



University Hospitals Portage Medical Center

6847 North Chestnut Street
Ravenna, Ohio 44266

Dear Parents and Student-Athletes,

My name is Jon Greathouse, and I am the Athletic Trainer for Ravenna High School Athletics. Welcome to the beginning of what should be another fun and exciting sports season. I wanted to take this opportunity to briefly outline the policies in place, so that you may better understand the role we all play in the health care system here at the school. I would also like to give you some information about important sports medicine topics and available services, to help ensure that all student-athletes get the best possible care while participating in sports.

We are fortunate to have access to the University Hospitals system for all of our sports medicine needs. University Hospitals offers a variety of services to our school, including same/next day appointments with sports medicine/orthopedic physicians. You can schedule an appointment by calling the **UH Sports Line at 216-983-7529**. University Hospitals also provides us with access to electronic injury tracking and notification through a partnership with *Healthy Roster*. **To take part in Healthy Roster, please read the attached information and opt-in by providing us with your email address.**

In closing, I'd like to encourage you to take advantage of all the services we have to offer. You may also access important sports medicine information and forms by visiting the Ravenna Athletics website at ravennaathletics.us and clicking on the "Sports Medicine" tab. Please do not hesitate to contact me if you have any questions. Thank you for your consideration, and I am looking forward to interacting with you all this upcoming sports season.

Sincerely,

Jon Greathouse, AT, ATC, CSCS
Athletic Trainer, Ravenna High School
330-296-3844 x1208
330-296-1855 (fax)
jonathan.greathouse@ravennaschools.us

SPORTS MEDICINE GUIDELINES FOR STUDENT-ATHLETES

- Athletes should report all injuries to the athletic trainer as soon as possible. The athletic trainer will evaluate the injury, determine the severity, and decide what actions are appropriate.
- If the injury is minor, the athletic trainer may provide initial treatment such as icing, taping, and rehabilitation. The athletic trainer will then make a return to play decision. The athlete may not make a return to play decision on his/her own, and parental consent may be needed.
- If the injury is severe, the athletic trainer may still provide initial treatment, but a referral to a physician/hospital will be made. At this time, the athlete will need to see a physician/hospital for further evaluation and clearance before returning to play.
- Once an athlete has seen a physician/hospital, he/she will be required to bring the athletic trainer a physician-signed clearance before returning to any sports activities. Except in an emergency, athletes should communicate with the athletic trainer before seeking medical care. This allows the athletic trainer to refer the athlete to the appropriate medical care and send the necessary paperwork.
- The athletic trainer may continue to hold an athlete from returning to sports activities, despite being cleared by a physician, if the athletic trainer feels that the athlete is not ready or there is potential for further injury.
- Injured athletes are still considered part of the team and are expected to be present at all team activities. If an injured athlete is unable to participate in sports activities, he/she is expected to report to the athletic trainer for treatment, rehabilitation, or an alternative conditioning program.
- The athletic training room is a medical facility and should be treated as such. Athletes should only be in the athletic training room for medical purposes, and should ask permission before entering. Athletes should observe posted athletic training room rules. Appropriate behavior, dress, and language are expected at all times.
- Athletes should adhere to posted athletic training room hours. Daily taping, treatment, and rehabilitation will be done on a first come, first serve basis. Athletes are expected to be on time to all sports activities regardless of their need to see the athletic trainer. Athletes should plan ahead and report to the athletic training room early. Appointments for alternative times may be scheduled by communicating with the athletic trainer.
- Report all dangerous conditions and/or broken equipment to the athletic trainer immediately. Do not use any personal protective equipment or sports equipment that is broken or does not fit properly. It is the athlete's responsibility to check and clean his/her personal protective equipment daily.



CONNECTING PARENTS & COACHES TO CERTIFIED ATHLETIC TRAINERS

Healthy Roster is a **FREE** mobile app connecting **Ravenna High School** parents and coaches with Certified Athletic Trainers from **University Hospitals**. When your child is injured playing sports, help is one tap away!

Healthy Roster Mobile App Includes:

- Access to a certified athletic trainer via chat, voice, or video
- Injury tracking and updates
- Guardian & parent accounts
- One account for multiple children
- HIPAA Compliant



To get started using Healthy Roster, look for your invite email from Healthy Roster and accept the invitation. All parents/guardians of athletes from Ravenna High School will receive one. If not, please contact your organization's Athletic Trainer to be added.

Jon Greathouse can be reached at jonathan.greathouse@ravennaschools.us

