

Providence Play Safe

Injury Management Program

Dear Parents,

We know your child's safety is very important. Preventing serious injuries is the first step, but if an injury does occur, getting the right care at the right time is important.

We are proud to be in partnership with Westside Timbers to provide care and support for any athlete who suffers a concussion or other serious injury.

Providence Play Safe is an injury management program, combining the expertise of Providence's Certified Athletic Trainers and Sports Medicine Physicians with online management tools. This means faster, more effective communication to help you navigate the healthcare system following injury.

Providence Play Safe Provides

✓ Support for Coaches and Parents

If an athlete has a suspected head or other serious injury, his or her coach (or designated team personnel) will perform an immediate assessment on the sideline. In the event of injury, an injury report will be submitted that will alert a Providence Athletic Trainer to follow up with you to see if you have any questions or need further support.

✓ Easy Reporting and Reviewing Injury Information for Your Athlete

Through an App called **Healthy Roster**, you can immediately access your child's injury information and reach out to a Providence Athletic Trainer 7 days a week to answer questions and help your child's recovery process.

Look for an invitation to sign up for an account to take full advantage of the program through the app.

✓ Injury Review and Navigation Support from Certified Athletic Trainers

Do you need to go to the Emergency Room? The Athletic Trainer will also help you identify the most appropriate type of care you need, and how soon you should get that care, acting as your personal concierge through the medical system, regardless of which health provider you prefer.

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✓ **The Most Up-To-Date Return to Play Guidelines**

Through a series of conversations with you and your child, our Athletic Trainers will help guide the recovery process using the most up-to-date recovery tools and programs. Our goal is to make sure you, your child, and coach feel supported and confident about the steps to care for the injury.

Frequently Asked Questions

Who are Athletic Trainers?

Certified Athletic Trainers are licensed healthcare professionals who provide treatment and management of sports injuries. They are the first line of care for athletes from High School to , Professional Athletes. Providence Athletic Trainers are the experts in concussion care and recovery, with several years of experience on average. For more information, visit www.nata.org/about/athletic-training

Do we have to use Providence for injury care?

You control where and when your child receives care.

We have appointments with Providence Sports Medicine physicians available to athletes participating in the Play Safe Program. However, if you prefer to see your own pediatrician, or if you would like to use a different health system, we will help you connect to the right health care provider.

For more information on Providence's Sports Medicine program, visit www.providenceoregon.org/sportsmedicine

How will my information be used?

The Westside Timbers will provide Providence Sports Medicine with basic information about your child, including name and contact information. In the event of an injury, the initial sideline assessment will be sent to a Providence Athletic Trainer for evaluation, and we will contact you to see how we can help with your child's care.

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All information is secure and confidential.

For more information about Providence's use of information, please visit <http://oregon.providence.org/about-us/notice-of-privacy-practices/>

What if I want to opt-out?

If your child is injured and you don't want Providence to provide navigation and recovery support, just let us know during the first contact with the Athletic Trainer.

I have other questions...

Please feel free to contact the program administrator at 503-962-1922.