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Bangor Area High School
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LVHN-CH PERFORMANCE TEAM | INDIVIDUAL TRAINING | CARE



Dear Parent/Guardian,

Due to the COVID-19 outbreak, our high school fields and locker rooms are empty. At Coordinated Health/Lehigh Valley Health Network, we are committed to serving those affected by the outbreak. We value our school relationships and want to ensure continuity to our community. If and when the athletic season resumes, we want our athletes ready to take the field-court-track.

To that end, we are pleased to announce the advent of telemedicine services for athletes. We feel telemedicine services are an excellent way to continue care for athletes and will benefit the school in a number of ways. For athletes desiring strength and conditioning services, telemedicine:

1. Encourages social distancing
2. Allows athletes to maintain strength and conditioning when practice is prohibited
3. Allows the athlete to participate in Speed and Agility workouts
3. Minimizes the impact of de-conditioning
4. Keeps athletes engaged and allows for participation in an activity they love

For sports performance exercises, the strength coach will ask the athlete non-medical questions, answer any questions, and guide the athlete through exercises. This is a great way to provide conditioning for our athletes.

Instructions for Use of Telemedicine

1. Athletes and their parent/guardian need to complete the Informed Consent for Treatment through Telemedicine waiver. **This must be completed prior to their appointment.** The waiver can be completed at the following link:
https://forms.office.com/Pages/ResponsePage.aspx?id=A7DuouFockybodERMk_pqIyNEsuGBgNHpJzTCY_vH8pURFhHVEIQMTFMSjFCQUpEU0cwQ1Y1SkZVNS4u
2. The actual telemedicine appointment will take place over Zoom. The athlete and their parent/guardian can create a free zoom account at Zoom.us prior to the appointment.
3. To schedule an appointment or If you have any questions please feel free to contact Steve.Hatfield@lvhn.org

TEAM TRAINING: M – W – F Girls: 3:00 – 3:30 | Boys: 4:00 – 4:30
INDIVIDUAL TRAINING (by appointment) M-W-F (12:00-3) T-Th (12-4)