**Information for Parents of ETSD Student-Athletes**

**From ETSD Athletic Training Department**

* **Athletic Trainers**
	+ **ETSD staffs 2 full-time licensed and certified athletic trainers (ATs)** to provide healthcare services to all *PIAA student-athletes*.
		- These services include, but are not limited to: injury prevention, evaluation, and diagnosis, emergency injury management, treatment of injuries/conditions, rehabilitation programs, return-to-play decisions/protocols, concussion management, communication with physicians, advising parents/athletes /coaches regarding nutrition/hydration/hygiene, and educating parents/athletes/coaches on injury prevention, concussion awareness, and maximizing performance.
	+ Your ATs are Audrey Dickman ABDickman@exetersd.org 610-780-5940 and

 Allison Conley ATConley@exetersd.org 610-780-4287

* + Feel free to contact either of them at the email address or phone number above
	+ **They are available to patients most weekdays from 2:20 – approx 9:00 daily** (til the end of the last nightly practice or event) during the school year.
		- Under most circumstances, they do not see patients during the school day (exception to teams dismissing early to depart for an away contest).
* The ATs are here to ensure your child gets the best possible healthcare while participating in Exeter Athletics, **and their decisions are based solely on the wellbeing of each student-athlete, and the applicable laws surrounding their care**. It is in the athlete’s best interest to see the AT ASAP so treatment can be initiated to speed the healing process, along with rehabilitation to further address any underlying reasons the injury occurred. **The ATs are not here to keep your child from playing arbitrarily**!
* **If the door is locked, the ATs are likely out covering another sporting event and it is necessary for your injured child to come to us for evaluation/treatment.** Athletes may not be inside the ATR without a district employee present.
	+ If an AT is not available in the athletic training room (ATR), seek them out using the schedule listed on the white board by the door, which shows all home games with times and location.
	+ Please encourage athletes to know their schedule so they arrive with enough time to access ATs for any pre-practice treatment or pre-game taping. In fall and spring seasons, ATs are usually out of the room by 3:45 to cover events, returning when the events are over.
* All ATs work under the supervision of a physician, and Exeter’s supervising/team physician is Paul Marr, MD of Commonwealth Orthopedic Associates – he is committed to providing top-notch healthcare to all ETSD athletes and goes out of his way to accommodate special circumstances.

