



# SCHS Athletic Medical and Paperwork Information

**Required Paperwork:** TSSAA requires athletes have a yearly preparticipation physical examination, these physicals must be dated after April 15, 2020 to be valid for the 2020-2021 academic year. Cheer physicals may be dated after March 1, 2020 but are NOT valid for any other TSSAA sport. Tennessee Orthopaedic Alliance hosts a free physical day each spring. Please see information below regarding this service. If a student athlete does not get his/her physical at that time they will be expected to get it at their own expense. Additional required paperwork can be found on the Dragonfly Max website and app. In addition to the required paperwork, you will need to upload pictures of your child's actual physical form showing the physician's signature, the front and back of an electric bill showing the student's address, and the zone verification from the Rutherford County Schools website. Please email [spearse@rcschools.net](mailto:spearse@rcschools.net) or call 615-904-6771 ext 31608 for assistance with DragonFly Max.

Each team's individual coach may have additional paperwork requirements.

## **Free Pre-Participation Athletic Exams:**

Tennessee Orthopaedic Alliance and physicians/staff from St. Thomas Rutherford will again offer free pre-participation exams for prospective Rutherford County middle and high school student athletes on **Saturday, April 25, 2020**. To make this day go as smoothly as possible, please note the following:

- Exams will be at TOA, 1800 Medical Center Parkway, in Murfreesboro.
- **Please have the correct forms and all required parent/guardian signatures filled out at the time of arrival.**

Athletes without completed and signed forms will not be eligible to receive an exam.

If you have not created a DragonFly Max account, see instructions below or the TOA website. Once you have completed the forms on DragonFly Max, please print off *the history, consent for athletic participation, travel, and medical care, and blank physical form*.

### **Printers will not be available the day of physicals.**

- **This will be the only opportunity for athletes to receive these exams – no make-up will be done.**
- Athletes are not required to attend these exams, but a physical is required for participation in sports.
- Please avoid any caffeine/energy drinks. Blood pressure will be taken and athlete may not be cleared.
- Athletes should dress in shorts/t-shirts to allow physicians to evaluate extremities as needed.
- Contact information is listed below. Please do not contact TOA with questions about exams.
- Parents are welcome to accompany their children throughout the entire process.
- Exams will be complimentary; however, donations will be accepted. Proceeds will be used to purchase medical equipment used by the Rutherford County Athletic Trainers.
- Please note that some medical problems detected during physical exam may require clearance from the athlete's physician. Parents may wish to schedule a complete physical evaluation from their physician.
- Each student is responsible for delivery of forms to their coach – copies will not be available.

Please adhere to the scheduled times for our school, which is 9:15 am. A small wait should be expected.

Please contact Tamara Mitchell at [mitchelltm@TOA.com](mailto:mitchelltm@TOA.com) as soon as possible should there be any conflicts with scheduled times. Do not hesitate to email with problems, questions, or concerns.

**DragonFly Max:** ALL student athletes and their parents must have a DragonFly Max profile and upload/complete all required documents to their athlete's profile. DragonFly Max is available via their app or website. If you have already set up an account for your athlete in previous years at SCHS or another Rutherford County school DO NOT make a new account. You will need to go through each document on the 2020-2021 requirements and check for changes and upload a new physical, RCS zone verification, and electric bill. (See tips for uploading on back)

Incoming freshmen- To link your account to SCHS: You will simply need to click the tornado icon, click "connect to a school or athlete", click your role and enter the SCHS code which is "QA4YKA".

**\*\*Do not do this until your child has completed all athletic participation at the middle school, or their middle school coach will no longer be able to access their information\*\***

If you do not currently have a Dragonfly Max account: Go to [www.dragonflymax.com](http://www.dragonflymax.com) click "Get Started" and create your account. Choose the correct role for you (i.e. Parent, Coach, Athlete, etc.). Enter our school Code when prompted:

QA4YKA

### ***DragonFly Uploading tips:***

-To upload using the app click the bar that says 2020 NOT READY, Above concussion Assessment.

-Only one document can be uploaded in each location on dragonfly.

For physical only upload the physician signature page, patient history has its own location.

-MTEMC Electric bills must show both sides but need one "document".

You can use a photo editing tool to combine pictures of the back and front into one photo, you can scan back and front into one document, or you can simply tear bill in half and take picture so that we can see both the billing and the mailing addresses.

-RCS Zone Verification can be found by going to [rcschools.net](http://rcschools.net), clicking schools, click on School Zone/Bus Route Info, type in your complete street address and student's grade, take a picture or print the screen that verifies you are zoned for Stewarts Creek High School.

-Students with a zone exemption need to upload a picture of their zone exemption letter in the RCS Zone Verification and electric bill locations

-Please email [spearse@rcschools.net](mailto:spearse@rcschools.net) or call 615-904-6771 ext 31608 for assistance with DragonFly Max.

***Athletic Trainer:*** Rutherford County Schools provide athletic trainer coverage to all Rutherford County High Schools. These individuals are licensed by the state and certified by the Board of Certification. They are here to ensure that the student athletes of this school district have the utmost care when it comes to their athletic injuries. They will actively participate in the prevention, treatment, and care of any athletic injury that occurs to your child during the course of their participation in SCHS athletics. Every attempt will be made by the staff athletic trainer to be in attendance for all home athletic events during the academic school year. There are times, however, where events that occur at the high school are unable to be covered due to scheduled overlapping events. Emily Spears is our athletic trainer at SCHS, she also teaches in the health science pathway. If you have any questions or would like to discuss your child's physical condition, please contact her. She can be reached at [spearse@rcschools.net](mailto:spearse@rcschools.net) or 615-904-6771 ext 31608.

***Medical Referral:*** If, in the unfortunate event that your child will need a medical referral, someone: coaching staff or athletic trainer will contact you. As your child's parent, you are free to take your child to whichever doctor that you choose. From time to time there will be local doctors on site during RCS athletic contests. If your child becomes injured and is evaluated by a doctor at the event site, you are not obligated to continue your child's treatment with this doctor if further medical treatment is warranted. When your child is seen by a doctor for an injury or illness he/she is to bring a note from that doctor stating their activity level for both practices and games. This note is to be given to their coach or the athletic trainer, or upload a picture of it on the Dragonfly Max app. Once the note is received stipulating an amount of time for restricted/no athletic activity, it will be followed by SCHS staff.

***Insurance:*** Stewarts Creek High School and Rutherford County Schools do not provide a secondary insurance policy that covers students involved in interscholastic athletics. As the parent or guardian, you will be responsible for any medical bills that may occur if your child becomes injured while participating in extracurricular activities for SCHS.

### ***ImPACT Testing:***

Rutherford County School mandates that all athletes in football, soccer, volleyball, basketball, baseball, softball, and cheerleading take a baseline concussion test every two years. These tests are transferable throughout Rutherford County schools. RCS uses a software tool for these tests called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). The Impact test will assist our team physicians/athletic trainers in evaluating and treating head injuries. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed. The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in "video-game" type format. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. However, it is not an IQ test. If a concussion is suspected, an athlete may be required to re-take the test. Both the preseason and post injury test data are given to a local doctor to help evaluate the injury. The information can also be shared with your family doctor. The test data will enable these health professionals to determine when returning to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.