

## Lovejoy ISD Sports Medicine Department Policy and Procedures

**Mission Statement:** The mission statement of the Lovejoy ISD Sports Medicine Department is to enhance the quality of health care for all student-athletes in LISD through prevention, evaluation, management, and rehabilitation of injuries.

### **Sports Medicine Department Staff:**

Co-Head Athletic Trainer:	Andrew Smith; MS, LAT, ATC
Co-Head Athletic Trainer:	Sarah Seedle; MS, LAT, ATC
WSMS Athletic Trainer	Steve Smith, MLA, LAT, ATC, CSCS
Team Orthopedic Surgeon:	Dr. Joseph McNutt, MD
Team Family Practice Sport Med Physician:	Dr. Shaun McMurtry, MD
Team Chiropractor:	Dr. Tyler Rottinghaus, DC

### **Physical Examinations**

Physicals: All LISD student-athletes MUST have an annual physical examination and medical history review in order to participate in athletics. Only physical examinations that are conducted by a UIL approved health care professional (noted on the UIL physical form) will be accepted for medical clearance. All physical examinations MUST be cleared and filed in the Sports Medicine office before participating in any sport or activity. All head coaches will receive a "Physical on File" notice through Rank One once the athlete has turned in the completed information.

### **Medical Information and Privacy**

Medical Withholding: The LISD Team Physician(s) and the LISD Sports Medicine Dept has the right to withhold any student-athlete for medical purposes. In the event that a team physician is not present, the Licensed Athletic Trainer reserves the right to withhold any student-athlete for medical purposes. Disciplinary actions will be taken against any coach who allows a student-athlete to participate after having prior knowledge of said medical withholding.

### **Medical Referrals**

Medical Referrals: LAT's (Licensed Athletic Trainers) are responsible for making medical referrals to the Sports Clinic/Team Physician(s)/Physical Therapist. A Medical Referral form will be made available for any student for all off-campus medical referrals.

### **Medical Notes**

A medical release or authorization of treatment must be obtained from each doctor visit prior to being released to participate or receive treatment. Parent notes will not be accepted. Any

student-athlete visiting a licensed medical provider for an illness/injury must obtain a report signed by said physician containing the following information; 1. Nature of injury/illness 2. Treatment of illness or injury including medication, protective gear, etc. 3. Specific instructions regarding any restrictions from full participation in athletics, 4. When available the date of release that student-athlete may participate in athletics with no restrictions.

### **Injury Status Report**

Student-athletes must report all injuries to their supervising coach. The coach will then direct them to the athletic training room for evaluation. The AT will make his/her evaluation and necessary recommendations for the athlete. The AT will then complete the necessary injury status report in Rank One. The coach will see all injury reports in Rank One. The AT will update the Rank One reports and include restrictions for the coach to review in RankOne.

### **Equipment Check Out**

All equipment checked out must be documented. All items must be returned at the end of the year and student-athletes will assume responsibility of payment for said equipment if not returned.

### **Non-School Athletic Injuries**

We will evaluate all LISD 7-12th grade athletes, Majestics, cheerleader and color guard members when they are injured. There are few restrictions due to our scope of practice, we will not evaluate or treat high velocity or risk injuries (motocross, MVA, ATV, etc). If an athlete has an injury that needs further evaluation, that will have to be done before they are cleared for athletics. Athletes need to bring in ALL medical notes to the ATR for clearance and proper progression.

### **Training Room Regulations for Athletes:**

1. Report all injuries/illness to a staff athletic trainer, no matter how trivial it may seem to you. Do not help yourself in the athletic training room. Wait until an AT can help you.
2. The LISD athletic training room will be open from 7:00 a.m. to 8:30 a.m. for evaluation and treatments. If you are not present for treatment, we will assume you are able and ready for practice that day.
3. Come to the athletic training room dressed in athletic shorts and t-shirts with athletic shoes to receive treatment, rehab or to be taped. DO NOT wear football pants, shin guards, shoes, dirty gear, etc. to be taped.
4. No horseplay or obscenities in the athletic training room. This is a professional medical setting, please act appropriately. If you do not need evaluation, treatment or rehab, you need to be with your team.
5. You are responsible for all special equipment issued to you. If it is not returned, you will be held responsible for its replacement (wraps, sleeves, braces, crutches, etc.).