

Nazareth Area School District Sports Medicine Department

Dear Student and Parent(s)/Guardian(s),

Let me first take a moment to welcome everyone to a new season of interscholastic sports and events! To those of you new to the high-school and/or middle-school, welcome! And to those of you returning, Go Blue Eagles!

We have an entirely new Athletic Training staff joining the District this year. John Ostrowski and Allison Nigrelli will be the primary Athletic Trainers at the High School, and Connor Shelton will be the primary Athletic Trainer at the Middle School. If you're interested, there is more information and short bios for each of us on the [NASD Athletics website](#). As St. Luke's University Health Network (SLUHN) employees, we are excited to bring our expertise and resources to the community, and deliver "Extraordinary Care" to the students and families in the Nazareth Area School District.

To help ensure ALL student-athletes are medically cleared for participation in the upcoming 2020-21 year, please see the checklist below. It's extremely important to have ALL components completed and submitted in advance for our medical team to review. Please note, even if you registered for a Fall/Winter sport, **you must still register on Family ID for Spring sports!**

Athletics Signup Checklist

- Have you signed up for sports through Family ID?
 - <https://www.familyid.com/nazareth-area-school-district>
- Have you had your physical (after June 1, 2020), and if so, has it been signed, dated, and uploaded to Family ID?
 - In partnership with St. Luke's, the Nazareth Area School District is offering free **SPRING** sports physicals on February 22, 2021. You must register for an appointment slot here: <https://www.familyid.com/nazareth-area-school-district/spring-physical-appointments>
 - **IMPORTANT NOTE:** IF A STUDENT HAS HAD A COVID POSITIVE (OR PRESUMED POSITIVE) DIAGNOSIS, THEY MUST SEE THEIR PRIMARY CARE PHYSICIAN FOR THEIR SPRING SPORTS PHYSICAL.
 - We encourage you to see your family physician for your physical- they know you and your medical history best!
 - It's important we know of underlying medical conditions, medications, etc. to provide the best medical care we can for your son/daughter.
- If you suffered an injury during the Fall/Winter 2020-21 sports season(s), you must upload a recertification form (CIPPE Section 8) or appropriate physician's clearance note into your Family ID registration.
 - **IMPORTANT NOTE:** IF A STUDENT PLAYED A FALL/WINTER SPORT AND HAD A COVID POSITIVE (OR PRESUMED POSITIVE) DIAGNOSIS, PLEASE UPLOAD A CLEARANCE NOTE FROM THE PRIMARY CARE PHYSICIAN WITHIN THE REGISTRATION.
- Have you completed the baseline ImPACT concussion test?
 - **ALL** students grades 7-12 need to complete this for the 2020-21 academic year

- If you have not completed this already for a Fall/Winter 2020-21 sports season, please email John Ostrowski (john.ostrowski@sluhn.org) to receive instructions and your customized code to complete the test at home.

Important Reminders

- To appropriately manage injuries and illness, it is imperative students report injuries/illnesses in a timely fashion to the medical and/or coaching staffs. If we don't know about it, we can't help!
 - This includes away games, or the day after a game when injuries sometimes declare themselves.
- If a student is evaluated by a healthcare professional independent of the NASD medical staff, they must provide appropriate medical documentation to be allowed to participate.
- The NASD medical staff can help facilitate streamlined referrals through St. Luke's, and we are able to easily communicate with St. Luke's providers to ensure appropriate and efficient medical care.
 - The student's health is our number one priority, and we will work with any healthcare professional caring for a student.

Student Accident Insurance

- Please note that NASD no longer carries automatic secondary student accident insurance for athletic injuries. Please see the accompanying letter outlining the policy change and insurance options.

In closing, I'm excited at the prospects the 2020-21 year holds. It has been a challenging year with the COVID-19 pandemic, and as a resident of the Nazareth Area School District I'm excited to see the Blue Eagles returning to the fields, courts, and tracks (I hope I didn't forget anyone!). I speak for both myself and the entire medical staff when I say the health and safety of the Blue Eagle students is our driving mission, and we look forward to living that mission each day here in the district.

Sincerely,

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