



Jr Steelheads Sports Medicine Program – Parent FAQ

Introduction

Player safety is a top priority for our organization. That's why we've partnered with St. Alphonsus Sports Medicine to create a professional-level approach to injury care and concussion management. This partnership gives our players access to proper documentation, baseline testing, and medical guidance so we can respond quickly and make smart decisions if an injury occurs.

This program is designed to support our families, not replace your existing healthcare. It's here to give you another layer of protection and confidence when it comes to your player's well-being.

1. What is the JR Steelheads Sports Medicine Program?

It's a partnership between the Jr Steelheads and St. Alphonsus Sports Medicine that helps us manage injuries and concussions more effectively. The program allows us to document incidents, track recovery, and follow proven return-to-play steps that protect our athletes.

2. Who is St. Alphonsus Sports Medicine?

St. Alphonsus is a local healthcare provider with a team of athletic trainers, doctors, and specialists who work with athletes of all levels. They help us educate families, evaluate injuries, and guide recovery when needed.

3. What is Healthy Rosters?

Healthy Rosters is a secure online system used to track injuries and care. It's commonly used by college and pro teams. Once your player's profile is created, trainers can log evaluations, and you'll receive updates about any injuries or next steps.

4. What information is shared and is it safe?

We only share basic details like your player's name, date of birth, and emergency contact information. All data is stored securely and can only be accessed by authorized medical staff. It will never be shared outside of this program.

5. Do I have to use St. Alphonsus for medical care?

No. Participation in the program does not mean you have to use St. Alphonsus. Families can choose any provider they want. This partnership is simply an added resource to make care easier and more coordinated if an injury happens.

6. When will athletic trainers be at events?

Trainers may be present at home games, tournaments, or other scheduled events hosted by the Jr Steelheads. They usually do not travel with teams. Even if a trainer isn't there, we can still document injuries in Healthy Rosters and help guide you to the right follow-up care.

7. What happens if my child is injured?

If a trainer is present, they'll evaluate your player, document the injury, and contact you with any recommendations. If no trainer is on site, the coaching staff will follow our injury and concussion protocol and provide information about next steps and care options.

8. What services are included at no cost?

There is no cost for sideline care, initial injury evaluations, documentation, or communication through Healthy Rosters. Educational resources and baseline recommendations are also included.

9. What might be billed through insurance?

If your player needs further care such as imaging, specialist visits, or physician treatment, those services are billed through your insurance like a normal medical appointment. St. Alphonsus will communicate any costs directly to you.

10. How will I be notified if my player is evaluated?

You'll receive communication through Healthy Rosters or a phone call if a trainer evaluates your player. This ensures you know what happened and what to do next.

11. How do I access my player's medical information?

When your player's profile is created, you'll receive an email invitation to set up your Healthy Rosters account. Once you log in, you can view injury reports, notes, and follow-up recommendations. If you have trouble accessing the platform, contact us for help.

12. What is the return-to-play process?

After a concussion or injury, your player must be symptom-free and cleared by a healthcare professional before returning to the ice. They'll follow a step-by-step progression to make sure they're ready. Final clearance is determined by the medical team overseeing their care.

13. What is the return-to-learn process?

If a concussion affects school performance, a return-to-learn plan may be used to ease back into academics. Once your child is back to normal in the classroom, the return-to-play process can begin.

14. Does this program follow concussion safety standards?

Yes. While **Idaho Statute 33-1625** applies specifically to school-based athletics, our program follows the same principles and safety standards it outlines. Any player showing signs of a concussion will be removed from play, evaluated by a qualified healthcare provider, and required to follow a step-by-step return-to-play plan before returning to full activity. These best practices are widely recognized as the safest approach for youth sports and reflect the same protocols used at the school, collegiate, and professional levels.

15. How often should baseline testing be done?

Baseline testing is recommended every two years. It gives medical staff a reference point for your player's normal cognitive and balance function, which helps evaluate any changes after a concussion.

16. Who do I contact with questions?

Email hockeydirector@jrsteelheads.com if you have any questions about the program. We'll make sure you're connected with the right person at St. Alphonsus if additional support is needed.