

# Marist Catholic High School Sports Medicine

## “Things to Know”

### **What do I do if I get hurt?**

If you are injured, regardless of how, please come see the athletic trainer (Mari Gibson) in the athletic training facility. The athletic trainer will assess the problem and coordinate the necessary care. If a referral is necessary, one will be made with the appropriate medical specialist.

### **What about follow-up after injury?**

The outcome of your treatment will be improved if you follow up with the athletic trainer who first evaluated you. Be sure to check in *daily* and complete all instructions you are given, so that you can recover as quickly as possible. If you are not improving, please let the athletic trainer know. If you don't come to the athletic training facility, it may be assumed that you are doing fine.

Any limitations in your workout, lifting and conditioning should be discussed with the athletic trainer, who can help communicate restrictions or modifications necessary to your coach (es).

### **What if my parents take me to see a doctor?**

You are required to obtain a note from the doctor specifying your limitations and/or follow-up care. Without a doctor's note, you will not be cleared to return to activity.

### **What are the athletic training facility hours?**

The athletic training facility will be open for all scheduled practice times and the athletic trainer will be on the school grounds for all home competitions.

### **Who should I see if I feel ill while at school?**

The athletic trainer can also serve as your point of contact for illnesses and can help determine your status for practice/game and your need for referral to a physician. The athletic trainer can relay that information to your coach(es).