

Welcome to a new season of athletics at North Harford High School! ATI Physical Therapy is excited to continue to be the provider of Athletic Training services. ATI is proud to have North Harford High School as a part of our family of over 150 sports medicine affiliates that we support nationwide. I would like to take this opportunity to introduce myself and to inform you of the school's return to play and concussion policies. My name is Elizabeth Swank, DAT, LAT, ATC and I am the Athletic Trainer for North Harford High School. I am looking forward to a wonderful season supporting the North Harford Hawks.

Reporting Injuries

It is very important that ALL injuries get reported to me as soon as possible. The resources available through the relationship with ATI Physical Therapy are designed to give your student athlete(s) the best and quickest care available. I am unable to offer these resources if I am unaware of injuries. If you are away at another school and an injury occurs, please call me with any questions. In addition to seeing myself, ATI Physical Therapy offers free injury screenings at all of our locations. Please call me and I can schedule a screening if desired.

Athletic Training Room Hours:

During all sports seasons I will be present for most home events. I will also be available to evaluate injuries at any time while I am on campus. Your coach will receive a monthly schedule of my availability. I will also be in contact with the school nurse.

Returning an Athlete to Play

It is school policy that any time an athlete seeks care from a physician for a condition that may affect athletic participation, **the athlete may not return to play until we have a written note from the physician for releasing the athlete for participation. There is no exception to this rule. Parent notes are unacceptable.**

Concussion Policy

According to Maryland State Law, any athlete that is suspected of having a concussion will be removed from athletic participation and must be evaluated by a physician. In order for the athlete to return to athletic competition, **the certified athletic trainer and school nurse must receive a written clearance from a Physician, Nurse Practitioner, Physician's Assistant or a Neuropsychologist AND the athlete must complete a 6-step Graduated Return to Play Protocol progression.**

Team Doctor Information

ATI has partnered with University of Maryland Upper Chesapeake Health to provide your students athlete with top quality medical care. Dr. Todd Tredinnick will be the team physician for North Harford High School. I will be happy to coordinate any and all visits with the team physician or you may call their office below.

Physician Office Phone#: 410-337-7900

Athletic Trainer Contact Information

Please do not hesitate to contact me if you have questions or concerns. My cell phone is the best way to get in touch with me. If you cannot reach me on my cell phone, please email me. Below is my contact information as well as contact information for the Forest Hill ATI Physical Therapy Clinic.

Cell phone: 856-495-6778 E-mail: elizabeth.swank@atipt.com ATI Physical Therapy Forest Hill Clinic: 410-420-3619

I look forward to seeing you at the games!

Thank you,

Elizabeth Swank DAT, LAT, ATC
ATI Physical Therapy