

## MEDICAL APPOINTMENTS AND TRANSPORTATION

Student-athletes requiring non-emergency off-campus medical procedures relating to athletic injuries/illnesses should report to the Sports Medicine Staff if assistance is needed to schedule the appointment at a time that is convenient for the student-athlete's schedule.

Whenever a student-athlete consults with a medical professional outside of the in-house medical staff, a note from the doctor, etc. is required to be turned in to the athletic trainer stating the diagnosis and any participation limitations that may be imposed, including the duration of the limitations,

## INSURANCE

Elder does not carry athletic injury insurance. All bills are the responsibility of the student-athlete and his parents. Please follow any instructions and/or requirements of your insurance carrier for a smooth resolution of any charges incurred.

## EQUIPMENT

It is expected that you, the student-athlete, will wear all required equipment (mouth guards, helmets, padding, etc.) **AT ALL TIMES** while competing or practicing. The athletic trainer (certified or student) assigned to your sport will prohibit you from participating until the equipment is put into use.

Any medical devices that are prescribed for you are to be worn until the prescribing medical professional permits discontinuing their use.

Some equipment may be loaned to you from the training room. It is to be returned to the training room in its original condition, save for normal wear and tear. Items not returned or excessively damaged will be billed to the borrower. Please do not give any item signed out to you to another student-athlete to use. It is your responsibility!

## JEWELRY

For the safety of **ALL** student-athletes, **NO JEWELRY** is to be worn while participating in any sport related activity. Jewelry includes, but is not limited to, chains, rings, bracelets, eyebrow rings, etc.

## GET INVOLVED

As a parent who is involved in the healthcare of your student-athlete, there are opportunities to help with their care. The simplest ways are to ensure the rest, nutrition, and adherence to the prescribed training regimens which have been instituted for your son.

Additionally, the donation of any medical equipment or devices (elastic wraps, braces, crutches, etc.) that are unused at home will assist the Sports Medicine Staff in providing the best possible care for all of the student-athletes representing Elder High School.



# ELDER HIGH SCHOOL SPORTS MEDICINE

## STUDENT-ATHLETE BROCHURE

The Elder Sports Medicine Staff would like to welcome you to the interscholastic athletic program for the upcoming academic year. It is our desire that you and your team have a healthy and successful season.

The purpose of this brochure is to orient you, the student-athlete, and your parents to the staff, procedures, and services available, as well as the role you play in the athletic healthcare that you receive.

## FACILITY

The athletic training room is located on the ground floor of Memorial Fieldhouse. It is equipped with up-to-date treatment and exercise equipment, affording you the best possible athletic healthcare. Treatment and exercise modalities include: electrotherapy, ultrasound, weights, moist heat, balance training, and cardiovascular exercise equipment.

## TRAINING ROOM HOURS

Monday – Friday 2:30pm – 7pm  
Weekends, & Holidays By Appointment Only

Hours may change according to scheduled competition needs.

## STAFF

Currently, the Sports Medicine Staff consists of two nationally certified and state licensed athletic trainers, an orthopedic surgeon, a general medicine physician, and a dentist. This group of highly trained and experienced professionals is assisted by a staff of student athletic trainers from Elder and local Colleges to provide the best care possible.

## IMPORTANT PHONE NUMBERS

Matthew Busam, MD, Orthopedic Team  
Physician

Office.....513-347-9999

Joseph Bailey, MD, Team Physician

Office.....513-481-9700

William O'Conner, DDS, Team Dentist

Office.....513-922-4220

Jeffrey L. Fitz, ATC, Head Athletic Trainer

Office.....513-921-3472

Cell.....513-404-1932

Nathan Herdeman, ATC Asst. Athletic Trainer

Office.....513-921-3472

Cell.....513-706-0107

School Nurse, Jennifer Boles, RN

Office.....513-921-3449

## SCHOOL NURSE

While all athletes with injuries/illnesses are required to report to the Sports Medicine Staff, athletes with illnesses and other non-athletic conditions will be referred to the Student Health Service during school hours. When the nurse's office is closed, the ill/injured student-athlete should report to the athletic training room for evaluation and referral.

## PRE-PARTICIPATION REQUIREMENTS

All participants in interscholastic athletics are required to complete the following items:

1. OHSAA Preparticipation Physical Evaluation Form (signed by student, parents, and examining physician)
2. OHSAA Authorization Form (signed by student and parent)
3. OHSAA Eligibility and Authorization Statement (signed by student and parent)
4. Elder Emergency Medical Form (signed by student and parent)
5. OHSAA Concussion information sheet receipt (signed by student and parent)
6. OHSAA Sudden Cardiac Arrest and Lindsay's Law information sheet receipt (signed by student and parent)

Elder High School provides, through the generosity of many medical professionals, pre-participation exams free of charge in June.

Remember, the pre-participation requirements must be completed and turned in to the athletic trainer prior to participation in practice/tryouts.

## STUDENT-ATHLETE'S ROLE AND RESPONSIBILITIES

You, the student-athlete, are the most important member of the sports medicine team that has the responsibility of delivering your athletic healthcare. As such, it is imperative that you accept the following responsibilities and carry them out to the best of your ability.

1. You must maintain your body in peak condition throughout your season. This includes adherence to the athletic staff's strength, flexibility, endurance, and nutrition programs and recommendations.
2. You are responsible for reporting all injuries and illnesses to the Sports Medicine Staff. This allows all injuries/illnesses that cause you to miss time from practice or competition to be properly documented and reported to the coaching staff for practice planning purposes.
3. It is your responsibility to report to the training room for treatment and rehabilitation of your injuries. Your rehabilitation program will consist of a specific series of treatments and exercises designed to return you to full participation as soon as possible. These appointments are to be made in advance with the Sports Medicine Staff, so they can be scheduled to allow the most effective, personal attention possible. Missing a rehabilitation appointment is considered the same as missing practice – attendance is expected.

Adherence to the prescribed treatment and rehabilitation plan is necessary for your quick and safe return to participation. Deviation from the program will delay your return and release the Sports Medicine from responsibility for your injury.