

# Sports Medicine Information

Delaware Hayes Athletics has two athletic trainers in our department as a resource for both you and your student athletes. Athletic trainers (ATs) are licensed, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Below are some of our athletic training policies and sports medicine information.

## Delaware Hayes Sports Medicine Policies:

1. In accordance with OHSAA policies, all athletes must have a completed physical on file with the athletic department. These physicals must be completed yearly.
2. In accordance with Ohio House Bill 143, all head injuries require evaluation by an approved, licensed medical professional and must have written authorization to return to sport. Please see the reverse side of this handout for more information on Ohio's Concussion Law.
3. If an athlete is under the care of a physician for any medical condition that removes them from physical activity, they must provide a written medical release to return to activity. This includes removal of activity by urgent cares and emergency rooms.
4. Delaware Hayes athletic trainers and team physician have final approval on the return to play status of athletes if there is a concern for athlete safety or further injury.

Our athletic trainers are contracted through Nationwide Children's Hospital. Here are some programs they offer for Delaware Hayes athletes:

1. **Priority Scheduling:** Hayes athletes are guaranteed sports medicine and concussion clinic appointments within 48 hours at all NCH Sports Medicine facilities
2. **Sports Performance Training:** designed to help athletes achieve their performance goals, reduce their risk for injury, and propel them to long-term athletic success and enjoyment. Our services include personal, partner, small group and team training and injury prevention programs.
3. **Sports Nutrition:** One on one consultation with a Registered Dietitian (RD) that provides an assessment of the patient's nutritional needs and current dietary intake. Our Sports Medicine Registered Dietitian is trained to tailor diets, identify unique nutrient needs, and educate patients and families on methods to properly fuel for athlete competition and lifestyle.
4. **Biomechanical Video Analysis for Throwers and Runners:** NCH uses a comprehensive analysis of both the athlete's mechanics with biomechanical software analysis and review of the athletes training schedule to look for periods of overtraining. This occurs over a couple sessions with a certified athletic trainer who will also provide corrective exercises and a DVD copy of the analysis.

Contact your athletic trainers for more information on these programs!

# Frequently Asked Questions Regarding Ohio's Concussion Law

## What is the purpose of the new concussion law in Ohio?

The bill promotes the protection of young athletes involved in sports activities at the youth, middle school, and high school levels. The law has 3 main components:

1. Education on the signs and symptoms and knowledge of concussions for participants, parents, coaches, and officials in youth and interscholastic sports.
2. Protocol for removal from and return to athletic activity if a concussion is suspected.
3. Definition of licensed healthcare provider who can make medical decisions related to return-to-play.

## When did the law go into effect?

April 26, 2013.

## What happens if a young athlete exhibits the signs and symptoms of a concussion?

The legislation states that if an athlete exhibits signs and symptoms of a concussion while practicing or participating in an athletic event, the athlete will be removed from participation by his/her coach, the referee, or a supervising YSO (youth sports organization) official. **The athlete is not allowed to return-to-play on the same day he or she was removed from activity under any circumstances.** The athlete also cannot return to play until both of the following conditions are met:

1. The athlete is evaluated by a physician or other licensed medical provider authorized by the organization in which they are participating.
2. The athlete provides written clearance from the medical professional that it is safe to return to practice and competition.

## Who can make medical decisions related to return-to-play?

A physician (which is defined as a person who is authorized to practice medicine and surgery or osteopathic medicine and surgery, i.e. MD or DO) or other licensed healthcare professional authorized by the school district or YSO who has received a referral from a physician or is working in consultation/collaboration with a physician, or is supervised by a physician.

## FOR MORE INFORMATION

- Find handouts, FAQ, and information about the online training modules at the Ohio Department of Health's website: <http://www.healthy.ohio.gov/vipp/concussion.aspx>.
- To read the law, visit <http://www.lsc.ohio.gov/analyses129/12-hb143-129.pdf>.
- If after viewing the website and our FAQ you have questions about the how the law affects you and/or your organization, you can contact your Delaware Hayes athletic trainers or Nationwide Children's Sports Medicine at (614) 355-6000.