

Health Services and Safety

Athletic Trainers: **Kathy Gruning**, *Head Athletic Trainer*
617-800-2239; kathy_gruning@bbns.org

Chuck Richard, *Associate Athletic Trainer/ Strength and Conditioning Coordinator*
617-800-2145; chuck_richard@bbns.org

(Present at all on-campus contests with effective access to peripheral fields)

School Physicians: Dr. Richard Goldstein
Pediatric Medicine
Cambridge, MA

Ambulance Service: *On campus for all varsity football contests*

Hospital: Mt. Auburn Hospital
300 Mt. Auburn Street, Cambridge, MA 02138
617-492-3500
Priority access according to level of acuity and parent's preference

Equipment: Athletic Training room will be open prior to and after all contests with access to the following: *Ice, water, hydrocollators, electrical modalities, first aid supplies, crutches, and splints*

Health Requirements:

The following items are required in order to participate in athletics:

- All necessary student health forms and current physical exam
- Completion of online baseline ImPact concussion test (grades 7-12).
Please follow this link for directions on how to complete the ImPact test
- Clearance of Pre-Participation Exam (PPE) (performed each pre-season)
August 31st- for fall 2011
Please follow this link to download the PPE pdf

Communication:

- Certified athletic trainers are present at all on-campus contests and practices, with effective access to peripheral fields.
- All injuries, illnesses, or other health conditions must be reported to the Athletic Training Staff as soon as possible. Athletic Trainers will work in conjunction with campus nurses and outside health care professionals to ensure optimal care for your child.
- When enlisting private health services, please ask your health care provider to provide a diagnosis, treatment plan, and clear parameters for return to activity. Student athletes cannot return to team practice or play without this information or and proper clearance from Athletic Training Staff.
- BB&N Athletic Trainers will notify parents of any significant athletic injury or if a student athlete may need further evaluation or monitoring.
- All parents and spectators must remain off all playing surfaces during practices and games. In the event of a significant injury, parents will be notified on the sidelines whenever possible.
- If you have questions, concerns or information regarding your child's health or injury status, please do not hesitate to contact the Athletic Training Staff.

Head Injury Policy: Please refer to the Student Health and Wellness Policies in the All School Policies and Information PD at www.bbns.org/handbook.

Mouth Guard Policy: Please refer to the Student Health and Wellness Policies in the [All School Policies and Information PDF](#) at www.bbns.org/handbook.

Medical Waiver:

If your child is unable to participate in athletics due to extended illness or injury, please submit to the Athletic Training Staff medical documentation from the treating physician including; diagnosis, period of time, and plan of care.

ISL Statement Regarding Drugs, Medication or Food Supplements

The schools in the ISL agree that school personnel and coaches should not dispense any drug, medication, or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care professionals, and senior administrative personnel of the school.

Use of any drug, medication, or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have negative short-term or long-term health effects.

In order to minimize health and safety risks to student/athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches should never supply, recommend, or permit the use of any drug, medication, or food supplement solely for performance-enhancing purposes.