



Frequently Asked Questions

What is an athletic trainer?

An athletic trainer is a certified health care professional who practices in the field of sports medicine. Athletic training has been recognized by the American Medical Association (AMA) as an allied health care profession since 1990. Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

Athletic trainers act as the middle man in the sports medicine arena. They provide and monitor communication between parents/guardians, coaches, and other healthcare professionals (ie... physicians, physical/occupational therapists and other athletic trainers).

Are the athletic trainers employed by Germantown Academy?

Our athletic trainers are NovaCare Rehabilitation employees who work full at time GA.

What should my child do if he/she is injured?

When injury occurs the first plan of action should be to see the athletic trainer. If the injury occurs off GA's campus (after school or on the weekends) the child should see the athletic trainer at their earliest convenience.

How should I handle the injury if it may be an emergency?

If the injury occurs off campus and you are unsure of the severity of the injury and think it might be an emergency, our athletic trainers are available via e-mail and phone to give guidance. They can help determine if it needs to be seen immediately or if it can wait.

If it is an emergency, where should we go?

Both emergency rooms and urgent care centers handle emergency situations. If the injury is a neuromuscular or musculoskeletal injury it is our recommendation that you go to an emergency room as most urgent care centers do not employ orthopedists or other specialists.

Does GA have any affiliations with orthopedists or sports medicine physicians?

Yes. Rothman Institute provides GA with a team physician. Our athletic trainers can help arrange care if need be.

How do I know if my child is permitted to return to activity?

The athletic trainers will clear your child for return to activity at the appropriate time. If your child is seen by a physician then a physician's note is required for return to activity. If the injury required care from a specialist physician, then a physician of that nature is the only physician who may give clearance.

Can an athletic trainer hold my child out of play even with clearance from a physician?

Yes. The current healthcare provider has the right to withhold a child from activity. When a physician clears a child for return, he/she is clearing the child back under the care of the athletic trainer. Even though clearance from a physician has been obtained, if the athletic trainer still does not feel as though your child is ready for return, the athletic trainer has full authority to withhold your child from activity.

Do you provide any rehabilitative services?

Yes. As part of the athletic training profession, our athletic trainers provide rehabilitative services to injured athletes. However, since time is a premium, athletes who may require greater attention and more in depth rehabilitation, may be recommended for physical therapy outside of GA. Our partnership with NovaCare Rehabilitation provides on campus physical therapy two mornings a week before the start of the school day.

What if my child is unable to come to physical therapy in the mornings?

Our athletic trainers can set you up with physical/occupational therapy services at any NovaCare Rehabilitation location. You are welcome to use any outside rehabilitative services you would like.

How do I know if my child needs to take the ImPACT Test?

Every child playing or planning to play a contact sport will need to take the ImPACT test. Baseline ImPACT testing will be conducted annually. A list of contact sports is listed below.

Baseball, Basketball, Cheerleading, Diving, Field Hockey, Football, Ice Hockey, Lacrosse, Pole Vault, Soccer, Softball, Volleyball, Water Polo, Wrestling

Where and when is the ImPACT Test offered?

The ImPACT test will be offered in the digital media arts lab at GA. Testing dates will be listed on the GA website under the athletics tab. On the left side of the screen you will see "ImPACT testing dates" under where it says "sports medicine".

What forms are required for my child to participate in athletics?

Certain forms are required annually to participate in athletic activity at GA. Without these forms your child will not be permitted to participate. Below is a list of the following forms.

Student Health Info Form, Cardiac & Concussion Consent Form, Medical Authorization Form (HIPAA), Physical Evaluation Form

What if I have an issue scheduling an annual physical examination with my pediatrician?

As a convenience to our GA community we provide sports physicals on campus free of charge on select Wednesday mornings. These physical examinations are conducted by an outside pediatrician. The sports physicals offered here at GA do not replace your annual wellness visits with your personal pediatrician.

If you have any questions feel free to contact our athletic trainers at any time.

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