



Dear Parent:

As Gilbert High School's head athletic trainer, I am responsible for coordination sports medicine/athletic training services for GHS athletes. Our sports medicine program's focus is to prevent, evaluate, treat, and rehabilitate injuries incurred by GHS athletes during the course of practice and competition. Attached are a few reminders that help us serve your athlete both effectively and efficiently.

PRE-PARTICIPATION PAPERWORK: All athletes are required to submit a completed SCHSL pre-participation physical exam form (health history, parent permission, and physician exam) and a GHS Sports Health form before being allowed to participation in athletics, including try-outs and strength/conditioning sessions. Parents are encouraged to make a copy of all documents for their files before submitting to the school. SCHSL requires a physical to be conducted after April 1st, 2019 for athletic participation in 2019-2020.

ATHLETIC INJURIES: In the event your student-athlete becomes injured during the season, he/she should report to the athletic training room (525). The athletic training room is open for injury evaluations and treatments after school at 3:25 pm. In most cases our AT staff can handle the injury without a referral to a physician or emergency room. The Indian sports medicine program also offers rehab services for sports injuries sustained during participation with at GHS/SCHSL – sanctioned team.

Physician Referrals: When a physician referral is needed, we can assist with the arrangement of the appointment. Palmetto Health USC Orthopedics serves as the team physicians for our athletics program. Typically we can arrange an appointment within 24 hours. If you prefer to see another physician, we may be able to assist with that appointment as well. Anytime a physician examines an athlete, he/she should return with written documentation from the doctor including the diagnosis, recommendations, and restrictions for athletic participation. Please return this document to the head athletic trainer upon returning to school.

ATHLETIC ACCIDENT INSURANCE: While an athlete's parent is ultimately responsible for medical bills incurred because of injury/illness during athletic participation, Lexington 1 does provide ***secondary*** athletic accident insurance for athletes who are injured while participating in official team functions. The policy is intended to be an "excess" policy designed to pay secondarily to the athlete's primary health insurance. Parents of an injured athlete, who has been referred to a physician by a staff athletic trainer, should receive a claim form. The parent should complete the claim form and follow the directions to file the claim. Parents are strongly encouraged to make a photocopy of the completed claim form for their records. In the event an athlete sees a physician for an injury, but was not referred by a staff athletic trainer, the athlete's parents should contact the head athletic trainer ASAP. Failure to do so may result in a claim not being filed. All claims must be filed within 90 days of injury.

INJURIES DURING A GAME: In the unfortunate event that your athlete is injured during a game, please remain in your seat in the stands. I understand that this may be difficult, but a frantic parent rushing the field only stirs emotions in the injured athlete, which can make assessment and care of the injury more difficult. After the injury is evaluated and initial treatment is provided, the parent will be called to the sideline/athletic training room to be informed of the nature of the injury along with recommendations for care.

Indian Sports Medicine is committed to providing GHS athletes with the best athletic healthcare possible. Please call if you have any questions or concerns

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For more information about our Sports Medicine Program please visit <http://gilbertathletics.org>