

What do you do if your child is injured while participating in sports at AHS?

Make sure the Athletic Trainer is aware of the injury so we can ensure that we can get the most effective and efficient treatment for your child.

The Certified Athletic Trainer will assess the injury, contact parents and coaches and inform them of what action needs to be taken in the best interest of the students' health.

All injured athletes will receive a treatment plan for home. Make sure your child is following their assigned plan.

Athletes often want to be "tough" and will sometimes not communicate how badly they are hurting. If you are noticing anything that does not seem normal, feel free to contact the Athletic Trainer.

What if your child has an injury that you think is serious enough to be seen by a physician?

If it is a serious or life threatening injury, go to the Emergency Room immediately!

Otherwise, we recommend that you get in contact with the Athletic Trainer so that they can help guide you.

A. Our Certified Athletic Trainer (ATC) has extensive knowledge and experience dealing with athletic injuries.

B. Our ATC can help coordinate an appointment and provide information to your family doctor, an orthopedic, specialist, etc.

C. Your child may be able to be treated in the Athletic Training Room at AHS, or through a home program, which will save you time and money.

If you do end up taking your child to a physician during the season for any *Injury or Illness*.... you need provide a note from a physician clearing them to return to sports, otherwise they must be withheld from play. A note from a physical therapist will not be accepted for return to participation.