



Introduction to Ponderosa Sports Medicine Program FOR COACHES

SYNERGY

- **SAFETY** of the student athletes at Ponderosa is my top priority.

- I consider coaches to be **VITAL** members of my team and rely on them to assist me in providing a safe environment.

- I want to work **WITH** coaches to ensure a **SAFE** competitive environment

- “95% of the time coaches will be the first to witness or become aware of an athlete’s athletic injury/illness. It is crucial that they communicate with me immediately and frequently”

MEDICAL ALERTS

- I will send out an email to each head coach containing the medical alerts for his/her team. Please review that information and share it with all your assistant coaches. If you have any questions, let me know.

PHYSICIAN REFERRALS

- If an athlete is evaluated and/or cared for by a physician, school district policy requires a release from that provider to return to activity

- The athlete should consider him/herself disqualified from activity until a signed release is **“RETURNED TO THE ATHLETIC TRAINER”**

REPORTING TO COACHES

- The athlete’s status and projected release date will be included in the weekly coaches’ report.

- Reports will only be distributed to head coaches - he/she must distribute it to lower level coaches.

EMERGENCY ACTION PLANS

- I will send out via email to each head coach a document containing the Emergency Action Plans (EAP) for Ponderosa athletics.

- They are specific to each venue we have at the school.
- Please review the information and if you have any questions please let me know.



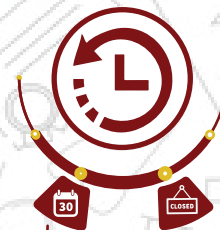
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TEAM NEEDS



- Each team will be issued an athletic training kit to address the first aid needs of Ponderosa athletes while they are at away games. I ask that you return those kits to the laundry room **AFTER EACH USE.**
- Please let me know if you have any special requests in regards to what we provide to the team for practice and games (water jugs/bottles, etc.)
- "Teams are expected to take athletic training kits to ALL away games. You should not rely on host schools to provide supplies to manage your needs"

HOURS



- Office hours are Monday - Friday 2:55 — 7:00 pm plus game coverage for those days. Saturday 45 minutes prior to the start of the first game that day.
- We will be closed on school holidays.

WEATHER



- In the event of severe weather, if conditions are deemed to be unsafe, the athletic trainer will notify all head coaches that practice/games postponed, athletes **AND** coaches Must come inside.
- The delay remains in effect until it is determined by the athletic trainer to be safe to return to practice/games.
- The school is considered the **ONLY** safe place.

COMMUNICATION



- I prefer to use email to send reports/statuses
- We have walkie-talkie radios to facilitate communication between me and the teams outside.
- I am **ALWAYS** available if you have any questions, comments or concerns regarding anything about your athlete's healthcare.