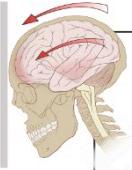


Student Sports Medicine Guidelines



Concussion Policy

If you suspect a concussion REPORT Immediately!!!

AT staff will evaluate and make referrals when necessary.

ALL concussions must complete a 6 stage return to play process prior to going back to play (even if a doctor has already cleared you).

ImpACT neurocognitive testing will need to be back at baseline prior to returning to contact participation.

WHAT IS AN ATHLETIC TRAINER?

A Certified/Licensed Healthcare provider

Main job is to prevent, treat, evaluate athletic injuries & illnesses

Types of care you will receive:



Rehab
Stretching
Taping/wrapping/bracing
Wound care
Modalities
Sports Nutrition
Evaluation



Athletic Trainer will determine treatment medically necessary on a case by case basis. Athletes/Coaches may NOT request specific tape jobs or treatments.

We do NOT tape for cool looks!



Lightning Policy

Lightning is detected 6 miles or closer you MUST go indoors!

You may return outside once 30 minutes has elapsed after the last lightning/thunder is seen/heard within 6 miles.

Ouch! I got hurt, now what do I do????

ALL sport injuries/injuries that will affect you while participating MUST be reported to the Athletic Trainer

What do to if you see a doctor:

If you are sent to the doctor by the AT or your parent/guardian takes you to a doctor, you MUST bring back a doctor's note to the Athletic Trainer before you can return to sport.

Clearance notes can only come from a Physician (MD, DO), Nurse Practitioner (NP), or Physician Assistant (PA-C).

When Can I Go back to Play?

When you have brought back any notes required by the Athletic Trainer & you have PASSED all testing by the Athletic Trainer.

Heat Policy

Football must go through a 7 day acclimatization procedure when starting to use equipment.

The Heat Index is monitored by AT staff & practice adjustments are made based on temperature & humidity.

Adjustments may be:

- Increase water breaks
- Decreased equipment worn
- Practice moved indoors

Heat Illnesses will be diagnosed and treated by AT staff. Athlete will be cooled, rehydrated, and transported as deemed necessary by staff upon evaluation.

Rectal Thermometry will only be used in cases of heat stroke when parent/guardian permission has been obtained.

BASIC HYDRATION TIPS!

During School Day: 16-24 oz water

Right Before Practice: 7-10 oz water

During Practice: 6-12 oz water

After Practice: 16-24 oz water

Sport Drinks are ok if they have less than 8% carbohydrates.
BEST TO DILUTE THE GATORADE

Caffeine and Carbonated Drinks SHOULD NOT BE CONSUMED DURING SPORT PARTICIPATION

Basic Athletic Training Rules:

- Treat ATR as a medical facility
- Treat ALL staff with respect
- NO horseplay or hanging out
- School Dress Code APPLIES.
- SHIRT MUST be worn at all times
- NO Cleats or turf shoes
- Do NOT touch modality equipment
- No cell phones during treatment
- ALL athletes MUST sign in
- Treatment is first-come, first-serve
- In-season athletes take priority for non-emergent situations
- Violations of rules result loss of ATR privileges