

# Clear Brook Sports Medicine Parent Information Page

Purpose: The purpose of the athletic training department is to provide the highest level of medical services to student-athletes at Clear Brook High school.

What are Athletic Trainers? Our athletic trainers are highly qualified, licensed healthcare providers that are trained in the prevention, evaluation, treatment and rehabilitation of injuries. We offer the following services:

1. Prevention and evaluation of all injuries
2. Treatment for minor to major injuries (sprain, strains, fractures etc)
3. Emergency medical management
4. Coverage for all practices/games/events
5. Rehabilitation for all injuries and post-surgical cases (Physical Therapy)
6. Education for Hydration and Nutrition
7. Liaison between team physicians and athletes
8. Much more!

There are inherent risks when participating in athletics. Minor injuries such as sprains, strains, bruises and skin injuries are very common and occur daily. Unfortunately, major and catastrophic injuries that cause structural damage such as torn ligaments, fractures, and head injuries does happen too. Our athletic trainers bridge the gap between acute injuries that occurs during practices and game to the time further medical evaluation is needed.

## **WHAT TO DO WHEN INJURIES OCCUR?**

1. Let Coaches know
2. Get injury evaluated by athletic trainer before going home
3. Home instructions regarding the injury and treatment will be communicated
4. If further medical attention is needed – call home to notify parents/guardians

Treatment and Rehab injuries:

**6:30 am:** treatments and rehabilitation are mandatory and reserved for in-season athletes.

**Athletic Period:** treatments and rehab for athletes that come to 6:30 am treatment time.

**After School:** treatments and rehab

Physician or Medical Personnel Evaluation for Injuries:

*ANY student athlete that sees ANY physician for ANY reason (illness, injury or surgery) must have a note from THAT physician BEFORE being able to resume participation.*

*Any injury that occurs outside of the school team (club or league) will be referred to the athlete's family physician for evaluation. Treatment and rehab of these injuries may take place in the athletic training room at the discretion of the athletic trainer once a written medical order or diagnosis from the physician is received.*

## **CBHS Athletic Training Staff:**

Steve Tran MS, LAT, ATC - Athletic Trainer  
CBHS Head Athletic Trainer  
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Ayana Reyes MAT, LAT, ATC - Athletic Trainer  
Houston Methodist Contract Athletic Trainer  
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## **Optional Student Athlete Insurance information:**

CCISD provides parents the option to purchase Student Accident Insurance for their child to assist in offsetting costs associated to accidents or athletic injuries.

If you currently have health insurance, this policy can be used as a secondary insurance.

Several plans are available to fit the needs of your child and sport/s.

If you are interested in more information regarding this insurance, please visit the website below or visit the CCSD Athletic Website.

### **Student Assurance Insurance:**

[www.sas-mn.com](http://www.sas-mn.com)

CCISD Website link:

[https://www.ccisd.net/departments/athletics/important\\_forms\\_documents](https://www.ccisd.net/departments/athletics/important_forms_documents)