

Parent Information

1. Your **Certified Athletic Trainer** at MHS is supplied by **Catawba Valley Medical Center** and Licensed by the state of NC. The Sports Medicine Program at Catawba Valley Medical Center exists to **provide education and healthcare services that focus on the prevention, recognition, management and rehabilitation of athletic injuries**, to the athletes, coaches, and parents of Catawba County and its surrounding areas.
2. Please make sure that you **contact** the Athletic Trainer by phone, text or email when your child goes to the doctor for medical care, whether it is for a sports injury or general medical condition during sports season. The Athletic Trainer also works closely with the school nurse.
3. Please make sure after you visit the doctor that you bring a note stating the condition, treatment, care and instructions/ restrictions for returning to play.
4. To better assist your child with the care of their medical condition and/or injury; the athletic trainer recommends that you sign a release of information form (**HIPPA**) at the medical office, so the athletic trainer may be in contact with the medical provider and gain useful information to return them safely to play.
5. **Concussions:** In NC there is a law called the **Gfeller-Waller Concussion Act** that was developed to protect athletes concerning concussions. According to this law, in the event that a concussion is suspected, the athlete will not return to play and must be evaluated by the Athletic Trainer to determine if further medical evaluation is needed. There is a specific form that you must take to the medical doctor for them to fill out. Your Athletic Trainer will have this form on file and will send it with you or the athlete upon injury. You must return this form to the athletic trainer and the instructions for return to play and return to learn will be followed.
 - The NCHSAA website address has all the information about Gfeller-Waller:
<http://www.nchsaa.org/health-and-safety/gfeller-waller-concussion-awareness-act>
6. **CVMC has implemented ImPACT testing for concussion management.**
 - For ImPACT information: <https://www.impacttest.com>
 - ImPACT is a computerized neurocognitive assessment tool to help licensed healthcare providers evaluate and manage a suspected concussion.

7. ImPACT comes in two forms:

- **Baseline Test** – Administered by a licensed healthcare provider or a trained baseline administrator before the start of a sport season, school year, or other activity. Baseline scores are collected and stored on our privacy compliant servers. ImPACT Applications recommends re-administering the baseline test annually in accordance with [CDC guidelines](#).
- **Post-Injury Test** – Administered by a licensed healthcare provider when a concussion is suspected. Test results are compared to baseline scores and normative data scores as part of a healthcare provider's assessment of the injury. Multiple post injury tests may be given to an individual during the course of treatment and rehabilitation.

8. Covid-19 testing for athletes

- Beginning in January of 2021 ALL student-athletes will receive a rapid covid-19 test, approximately once a month. The test will be administered at school, by the Athletic Trainer. The test results will be read within 30 minutes of taking the sample. Each week 25% of the in-season athletic population will receive a covid test. The only way that an athlete will not be tested is if they are having symptoms of covid-19 and at that point they would be sent to the school nurse. Each parent of a student-athlete has signed a release form that they are allowing permission to have their child tested.

THANK YOU Parents and Guardians! Go BLUE!

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