

# **Stone Bridge Sports Medicine Program**

## **Parents' Guide**

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**Purpose:** The certified athletic trainer is a professional who works in conjunction with the team physicians, coaches, and parents to offer optimal health care for the student-athletes. Certified athletic trainers are trained to evaluate, treat, and rehabilitate a wide variety of sports injuries, as well as medical emergencies. We also work to ensure a safe practice, conditioning and game environment.

**Philosophy:** Our goal as the Sports Medicine Staff is to return the student-athlete to participation as quickly and safely as possible without risk of further (and possibly permanent) injury. I will do everything in my power to work with the student-athlete, parents, doctors and coaches to rehabilitate the athlete

**Inhaler and Epipen Policy:** If your child has been diagnosed with asthma or other respiratory illness requiring prescription use of an inhaler, **AN INHALER MUST BE GIVEN DIRECTLY TO THE ATHLETIC TRAINER**; athletes requiring an inhaler will not be allowed to participate without an inhaler. Athletes must see the School Nurse to complete **Authorization for Medication**

**Administration Form.** Inhalers given to the athletic trainer will be placed in their team First Aid kit to be available to the athlete at practices and games. **Inhalers & Epipens** for Food allergies or bee sting allergies will be labeled with name and expiration date. We do not administer medication; athletes are responsible to determine that their medications are available. You may pick up any inhaler or epipen at the end of the season.

**NO INHALER = NO PRACTICE!!** (LCPS Policy)

**If your child should suffer an injury:**

1. The most immediate member of the Sports Medicine Staff will evaluate the injury. The decision on whether or not an injured student-athlete may return goes in the following order:  
Doctor – Certified Athletic Trainer – Coach  
(Our team physician's are Dr. Scott Nagell, M.D.; Dr. Tim Johnson, M.D.; & Marc Meadows, P.T, ATC, is our team physical therapist.)
2. If the student-athlete, while participating for SBHS, should suffer an injury, I should be notified as soon as possible in order to document and begin rehabilitation on the injury.
3. **If your child goes to a Physician AT ANY TIME DURING THE SEASON, he/she MUST bring a note from the physician** stating that the athlete "may return to participation" before the student-athlete will be allowed to practice/play. I must also be made aware of any medications the student-athlete is taking at all times to prevent any drug interactions should an emergency arise.
4. Care for basic sprains, strains, and general soreness:  
**R** – rest   **I** – ice   **C** – compression   **E** – elevation
  - No heat for the first 48-72 hours (No topical analgesics for the first 24 hours).
  - Once swelling has begun to decrease, heat may be used starting in increments of 5 minutes.
  - Ice for 20-30 minutes, wait 1-2 hours, and then ice again
  - If at any time the injury feels worse, USE ICE
5. **We do not endorse any type of Supplements at any time**
  - Promote to your children to avoid Energy drinks and to avoid or limit the amount of caffeine they ingest.
  - Side effects can include: Irregular Heartbeat, Dehydration, Poor Kidney function, and Unknown long term side effects.
6. Steroids are Illegal, Staff and Coaches can lose their jobs, athlete's can be suspended for 2 years  
Information can be obtained at **IPLAYCLEAN.ORG**

Please feel free to contact me at anytime. Please keep this sheet readily available in your home. I look forward to working with all of the SBHS student-athletes and their families throughout the season.