Sports Medicine and Treatment

- GHSA Physical Form and Participation Consent Form
- First Aid
- Certified Athletic Trainer (ATC)
- Insurance
- Location of Defibrillators (AEDs)
- Steroids, Performance-Enhancing Drugs, Supplements

GHSA Physical Form and Participation Consent Form

Student-athletes will not be permitted to participate in any phase of the MPC athletic program without a current physical on file in the athletic office. A physical is considered current when it is less than one (1) calendar year old or is dated after April 1 of the previous school year. MPCS requires the GHSA Physical Form be used by all middle school and high school student-athletes. A participation consent form is also required prior to participation. Both of these forms are available in the athletics section of the school website or in the athletics office.

First Aid

All coaches are to be CPR/AED certified and familiar with basic first aid. CPR/AED classes are held each August during pre-planning, and attendance is required for all employees listed as coaches for the upcoming school year.

Certified Athletic Trainer (ATC)

Athletic trainers are provided for as many MPC athletic events as possible. While we do have an athletic trainer available from PT Solutions, there may be times when the coach must take the lead on any injuries that occur during your contest. In the event of an injury to anyone present at an MPC home event, coaches are responsible for enacting that venue’s Emergency Medical Plan. At events where an ATC is present, any injured person(s) should be referred to the ATC immediately, with our coaches assisting the ATC if requested. Any student-athlete who has gone to a physician for any sport-related injury/illness MUST have a physician's clearance note that is to be given to the coach or athletic trainer to be cleared for participation.

Insurance

Primary health insurance is required for all student-athletes and coaches prior to participation. In addition, MPCS carries a supplemental policy that covers all participants and staff within the athletic program. Any families who have had their coverage lapse for any reason must notify the athletic office. The supplemental policy goes into effect in one of two ways:

1. After an insured’s primary policy has paid out fully or
2. Immediately if a participant has allowed their primary coverage to lapse.

Location of Defibrillators (AEDs)

MPCS has numerous defibrillators on campus in case of an emergency. **The AED boxes contain a Stop the Bleed kit and also contain stock Epipens, as noted below.** Knowledge of exactly where all AEDs are located is required of all coaches. AED locations are

- preschool lobby (Epipen and Epipen Jr.)
- high school front office (Epipen)
- Murray Innovation Center (second floor hallway near elevator)
- in front of the Hughes Gymnasium (Epipen and Epipen Jr.)
- outside of the middle school head's office in Mulkey Hall (Epipen and Epipen Jr.)
- next to the main door entry at the fitness center (Epipen)
- first floor lobby of the Murray Arts Center
- dance hallway outside of black box theater in the Murray Arts Center (Epipen and Epipen Jr.)
- Kristy Lynn Theater in the tech booth
- baseball fieldhouse women's restroom (Epipen and Epipen Jr.)
- family restroom at the stadium (Epipen and Epipen Jr.)
- portable AED carried by athletic trainer at games as assigned (not all games/practices)

Steroids, Performance-Enhancing Drugs, Supplements

Student-athletes are advised against taking any pills, creams, shakes, or any other supplement without first seeking advice from their doctor. The supplement market is flooded with new products each year, and knowledge of the contents and/or the long-term effects of these goods can sometimes be unknown for years. Steroids and performance-enhancing drugs are strictly forbidden.