* **Websites/Apps**
* [www.exetereagles.org](http://www.exetereagles.org) - Information regarding sports physicals, insurance claims, etc
* Parent Square - Register for alerts and notifications to get PIAA Physical Exam information (dates, times, registration requirements), PlanetHS/Student Central prompts and information about athlete pick-up and drop-off sites.
* [www.planeths.com](http://www.planeths.com) – To play PIAA sports at Exeter, each Athlete will need an account, which will need to link with a Parent account. **Use the same accounts each time**. Fill out all info ONLINE (please **don’t** print all the sample forms, fill them out, then upload pictures to each section), print only Sections 5 & 6, take them to physical exam, then **upload a picture of Section 6 ONLY to athlete’s portal under the area titled *Section 6*. Do not upload Section 5 in this area please**! See Getting Started letter attached.
* Please view the linked videos if you’d like more information on [concussions](https://www.youtube.com/watch?v=xvjK-4NXRsM) or [appropriate behavior while attending sporting events](https://nfhslearn.com/library/videos/the-parent-seat)!
* **Concussions**
* **State law mandates that a physician trained in concussion management see any athlete with a suspected concussion.**
	+ Before you leave the physician’s office, get a note from them that describes in detail the activity restrictions/academic accommodations needed between now and their follow-up (if applicable). Each visit should result in an updated note.
	+ Turn in this note in to the Main Office at the athlete’s school after each physician visit. See attached blank note to print and take to appointments.
	+ The physician has the option to diagnose or refute a concussion. If they feel there is no concussion and the athlete may immediately return to play, then those exact words must be written upon the note- “no concussion present”.
	+ **If a note clears an athlete “the day of symptom cessation”, a 5 day RTP program will begin that day (assuming the athlete is asymptomatic), but the athlete will not be cleared for full competition until he/she completes the program (outlined below).**
	+ Your athlete may also be instructed to stay home vs attending practices/games, in order to avoid prolonging symptoms.
* **Every athlete diagnosed with a concussion will complete the following 5 day return-to-play protocol once cleared by a physician (MD or DO only) AND asymptomatic:**
	+ Day 1: Full Day of normal cognitive activities and walking at school without return of signs or symptoms. Introduce light aerobic exercise – **10-15 minutes on stationary bike**, no weight lifting, resistance training, or any other exercises.
	+ Day 2: Moderate aerobic exercise – **30-45 minutes of conditioning** running, calisthenics, and sport- specific running patterns/grid exercises.
	+ Day 3: **Non-contact training drills** – full uniform, no live play, may begin weight lifting, resistance training, and other exercises that do not involve contact to body or head.
	+ Day 4: **Full contact practice** and normal training activities.
	+ Day 5: F**ull game/competition**/physical education class participation.
	+ **If concussion symptoms recur during the graduated return-to-play protocol, the student athlete will return, at a minimum, to the previous level of activity that caused no symptoms once they are asymptomatic again.**
* **Injuries (other than concussions)**
	+ When your athlete is seen by a physician for an injury/condition (Not including a routine well-child/dental/eye exam) during their sport season, provide a note from that physician to the Main Office of the athlete’s school
		- Each note should include the **date, diagnosis, limitations on play/practice (if any), clearance, or clearance parameters/at ATs discretion.**
	+ All notes will then be shared with the school nurse, PE teachers, ATs, and coaches to ensure continuity of care.
	+ Notes go directly to the main office at the SHS or JHS. Not to coaches.
	+ **Please request a note with that info from your provider if it is not automatically offered - this will limit any unnecessary athletic down-time incurred by your athlete.**
* Increasingly concerning injury patterns over the last few years have led your ATs to alert all parents of ETSD athletes to the potential ramifications of having your child participate in multiple sports during one season (i.e., soccer & lacrosse) or multiple teams of the same sport at the same time (i.e., baseball).
	+ All athletes need rest to recover and grow, especially adolescent and teen athletes, whose bodies are still forming and developing.
	+ Our freshmen seem to be the most vulnerable, and stress injuries are rampant among those who report playing on a scholastic team while receiving training 2-3 nights/week for another sport, while participating in showcases, camps, tournaments on weekends.
	+ Every athlete’s body requires one day off/week, and at least a week off between seasons. They will need your help and guidance to avoid overuse injuries (ie stress fractures) and burnout.
* **Injury Prevention**
* We highly encourage athletes with ankle instability to purchase **lace-up ankle braces** to wear throughout their seasons of activity. Recent research has indicated that braces are more effective in preventing repeat ankle sprains in chronic sprainers.
* **Insoles that support their arches** are also highly recommended to prevent shin splints and stress fractures in the lower leg. See attached Shin Care Sheet for specifics.
* **Some other things from Athletics worth noting**
	+ If an athlete voluntarily fails to/refuses to participate in PE or strength class due to an injury they claim to have, they may NOT participate in any athletic activity that same day, and will receive a “zero” for that class.
* Instead of not participating in a class, the athlete should see an AT - it is part of the ATs duties to communicate any limitations due to an evaluated injury to the nurse and PE teachers to ensure that the same level of activity is undertaken in both PE and athletics later that day, and to protect that athlete’s grade in PE class.
* The same applies to any athlete who sees the nurse during the school day and is sent home as a result of the nurse’s findings and recommendations. They stay home.
* **Please park in a parking space to pick-up or drop-off your child for safety’s sake – waiting in your car in a line by the curb on Stadium Drive is dangerous to pedestrians and may delay bus departures, arrivals of visiting teams, or ambulances.**
* ETSD provides Athletic Insurance, which reimburses 100% of any out-of-pocket expenses you may pay during the treatment of an injury your child sustains as the result of participating in an Exeter sport. Pay any bills, then see an AT to file a claim. See attached letter from our Business Office
* **Please make sure your child has a lock to use on any locker provided in the team rooms – secure all items in this locker during practice to avoid any mishaps.**
* If your child’s team plays or practices in the later tier (6:00) OR your child eats A or B lunch, please help them fuel their bodies by providing appropriate meals or snacks prior to their activity. Parent clubs have been successful in helping to increase the team’s performance by providing bus-ride snacks to be eaten on the way to games, and recovery snacks for the ride home. Please email or see an AT for ideas!
* **Hydration cannot be overemphasized. Water is the best drink for every athlete and should be consumed throughout the day, not just prior to or during participation. This is especially important when warm weather comes around – most cramping can be prevented with proper nutrition and hydration!!**

**Business Administrator**

Brian D. Feick

200 Elm Street

Reading, PA 19606-2839

**Phone** 610.898.9551

 **Fax** 610.779.1085

 Date: 07/14/2023

To: Parent or Guardian of Exeter Township School District Student Athlete

From: Exeter Township School District Administration

Re: Sports Accident Insurance

The Exeter Township School District provides accident insurance coverage for a student athlete who gets injured in the course of participating in PIAA activities for Exeter Township School District (no purchase needed by parent/guardian).

The sports accident insurance works as follows:

* The parents/guardians’ insurance is used at time of service; co-pay/coinsurance is paid as usual. Get a receipt.

