

LITTLE ELM SPORTS MEDICINE DEPARTMENT

Little Elm High School

Athletic Training Facility/Office #: (972) 947-9443 x24109 or x24110

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High School Injury Protocol & Evaluations

- Athletes must report **all injuries** to the Athletic Trainers within 24-48 hours after the injury.
- **ALL Students MUST be wearing a MASK or FACE COVERING over their nose & mouth PRIOR to coming into the Athletic Training Facility**, or they will NOT be allowed to enter. Mask or Face Covering must remain on the entire time inside the facility.
- Athletes are now **REQUIRED to schedule an Appointment** for AM Treatments/Evaluations (M-F, 6:05am - 7:10am) or PM Treatments/Evaluations (M-Th 3pm – 5pm).
- **Treatment/Evaluation Sign-ups** will be via "Injury Treatment/Evaluation" QR codes posted outside of the Athletic Training Facility & in every LEHS Locker Room beginning 8/25/20.
- **Appointments**; will be in 20min increments with a 5-minute disinfection time allotted between appointments. **NOTE: If the Athlete is late to their appointment, they may lose their slot for the day.**
- Athletes must schedule an injury follow up with the Athletic Trainers at the **AM Treatment Clinic** in the Athletic Training facility for **any** injuries sustained.
- **Athletes injured at practices** should report to the staff athletic trainers to setup an evaluation appointment to be evaluated before leaving campus that day.
- **Athletes injured during an Away competition need to report injuries to the student athletic trainer assigned to their sport or their coach so they can set up an appointment with the Athletic Trainers.**
- **Athletes doing "In School" learning that have an official "OFF Period"**, may schedule their appointment with the athletic trainer during their Off period via the "Injury Treatment/Evaluation" QR Code Sign Ups.
- The Athletic Trainers will evaluate the injury and can better determine if further evaluation by a physician is necessary, otherwise, a treatment and rehabilitation plan will be set up for the athlete.
- If an injury or illness becomes a medical emergency, seek medical care at the closest Urgent Care/Emergency Room near you.
- **Doctor Visits**: Parents/Guardians, please make sure that if you take your child to the physician for illness or injury, **the Athletic Trainers are given a copy of the note stating what they can or cannot do, treatment requests/specifications, and any follow-up information. If we do not receive a copy from a Medical Physician we will not be able to allow your child to return to athletic workouts/games until we have one on file.** Note: A "return to school" note stating they have gone to the doctor will not be sufficient.

High School Treatment Clinics

- **ALL Students MUST be wearing a MASK or FACE COVERING over their nose & mouth PRIOR to coming into the Athletic Training Facility**, or they will NOT be allowed to enter. Mask or Face Covering must remain on the entire time inside the facility. See appointment info above.
- **Treatment/Evaluation Sign-ups** will be via "Injury Treatment/Evaluation" QR codes posted outside of the Athletic Training Facility & in every LEHS Locker Room beginning 8/25/20.
- **High School AM Treatment Clinic**: If an athlete is injured/sick and wants to be considered as out or limited for daily athletic workouts – they are **REQUIRED to schedule an Appointment for AM Treatments/Evaluations (M-F, 6:05am - 7:10am)** unless they have special permission written/documented by their coach or have a Doctor's note.
- **High School PM Treatment Clinic**: PM treatments/rehab are primarily set aside for athletes whose sport practices before school &/or 1st period (Cross Country, Girl's Basketball, Powerlifting, etc.) or those special cases that have no means of transportation to arrive to AM treatments. Athletes are **REQUIRED to schedule an Appointment for PM Treatments/Evaluations (M-Th 3pm - 5pm)**. Availability may be limited if the Athletic Trainers have athletic games/events they're covering that night.

- **Treatment During Athletic Periods:** All athletes are to report to their sports' roll call each day. Athletes are no longer allowed to go straight to the athletic training facility. Athletes will be turned away if they don't have an appointment.
 - Coaches must contact the Athletic Trainers prior to sending athletes to the athletic training facility due to capacity restrictions. This is at the discretion of the Coach & Athletic Trainers for athletes to receive treatment, evaluation, rehabilitation, etc.
- **Exception for during Athletic Periods:** Injuries occurring that day during the athletic period can be evaluated at the time of injury.
- **Taping: Taping will be LIMITED this year to reduce contact with athletes.** Athletes *requesting* to get taped for practice on a daily basis (Ankles, Arches, Achilles, Wrist, etc.) are **required** to attend rehab appointments scheduled daily (through the QR Injury/Treatment Sign up Code) before or after school. Unless they have a current doctor's note stating they must be taped for practices/competition. *Appointments may also be required depending on availability.*

Insurance Information

Insurance Info: LEISD purchases a limited benefit secondary insurance policy that partially covers all students while participating in an approved athletic/UIIL competition. If an injury occurs, your personal primary insurance covers first and the district insurance is secondary only reimbursing a partial percentage of what your Primary Insurance does not cover. Any bills not paid by your personal carrier or the athletic/UIIL policy will be the responsibility of the parent/guardian. All injuries are to be reported to the athletic training staff and coach the day of the injury. Treatment must begin within 60 days from the date of the injury and claims must be filed within 90 days of the injury date. Parents/Guardian must contact the Athletic Trainers to complete and obtain a **claim form**. **Parents/Guardians must personally file a copy of the claim form along with copies of any bills or receipts received to the address listed on the form within 90 days of the injury date.** Further information regarding addition supplemental insurance available for purchase by parents/guardians will be posted annually in August. Further questions concerning the athletic insurance policy should be directed to the athletic trainers at Little Elm High School or the district's benefits coordinator.

Team Physicians

Dr. James C. Walter & Dr. Chris Miskovsky are with **Texas Orthopaedic Associates in Plano, Texas**. For more information please call (972) 378-1438 or visit the website below

Athletes have a choice on what physician to go to, but our Team Physicians are Orthopedics and specialize in Bone, Joint, & Musculoskeletal injuries.



Additional Policies & Procedures available online @ <http://www.littleelmlobosportsnetwork.com/>

“Student/Parent tab: Health & Safety”:

- Concussion Management Policy available online
 - <http://www.texashealth.org/sportsconcussions>
 - <https://www.nfhslearn.com/courses/61064/concussion-in-sports>
- Athletes and Staph Infections – Care & Prevention
- Infection Prevention Tips
- UIL Health & Safety Power Point: <http://www.uil texas.org/health/safety-training>
- NFHS Recommendations for Hydration
 - NFHS offers a free course in Acclimatization and Heat Illness Prevention amongst other courses available <http://nfhslearn.com/>

“Sports Medicine/Athletic Training Tab”:

- Athletic Training Room Policies for Athletes & Insurance information

“Weather Policies Tab on Left”

- Hot Weather Policy
- Lightning Policy
- Cold Weather Policy