



Jen Melena —Athletic Trainer

(805) 868-0343



Athletic Trainer

The Athletic Trainer provides student-athletes with injury prevention plans, acute injury care, and sports related injury rehabilitative services. The Athletic Training Room (ATR) is located at the south end of Wilson Gymnasium directly across from the swimming pool. An event and ATR hours schedule will be posted on the door weekly.

Sports Physicals

****All physicals that are turned in must be completely filled out with all parent/guardian spots signed. The confirmation of health insurance (emergency card-page 3) page must also be signed include the name of your health insurance provider. Physicals that are not complete or do not meet the above standards will not be accepted until completed.****

****The most up to date sports physical form has been uploaded to every form section on the school website. This packet includes the "Sudden Cardiac Arrest" awareness page that was made mandatory by CIF in 2017. If your packet did not include this page; please print (forms section of athletic trainer page), sign, and turn it in to the athletic trainer. If unable to turn in to the athletic trainer have the office attendant leave it in his mailbox or turn it in to your coach.**

Insurance

Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses.

Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling the programs below:

Seguro Atlético de Accidentes del Equipos Bajo la ley estatal, se requiere a los distritos escolares se aseguren que todos los miembros de los equipos atléticos escolares tengan seguro contra lesiones que cubra los gastos médicos y de hospital. Este requisito se puede cumplir cuando el distrito escolar ofrece seguro u otros beneficios de salud que cubran gastos médicos y de hospital. [E.C. 32221.5 (b)] La participación en programas de seguro adicional es la responsabilidad financiera de los padres/tutores. Algunos estudiantes pueden calificar para inscribirse en programas de seguro locales o estatales a ningún costo o de bajo costo, patrocinados por el gobierno federal. Para mas información sobre estos programas se puede comunicar a los siguientes numeros:

SISC Supplemental Insurance Program: (800) 972-1727

Healthy Families Program (888) 747-1222

Medi-Cal Program (800) 880-5305

Visiting Schools

On behalf of Santa Maria High School, we would like to take this opportunity to welcome you and your team(s) to Santa Maria High School. We hope that your visit is safe and injury free. The following information may be useful In preparation for your upcoming trip.

Athletic Training Services:

Jen Melena (SM Athletic Trainer) is on site during all athletic competition and can provide injury prevention (taping/bracing) or immediate injury care if needed.

Visiting teams are provided water and injury ice (upon request). We ask that visiting teams please bring their own bottles or cups for water. Water will be available approx. 30-45 min prior to competition depending on athletics schedule.

Visiting athletes that require taping prior to play will need to provide their own supplies from your team's med kit (ex; ankle tape: tape, pre-wrap, heal-lace pads, adherent spray).

If the AT is needed but not present please find our Athletic Director, an Asst. Athletic Director, or coach to contact him.

Hospital/Urgent Care:

Marian Regional Medical Center

1400 E Church St, Santa Maria, CA 93454

(805) 739-3000

Open 24 hours/Includes Emergency Room

Central Coast Urgent Care Medical Group

340 E Betteravia Rd, Santa Maria, CA 93454 (1.7 miles from SMHS)

(805) 922-0561

Hours: 8:00am-7:30pm M-F / 9:00am-4:30pm Saturday

CHC Santa Maria - Del Valle

430 S Blosser, Santa Maria, CA 93458 (1.9 miles from SMHS)

(805) 361-8900

Hours: 8:00am-9:00pm M-F / 9:00am-5:00pm Saturday