

## JC Bermudez - Doral Senior High Required Thunder Athletic Training Policies

Dear Students, Parents and/or and Guardian(s),

Welcome to JC Bermudez - Doral Senior High and Thunder Athletics. I am looking forward to working with you and getting to know you and your parent(s)/guardian(s).

The purpose of this is to familiarize you with the policies and procedures pertaining to your health & safety and the role of the Athletic Training Staff. The Athletic Training Staff is composed of: the Head Certified Athletic Trainer, University Interns, and your classmates, who are learning about the Field of Athletic Training. You are expected to give us the same respect that you give your Coaches, Teachers, Principal, Parents, etc.

- Every year each athlete must complete and turn in to the Head Athletic Trainer:
  - A completed M-DCPS Athletic Physical Form FM-3439, which includes:
    - MDCPS & FHSAA Athletic Physical Form “EL2”
    - FHSAA Consent and Release Form ‘EL3”
    - MDCPS Contract for Participation in Student Activities, Student Acknowledgment and Consent
    - GMAC Student-Athlete Sportsmanship Contract
    - Student and Parent/Guardian Acknowledgment and Consent
- Each year all student-athletes are required to have current School Insurance (sale provided for, by the county). Make sure that you receive a receipt!
- Student-Athletes must have at least the minimum GPA required by the FHSAA.
- The Parents/Guardians have signed a Sportsmanship Agreement.
- For current and up-to-date information on proper hydration in athletics recommended by the National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC), visit: [\*\*\\*\\*NFHS Recommendations to Decrease Heat Related Illness\\*\\*\*\*](#)
- For current and up-to-date information on concussions in athletics recommended by Centers for Disease Control and Prevention, visit: [\*\*\\*\\*Heads Up: Concussion in High School Sports\\*\\*\*\*](#)
- All students should be aware of the risk and consequences of “Second Impact Syndrome” and are required to view: [\*\*\\*\\*E:60 explores Preston Plevretes' life after tragedy' Video\\*\\*\*\*](#)
- The Athletic Training Staff is responsible for all aspects of the injuries, including recognition, evaluation, treatment, rehabilitation, and prevention.
- Our main purpose is to make and/or keep the athlete healthy enough to play in their games (with the coach’s understanding the athlete may miss part of or a few practices in order to get him/her back playing).
- We need your cooperation in order to do this.
- Athletes are required to report any pain or injury to the Athletic Training Staff and the head coach ASAP.

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- If an athlete sees anyone on the Athletic Training Staff or from any other school for any pain or injury, please understand that the athletes need to follow up with the Athletic Training Staff after the activity (practice or competition) and before the next activity. That means that if an athlete is seen and:
  - Is then sent back to the activity, the athlete needs to report to the Athletic Training Room after that activity and before the next activity.
  - Is taken out of the activity the athlete needs to report to the Athletic Training Room after that activity and before the next activity.
  - If once the athlete gets home, they start feeling some pain; they should let the Athletic Training Staff and the head coach know before going to their next activity.
- For any injury that is treated with ice or any pain that starts when the athlete gets home, they should put ice on that area for twenty minutes every hour until they see the Athletic Training Staff. You are encouraged not to put any cream or balm, such as Ben Gay, Icy Hot, or etc. without consulting a physician or the Athletic Training Staff first.
- The athlete should NOT fall asleep with the ice on.
- If the athlete is ever in so much pain that they are unable to sleep, they should be taken to the emergency room or a doctor as soon as possible.
- If the athlete does see a doctor or go to the hospital, make sure to let the Athletic Training Staff and the head coach know ASAP. You can call the Athletic Training Staff and the head coach at school and leave them voice mail about the situation.
- Please follow up with all forms that are received (from the hospital, doctor, insurance company or us) concerning the injury, as soon as possible.
- If the athlete is sick or injured outside of athletics and misses school or practice, make sure to let the Athletic Training Staff and the head coach know ASAP. A medical clearance form from the treating physician may be necessary in order to participate in any high school athletic activity.
- Treatment protocols that are given to the athlete are to be done every day before and after activity until it is changed or eliminated, which includes coming for treatment even if there is no practice.
- If the treatment includes stretching, the athlete is expected to do it before and after activity, as well as, before and after going to bed.
- The Athletic Training Staff can only provide treatment if the student attends school that day. They are expected to be in school the day following an injury unless they are out seeing a physician or going to the hospital.
- No athlete will be seen for treatment or an injury until the school day is out.
- Showers are encouraged to receive treatment after practice. If not, the athlete must wash off the area being treated.

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- Hygiene is a major concern in the High School Athletic setting. Proper hygiene can eliminate the spread of infection.
- Athletes are required to have a clean change of clothes (shorts, T-shirt, socks and sneakers) for after practice to allow them to get proper treatment. It is advisable to have a separate outfit from the athlete's P.E. or practice uniform.
- All athletes are required to log (written/electronically) their treatment at the door after receiving treatment.
- The Training Room Rules and Regulations are posted in the Training Room, and the Head Coach has a copy. Some quick and important reminders are: no equipment, cleats, books, bags, horseplay, cell phones, personal electronic devices or profanity is permitted in the Athletic Training Room. ALL PERSONAL ITEMS MUST BE LEFT INSIDE YOUR SECURED LOCKER.
- All cleats and sneakers are to be properly laced up during all activities.
- Wearing jewelry should NOT be worn to eliminate or decrease the degree of an injury that may occur. Certain sports have regulations against wearing any form of jewelry.
- No braces, support sleeves, or ace bandages are to be worn without the permission of the Athletic Training Staff or a prescription from a physician.
- Any equipment given to the athlete by the Athletic Training Staff is to be returned at the completion of the season or when they are told that they no longer need to wear it. Any athlete that does not comply, a financial responsibility form will be completed.
- NO ATHLETE should be using any type of supplement without first consulting with a physician. If any athlete has a medical reason why they are using supplementation, they should notify the Athletic Training Staff. This is to prevent further issues in the event of an emergency.
- If an athlete is under of doctor's care and taking medication on a regular basis, please notify the Athletic Training Staff.
- If an athlete uses an inhaler on a regular basis or in cases of distress, it is the responsibility of the athlete and parent/guardian to provide an extra inhaler to be held by the Athletic Training Staff.
- Always make sure to drink more than enough water, during before, during and after activity. Thirst is a primary symptom of dehydration.
- Athletes that practice and compete outside should wear light colored clothing. Clothing with sleeves should only be used as a barrier between the skin and the uniform (i.e. Under Armor should be short sleeved and white). Tights are not advisable. The weather in Miami almost never exceeds level to wear any type of tights to keep warm, but in the event that they are worn light colored if preferable.
- Lightning is a big concern for all of us. If while practicing any coach or Athletic Training Staff member sees it, all of the athletes to go inside the school building and must do so as quickly as possible.