



Ponte Vedra High School Sports Medicine

Head Athletic Trainer: Sophia Bellavista, LAT, ATC
Email: Sophia.Bellavista@stjohns.k12.fl.us
Cell: (904) 669-0020

Assistant Athletic Trainer: Isabela Collins, LAT, ATC (PT Solutions)
Email: Awaiting work email thru PT Solutions.
Cell: (772) 233-1548

Responsibilities of the Student Athlete:

1. Be honest with the athletic trainer.
2. Report all illnesses and injuries within 48 hours.
3. Follow the treatment and rehabilitation plan given to you by your physician and/or athletic trainer.
4. Report to the athletic training room daily, or as directed, for treatment or rehabilitation until you are cleared by the athletic trainer or doctor.

Pre-Participation Exams and Paperwork

The student athlete will not be allowed to try out, practice, or compete until a copy of the physical exam and parent consent forms are signed by a parent/guardian and on file on home campus.

In The Event of an Injury

At Ponte Vedra

Athletic injuries that occur at PVHS MUST be reported to the athletic trainer and athlete's coach as soon as possible. If the athlete is injured during school hours, they should report the injury to the clinic and other appropriate personnel.

The athletic trainer will evaluate the injury and based on that evaluation make a decision on the most appropriate care. In most cases the injuries are minor and the athlete can be treated in the athletic training room. If the injury is more severe or requires further evaluation by a physician the athlete's parent/guardian will be contacted by the athletic trainer and provided with information about the injury. The athletic trainer can help recommend a physician and help with getting appointments.

It is essential that ALL athletic injuries be reported to the athletic trainer when they occur.

On the Road...

If an athlete is injured on the road they will report the injury to his/her coach then to the PVHS athletic trainer as soon as possible.

If the host school employs an athletic trainer, the coaching staff may have the athlete examined by the host athletic trainer. They will most likely provide basic care and refer the athlete back to the PVHS athletic trainer. The athlete should report to the athletic training room after school the next day. In the case of a severe injury, the parents will be contacted by the coach directly from the site and consulted about the problem. The coach and/or parents are responsible for notifying the athletic trainer as soon as possible about the injury.

Questions from home...

If you are concerned about an injury that your child suffered during athletics, PLEASE EMAIL THE ATHLETIC TRAINER.

If an injury which appears minor one day becomes more bothersome the next day, please call the athletic trainer so they can assist you in the next steps. It is always your right as a parent to seek further medical care for your child if you have any doubts as to the seriousness of his/her injury. It is strongly recommended that you contact the athletic trainer before taking your child to the physician. Often, the athletic trainer can eliminate unneeded waiting time and have your child seen in a timely fashion.

Anytime you take your child to a physician for an athletic injury you need to obtain in writing the doctor's instructions for treatment and return to play guidelines for the athletic trainer to appropriately (and legally) treat your child.

YOUR CHILD MAY NOT RETURN TO PLAY WITHOUT A WRITTEN RELEASE FROM THE PHYSICIAN.