



## **RHS Sports Medicine/Athletic Training Information**

RHS is fortunate to have two Certified Athletic Trainers (ATC) on staff as part of a program funded by Desert Orthopedic Specialists LLP. Certified Athletic Trainers are recognized by the American Medical Association as professionals who specialize in the prevention, assessment, treatment, and rehabilitation of injuries and illnesses that occur in athletes and the physically active. An ATC must possess (at minimum) a bachelor of science degree from a university with an accredited athletic training program. They must pass written and practical examinations and maintain their certification through continuing education. Oregon also regulates ATCs by requiring registration through the Health Licensing Office.

### **The Sports Medicine program Desert Orthopedics has funded includes the following services for Redmond High School:**

- \*40 hours/week medical coverage at practice and games by a Certified Athletic Trainer (including injury evaluation, rehabilitation including modalities, taping, bracing and first aide)
- \*Free Orthopedic evaluations (by referral from the ATCs) and orthopedic medical coverage at football games
- \*Educational Sports Medicine course for interested students at RHS
- \*Supply budget for medical equipment and supplies for the training room and athletic teams.

### **Athletic Injury Policies**

If your son or daughter is injured while playing a sport at RHS, please note the following procedures to help them to receive the best care:

1. Please report first to the Certified Athletic Trainer on duty for evaluation and treatment of the injury.
2. If the injury requires further evaluation by a physician, please be sure to obtain a written note from the doctor stating the diagnosis and return to play date.
3. If your athlete is seen by a doctor for any injury, he/she will not be allowed to return to activity until a clearance note from the doctor is received by the ATC on staff or the Athletic office.
4. If the injury requires evaluation from a specialist, (ie: neurologist, orthopedist, cardiologist, etc) the clearance note must be from that specialist or one of equal credentials.

**\*\*These policies are in place for the safety of your son or daughter and help us to provide the best possible care for our athletes!**

