



Glenn High School Grizzly Sports Medicine Parent Guide

Injuries

Injuries will occur to athletes participating in any sport. All injuries MUST be reported to the Athletic Trainer at first opportunity. The Athletic Trainer will evaluate the injury and create an Injury Report for the injury. A treatment plan will be established for the injured athlete and the athlete and coach are expected to follow the treatment plan. The injured athlete should attend daily treatments in the training room while recovering from their injury (see treatments information below). Some injuries will be referred to a physician, in which case, the athletic trainer will notify the parents. Athletes who are referred to a physician, or who see a physician without a referral, will be withheld from participation until cleared, in writing, by the treating physician. Injured athletes will be listed on the Daily Injury Report. The report is made available to all coaches and will list the injury type and participation status including any restrictions. Injuries that occur while athletes are participating in non-sport related activities or non-school related sport activities will be evaluated by the Athletic Trainer and appropriate basic first aid will be given. If under a physician's care, treatment will only be provided if athletes submit an injury referral form filled out by the treating physician with a prescription for therapy/rehabilitation.

Treatments

Injuries often require treatment before a return to participation is possible. Treatments will be given during Training Room Treatment Times only. Athletes are not allowed to receive treatments during their academic classes. Athletes are required to attend treatments while injured so that they can join their team during the athletic class period. Most injuries allow the athlete to participate in some form of physical exercise while injured. Morning treatments are

Monday/ Tuesday 4:00-5:00pm

Wednesday/ Thursday/ Friday 7:30-8:30am

Insurance

Leander ISD cooperates in a program to offer low-cost accident insurance for students. Two plans are offered for parents/guardians to purchase: At School Protection or 24-Hour Coverage. Plans and enrollment information are available on line at www.texasmonarch.net or call 1-800-662-2778. Enrollment is easy if your student needs coverage or additional coverage. Important notice: Texas public school districts are immune for bodily injury to students and the public (except for limited liability for negligent operation and use of a district-owned motorized vehicle) as provided in the Texas Tort Claims Act, section 101.001 et seq. of the Texas Civil Practices and Remedies Code. The District is not responsible for medical expenses for treating injuries that occur at school or during school events and cannot assume liability for any other costs associated with an injury.

Concussions

LISD participates in a comprehensive Concussion Program. It includes pre-season computerized baseline cognitive testing using the ImPACT program for athletes participating in all sports. Texas HB2038 requires any athlete identified with a concussion to be medically cleared to return to play by a qualified physician before beginning a return to play progression. Athletes can only return to play after successfully completing the progression. More information on the LISD concussion program can be found at <https://sites.google.com/a/leanderisd.org/lisd-concussion-website/>.

Skin Infections

Skin infections are common in athletic populations. The most common type in athletics is the Staphylococcal (Staph) soft-tissue infections that are spread by person to person contact. The information sheet provided by the UIL is a great reference.

<http://www.uiltexas.org/health/info/information-on-staphylococcal-infections-for-athletes>

Hydration and Nutrition

It is imperative that athletes be prepared for the physical demands of their sport. In addition to a quality pre-season training program, nutrition and hydration are the most important areas for athletes to focus on. Athletes should limit their intake of soda and carbonated beverages and any other drink containing caffeine. Water and electrolyte drinks (Gatorade, Powerade, etc) are the preferred choice for hydration immediately before, during and immediately after exercise. Other good beverage choices are low sugar fruit juices and milk. Athletes also need to fill their food tank. All three meals are very important when athletes are burning a large number of calories daily. Tips: No skipping meals, always avoid greasy foods and avoid heavy meals prior to practices or competitions. Remember to pack a lunch or snack to eat during the school day.

http://www.uiltexas.org/files/health/NFHS_Hydration.pdf

Contact Information

Jason Allen, LAT

Athletic Trainer

(512) 570-1480

jason.allen@leanderisd.org