one is to restrict access to water at any time (no water punishment).

Coaches and Student-Athletes must be aware of the common signs/symptoms of heat illness:

- Heavy sweating/ no longer sweating
- Muscle cramps
- Dizziness
- Nausea/vomiting
- Shallow, rapid heartbeat
- Pale skin
- Fatigue
- Headache
- Fainting
- Slowed speech or reflexes

If anyone notices an athlete in distress, they should call the ATC immediately and follow the GMAHS Athletics Medical Emergency Plan.

XII. Annual Coaches' Training

All Coaches are required by Pennsylvania state law to complete annual training in recognizing and understanding concussion, sudden cardiac arrest, and heat related illnesses. GMAHS has chosen to use the courses offered by Sport Safety International. These courses are provided free

of charge. Certificates of completion must be submitted to the Athletics Office prior to the start of the individual coach's first athletics season.

ConcussionWise: <https://sportsafety.com/pennsylvania/>

CardiacWise: <https://sportsafety.com/coach/cardiacwise/>

HeatWise: <https://sportsafety.com/coach/heatwise/>

XIII. Contact Information

Athletic Trainer:

Lynann Sullivan, LAT, ATC

Email: athletictrainer@gmahs.org

Mobile: 215-820-9949

Athletic Director:

Terri Fasano

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