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Athletic Trainer will be at all home events and practices that occur Monday – Friday.

Athletic Trainer will be here for athletic injuries to evaluate and manage post-injury. Will refer out if needed to a physician or walk-in (of Parent/Guardian choice).

Athletic Trainer will contact parents directly about injuries that will remove athlete from play longer than 1 day.

COVID-19 Protocols

- Any athlete reporting symptoms of COVID-19 will be removed from practices/contests and immediately sent home
 - Students will be required to follow the same protocol as for returning to school
 - negative covid-19 test (documentation for given to school nurse), complete 10-day quarantine, or a physician note with alternative diagnosis with appropriate testing
 - athlete must be symptom free before returning to sports
- Any athlete that tests positive and has previously tested positive for COVID-19 must complete a 7-day cardiac return-to-play with athletic trainer
 - **Before starting the return-to-play the athlete must have a physician note clearing them to start**
 - This is to ensure the safety of your athlete and that there are no cardiac implications from contracting COVID-19 that may lead to sudden cardiac death

Concussion Protocol

- Athletes removed from play by athletic trainer and have a suspected concussion must be seen by physician for further evaluation
- All athletes must complete a 5-day graded return-to-play prior to being cleared for practice/games. **(Even if a physician excuses them without restrictions)**

Healthy Roster – App (PLEASE SIGN-UP!!)

- Tool for Parents, Coaches, and myself to communicate injuries
 - *Coaches cannot see athlete’s injury information without parent/guardian approval
- Get instant injury notifications
- Can see any treatments, rehab exercises I do with them
- Message me on the app/video chat
- Upload doctor notes
- Edit child’s emergency contact, health history information
- TO SIGN UP – please email Kate directly with athlete’s name so she can add you to the system!