* Any remaining charges from the service (once run through primary insurance) are billed to the parent/guardian, which they pay.

* The parent/guardian comes to the Athletic Training room to fill out a claim form with Audrey Dickman, our Head Athletic Trainer (signature needed). The claim process is reviewed with parent/guardian.

* The Districts’ sports accident insurance plan will pay the first $100 in valid medical expenses payable without regard to any other valid and collectible insurance plan. Once expenses have exceeded $100, the plan will make payments in excess of any other valid and collectible insurance at 100% of Usual, Reasonable & Customary Charges (URC).

To further discuss a claim with A-G Administrators, please contact Nancy Peters at (610) 933-0800 or npeters@agadm.com for assistance.

**An Equal Opportunity Employer** [www.exetersd.org](http://www.exetersd.org/)

**Shin splints/stress fracture prevention:**

1. **Key Points:**

* Shoes - like tires, will wear out after 1 sport season. Replace them frequently.
* Nutrition – good balance of healthy foods (things that don’t come in wrappers)
* Mileage – should be **progressive** (start well before season)
* Multiple surfaces – try to start running on multiple surfaces so body can adjust
* Muscle imbalances – ant. tib. vs. calf and post. tib. need to balance
* Flexibility – stretch every day before and after activity
* Form – avoid knocking knees, rotating ankles, over pronation of feet

2.  **Things you can do**:

* Watch your shoes for excessive wear/ Get inserts for your shoes
* Wear supportive shoes during the school day (no flip-flops, Uggs, flats, etc.)
* Fuel your body! calories in = calories out
* Ramp your mileage before the season – Avoid going 0-60 all at once!
* Perform calf exercises and plyometrics for lower legs
* Actively recover after runs: foam roll legs, ball roll feet, cold whirlpool/ice, Epsom salt bath, electrolyte replacement as needed for muscle/nerve health
* Check with your coach frequently about your form and how to improve it.

3.  **Post Run Care-**

**Stretch** your calves during and after activity

**Recovery** nutrition / Replenish fluids / foam or ball rolling

**Ice** your shins after activity

****

Reminders for the using the PlanetHS/Student Central system:

1. If you are having trouble registering, please use the yellow self-help flags (found throughout the registration process), link to <https://schoolsupport.helpdocs.com> found within those yellow flags, refer to and READ the attachment (Getting Started Guide), or email schoolsupport@planeths.com. **Please DO NOT text/ call/email the staff in Athletic Office or the Athletic Trainers, as they cannot help with this.**
2. **Students need to create their own account** **FIRST** to satisfy their PIAA signature spaces and read the educational information. If they create multiple accounts, they will automatically be disabled by the system! Reset your password before creating another account. When moving from 8th to 9th grade , it is critical that you click “Add School” and choose Exeter Twp SHS or you will be ineligible for SHS sports tryouts. Please eliminate Junior High as a school once you enter 10th grade.
3. **Parents need to create their own account** **SECOND** to satisfy their own PIAA signature spaces, provide permissions, and list accurate, complete medical information. Use an email address that you check frequently, as any/every declined document will generate an email to you explaining why and how to fix the problem – no need to reach out to coaches or ATs.
4. If you get an email from PlanetHS/Student Central, read it and log back in to your account!! It may be a reminder that you have an unfinished or incorrect form. **A declined document will generate an email to you explaining why and how to fix the problem – it explains why it has been declined. Please review it. Repeated uploads of the incorrect form will repeatedly be declined.**
5. WE ARE NOT ACCEPTING PAPER COPIES OR SCREEN SHOTS of any forms!! All forms must be complete online or uploaded in the correct place. Physical exams are SECTION 6 and should be uploaded as such. Forms uploaded to the incorrect area will be declined, and you will get an email to re-upload in the correct place. Your athlete will not become eligible to participate until you have resolved that issue. Refer to reminders #1 and #4, and perhaps try a different device or web browser please.
6. **The only acceptable document to upload for Section 6 is the PIAA Section 6**, available to print while completing your PlanetHS/Student Central online registration. Click “Athletic Forms” then scroll down to Section 6, click it, and click the “Print/Upload” button, choose “Print”. Both Sections 5 and 6 will print, and both go to the exam with the athlete. PA DOH forms and reports from Well-Child Visits are not comprehensive sports physicals and will be declined.
7. **Please read the Getting Started Guide in its entirety** before you begin to ensure a smooth process!
8. Remember also, if you are attending ETSD hosted physicals (at SHS or at Commonwealth Orthopedic Associates), you must ALSO sign up for an appointment with the SignUp Genius link found in your emails, and on the Sports Medicine Info page on exetereagles.org.

****