

# Delaware Hayes High School Sports Medicine Athletic Injury Policies and Procedures

**Marissa Garland, MS, ATC**

Certified Athletic Trainer

[Marissa.Garland@nationwidechildrens.org](mailto:Marissa.Garland@nationwidechildrens.org)

Office: 740-833-1006

**Andrew Sucharski, MS ATC**

Certified Athletic Trainer

[Andrew.Sucharski@nationwidechildrens.org](mailto:Andrew.Sucharski@nationwidechildrens.org)

Office: 740-833-1006

## What is a Certified Athletic Trainer (ATC)?

Athletic trainers are licensed, multi-skilled healthcare professionals that specialize in the prevention, recognition, and treatment of athletically-induced injuries and illnesses. To obtain certification, an athletic trainer must have a bachelor's degree from an accredited program and pass the national certification examination.

## Reporting an Injury

1. Athletes must report all injuries to the athletic trainer at the time of the injury, or as soon as possible. The athletic trainer will activate the medical referral system, if necessary.
2. Practice time is valuable. Athletes who are injured or who are experiencing pain must seek out the athletic trainer *before* practice. It is not appropriate for the athlete to wait to report pain that has existed for a few days in the middle of practice.
3. In the absence of the athletic trainer, the coach will initiate first-aid care. The coach must notify the athletic trainer of all injuries within 24 hours of the injury.
4. Injured athletes are expected to continue to attend practice and games during the treatment and recovery of the injury. All athletes missing practices/games due to injury or illness must notify the coach prior to that practice/game.
5. Parents are encouraged to contact the athletic trainer at any time with any questions or concerns related to the athlete's injury.

## Medical Referral for Injury

1. Upon injury, the athletic trainer will perform an evaluation to determine if a referral to a physician is necessary for further evaluation and treatment.
2. If the athletic trainer feels the injury needs to be referred to a physician, a referral form will be sent home with the athlete. This referral form needs to be returned to the athletic trainer with the physician's findings and treatment plan.
3. In the event of self-referral to a physician, **the athlete must provide a note from the physician stating the injury, treatment recommendations, and participation status.**
4. In accordance with Ohio House Bill 143, all head injuries are require evaluation by an approved licensed medial professional and must have written authorization to return to sport. Athletes who experience signs or symptoms of a concussion may not return to practice and/or competition the same day of the injury. All head injuries must be evaluated by the athletic trainer prior to the athlete returning to participation!
5. In accordance with Lindsay's Law, all cardiac concerns/conditions require evaluation by an approved, licensed medical professional and must have written authorization to return to sport.

6. In accordance with OSHAA, any student-athlete who tests positive for COVID-19 whether symptomatic or asymptomatic, shall not return to sports activities until a written documented cardiac/heart medical exam is performed clearing the individual prior to that individual returning to contests or practices.
7. The Athletic Trainer will be able to assist in the referral to a physician, but the final discretion of the healthcare provider and medical referral is left to the parents.

### **Taping/Bracing Policy**

1. Tape is a medical treatment tool with a specific therapeutic purpose, but is a cost prohibitive practice. The athletic trainer will direct the appropriate use of tape for injury care.
2. Taping will be made available to athletes who have either a documented injury as evaluated by the athletic trainer or as prescribed by a physician. The athletic trainer will only apply tape when it is deemed appropriate. Tape will not be made available for non-injury use.
3. The athletic trainer can advise and direct parents, coaches, and athletes in the purchase and use of bracing, splinting and supportive devices that will be beneficial in the care and prevention of injuries.

### **Return to Activity Following an Injury**

1. All athletes that are under the care of a physician for any medical condition that removes them from physical activity **MUST** provide a written medical release to return to activity. This includes removal of activity by urgent cares and emergency rooms.
2. A physician's note stating "cleared for full participation" and the like is recognized as a gradual progression back to activity. This progression is so that the injury may be monitored for complications and to insure a safe return to full activity.
3. Athletes are expected to continue a rehabilitation and/or strength training maintenance program on the injured area following return to play to avoid re-injury. These programs will be coordinated through the athletic trainer.
4. The athlete may be removed from participation if it is considered to be in the best interest of the athlete's health. The athlete, athlete's parent, coach, athletic trainer, or physician may initiate this removal.
5. Any time an athlete is removed from activity they have to see the athletic trainer before returning to any practice, game, or conditioning.

### **Athletic Training Room (ATR) Rules**

1. All athletes will be seen on a first come first serve bases. In-season athletes have priority.
2. Appropriate clothing, including shoes, must be worn in the ATR. Please change into workout clothes before coming in. Cleats are not allowed.
3. The athletic training room is not a locker room. Do not leave personal belongings unattended or in the athletic training room.
4. Clean up after yourself.
5. The athletic training room is not an excuse for you not to attend practice. If you are injured, please inform the athletic trainer before practice not during.
6. Show courtesy and politeness to everyone while in the ATR. Yelling and profanity will not be tolerated.
7. Please ask before taking or using an item. The ATR is also an office.

8. The athletic trainer reserves the right to ask you to leave the ATR if you are not following the rules.

### Physicals and Emergency Medical Forms

In accordance with OHSAA, all athletes must have a current, completed physical on file within the athletic department. All physicals and emergency medical forms/cards must be received by the school athletic office before the athlete will be allowed to participate in the first scheduled practice/event. Physicals must be completed yearly.

### Baseline Neurocognitive (Concussion) Testing

Baseline neurocognitive (concussion) testing is an important aspect of concussion management. The baseline test is provided through our relationship with Nationwide Children's Hospital Sports Medicine free of charge. The test takes approximately 45- 60 minutes per athlete and is completed on the computer before or during pre-season. It measures things such as memory, reaction speed, and cognitive processing so that we have normative values for each athlete. If an athlete were to sustain a concussion, we can test him/her again to make sure the athlete returned to baseline neurocognitive function so we can safely return him/her to school and sports. The test needs to be updated once per year.

Testing sessions will be arranged for the following high concussion risk sports:

Football	Basketball	Softball
Soccer	Wrestling	Baseball
Lacrosse	Volleyball	

Testing is not mandatory; however, all athletes in the listed sports must submit on final forms a permission form either accepting or declining the testing. This form is good for the student-athlete's entire athletic career at DHHS unless rescinded by the parent/guardian in writing. If your student-athlete is in a sport not listed here and you would like to have him/her tested, please contact the athletic trainer to arrange testing.

These tests are important in helping return an injured athlete to participation!!! We need YOUR help in the following:

- Please ensure that your athlete **attends testing** on the specified day and time assigned to his/her team. (And if there is a conflict, that he/she contacts the athletic trainer directly ASAP.)
- Please encourage you athlete to focus while taking the test and **try his/her best**. (If inadequate effort/attention is given, an "invalid" test could result, meaning he/she will have to take it again which is an inefficient use of time for them, you, and us.)

**Nationwide Children's Hospital Sports Medicine** has a multitude of web resources! Please visit [www.nationwidechildrens.org/sports-medicine](http://www.nationwidechildrens.org/sports-medicine) or call (614) 355-6000