

Little Elm Sports Medicine Department

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Parents/Guardians & Athletes,

We are here to ensure that your athlete stays healthy and want to address a few areas to make sure they do. Here are some important guidelines to follow to make sure infections (skin, colds, flu, COVID-19, etc.) do not spread from student to student: [LINKS for more information:](#)

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/youth-sports.html>
- <https://www.cdc.gov/mrsa/community/team-hc-providers/advice-for-athletes.html>
- **Hand washing** – the number ONE way to prevent infection!!
20 seconds of vigorous scrubbing with warm soap and water! Wash hands BEFORE & AFTER Athletics or workouts and wash them often throughout the day. Use 60% (or more) Ethanol/Alcohol-based Hand Sanitizer if hand washing is not available.
- **Social Distancing** – keep 6 feet apart or more from other people, especially if you suspect they or yourself may be ill.
- **Wear Face Masks/ Face Coverings** – Properly have a face mask or face covering placed over your MOUTH & NOSE & especially if within 10 feet of other people.
- **Cover wounds** - Keep ALL cuts, scrapes, and open wounds clean and covered with dry dressings (even if they have scabbed over). A Band-aid is better than nothing.
 - Inform your Coach or an Athletic Trainer if you have any open wounds.
 - These open wounds MUST BE COVERED BEFORE SCHOOL & DURING ACTIVITIES.
- **Check in with the Athletic Trainer** – Or seek Medical Treatment for any cut, sore or wound that appears infected:
 - Red edges
 - Yellow to green drainage
 - Area is warm or hot to touch
 - Running a fever (especially over the wound)
- **Do not share** - bath towels, washcloths, body washes, lotions, razors, clothes or uniforms or any items that touch your hands or skin.
 - **Showers as soon as possible with soap after workouts, practice, or games**
- **Washing** - turn in all uniforms & towels to coaches to be washed DAILY
 - Wash personal clothing with HOT water, detergent, and dry clothing on the hottest setting possible to help disinfect clothing, towels or bed linens.
- **Drinking** – Do not put your mouth directly on SHARED water bottles, water pumper nozzles, fountains, drink straws, etc.
- **Coughing/Sneezing** – Cover your mouth with your arm when coughing or sneezing and wash your hands frequently when coughing, sneezing or when ill.
- **And remember to** – Eat healthy, stay hydrated, get plenty of rest, & get your Flu shot.

Please feel free to contact us anytime if you have any questions or concerns regarding your athlete's health. -For more information see our Athletes & Staph Infections –Care & Prevention sheet on LEISD Athletics Website (“Student/Parent tab > Health & Safety”) or visit the CDC website links on this form.