



# SHINER CATHOLIC SCHOOL

ST. LUDMILA ELEMENTARY ~ ST. PAUL HIGH SCHOOL

## Procedures for Athletic Injuries

The Shiner Catholic School athletic program seeks to ensure that the health-care needs of each individual are being met through the practice of safely structured and supervised practices and events, by correctly addressing injuries when they occur, and by following proper procedures for the treatment and rehabilitation of athletic injuries.

For the SLE and St. Paul High School athletic programs, Ron Johnson serves as the volunteer athletic trainer. Athletic Trainers (ATs) are state licensed health care professionals who collaborate with physicians to provide preventative services, emergency care, therapeutic intervention and rehabilitation of injuries and medical conditions. For the Shiner Catholic School, Ron works under the designated supervision of Dr. Tim Wagner. Ron, as well as the entire coaching staff, work closely with the team physician, other physicians in the community, and parents to ensure the needs of injured student athletes are being met.

### Injury Procedures

- In emergent cases in which a student-athlete is injured during a practice or game, the athletic trainer and/or coach will use sound professional judgment concerning needs for the student-athlete to obtain further immediate medical attention. In such cases, the individual's parents will be notified immediately.
- If an athlete has an injury that has occurred during a practice or game they must inform the coach immediately. They will appropriately assess and provide any immediate care that is necessary. The coach will then refer the student-athlete to the athletic trainer. The coach will provide all pertinent information about the situation to the athletic trainer.
- Upon assessment of the injury by the athletic trainer, the athlete's condition will be documented, treated, referred to a physician (if necessary), rehabbed, and reported to the coaches of that athlete. Appropriate lines of communication with the student-athlete's parents will be established.
- If it is determined that a further evaluation is recommended, the athlete's parents will be notified and a proper follow-up physician referral will be discussed and coordinated. ***However, most often, physician referrals are not necessary.***

- If the injury can be treated and managed by the athletic trainer, instructions will be given to the athlete for proper injury care at home. Additionally, the plan of care and follow-up treatments will be coordinated.
- If the student-athlete is taken to a physician and activity modifications are given, the school needs this documented, as a signed statement given by the physician that evaluated your child. The coaching staff will maintain these documents. In order for the student-athlete to be released for return to higher levels of participation, a document, stating as such, must be provided from the original evaluating physician. It is important to know that notes from parents will not be sufficient to release a student back to activity.

### **Concussion Management**

- Any student-athlete who exhibits any potential signs and symptoms of concussion will be immediately pulled from all activities and a thorough evaluation will be conducted, either by the athletic-trainer or a physician.
- As mandated by state legislature, the established protocol for evaluating concussions and for the gradual return to activities will be strictly adhered to.
- **In order for the student-athlete to be released for return full athletic participation, the mandated return to play protocol must be completed – under the supervision of the athletic-trainer – and the established TAPPS documents must be completed by the original evaluating physician.**

### **Treatment & Rehab Hours**

During the fall semester, Ron Johnson will be available at his clinical facility, the Shiner Therapy Center, each Monday and Thursday morning from 6:45-7:30 am. He will also be at the school on Wednesdays for portions of the after school athletic practices. Further treatment and rehabilitation sessions will be coordinated according to Ron's availability and each individual's schedule. For the spring semester, treatments and rehabilitation sessions will be structured appropriately as needed.

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