



Cardinal Newman School
Forming Lives of Excellence in the Catholic Tradition

www.cnhs.org

February 23, 2015
Ellen Satlof
National Athletic Trainers' Association
1620 Valwood Pkwy, Suite 115
Carrollton, Texas, 75006

Dear Ms. Satlof,

Cardinal Newman School is a private Catholic High School in Columbia, South Carolina. Cardinal Newman School has two board certified athletic trainers who are on campus daily to prevent, evaluate, treat and rehabilitate athletic injuries and illnesses. Cardinal Newman School's athletic trainers serve around 400 student athletes with 39 sports teams from middle school through high school.

Cardinal Newman School supports the mission of the Youth Sports Safety Alliance Call to Action and has implemented the initiative in its school. Athletic trainers assist the coaches in checking the safety of equipment, uniforms and field conditions. Protocols and detection devices are in place to detect lightning and heat index. Coaches are required to take educational courses on concussions and heat illness prior to the start of their respective season.

Emergency action plans are in place for all Cardinal Newman School athletic events and practices. Each plan includes person(s) responsible, emergency medical equipment readily available and step-by-step instructions to each venue.

All student athletes are required to turn in a pre-participation health history questionnaire and a physical exam before they are allowed to participate in athletics each year. Sports that have high level of contact such as football and soccer are given additional concussion baseline testing. Players are continually educated on the difference between pain and injury and encouraged to come in for evaluations to identify and treat injuries.

Prior to the start of each sports season, the athletic trainers attend parent meetings where they educate parents and coaches about the services that are provided to the student athletes and discuss signs and symptoms of life threatening injuries such as heat illness and mild traumatic brain injury.

Thank you for your consideration of membership to Cardinal Newman School as a part of the Youth Sports Safety Alliance.

Sincerely,

Rebekah Gaston, M.E.d, ATC
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