Athletic Training Coaches Handouts

Seminole High School Athletic Training Staff

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Athletic Trainer Responsibilities

- Prevention of injuries/ re-injury
- Recognition, evaluation, and assessment of injuries and conditions resulting
- Immediate care of injuries
- Rehabilitation and reconditioning of injuries
- Organization and administration
- Professional development and responsibility

Athletic Training Coverage

***Athletic Training Room* :** The Athletic Trainer will be available for treatments, rehabilitation, and questions from parents / physicians each school day from **2-3:30 pm Monday to Friday** .

**Note: athletic training meetings are on Wednesday's and may cause delay in opening AT Center later than 2pm.*

Athletic Training Game Coverage

An Athletic Trainer is always present at all contests.

Athletes injuries

- All injuries should be reported to the athletic trainer, as soon as possible, by the athlete and/or their coach. The athletic trainer will evaluate the injury and make an assessment as to the type and severity and treat accordingly. Then she will determine whether the athlete can return to play, or if they need further care outside of the athletic training room.
- If your athlete is taken to the Dr., for any reason, please bring a note from the Dr. explaining any restrictions, treatment, and the Diagnosis to the athletic trainer. As per SHS Policy, your athlete may not participate following a Dr.'s visit without such a note

Concussions/Head injuries
In the event of **any** head injury athletes must follow the **MANDATORY** concussion return to play protocol.

When the athlete has been asymptomatic for at least 24 hours the **athletes needs to see their primary care physician to get clearance to start the return to play protoco**l. Athletes needs to stop by the athletic training room to get clearance documentation or use the form AT-18 located on the website. **The AT-18 return to play form must be signed by the physician to begin the return to play.**

Return to Play protocol

Day 1: Asymptomatic at least 24 hours

Day 2. Light, Aerobic Activities

Day 3. Sport/Position/Event Specific Exercises & Drill

Day 4. Non-Contact practice

Day 5. Full-Contact practice

***please note that there needs to be at least 24 hours in between each stage.**

Once the athlete completed all the steps, the athletic trainer will clear the athlete to return to his/her primary care physician to be cleared to participate in all athletic events. **In order to be fully cleared with no restrictions in a game setting the athlete needs to be signed by the physician and turned in.**

Environmental considerations

Heat index under 95	**All sports:** Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire. Optional water breaks every 30 minutes for 10 minutes' duration. Ice-down towels for cooling
Heat index 95-99	**All sports:** Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire. Mandatory water breaks every 30 minutes for 10 minutes' duration. Ice-down towels for cooling **Contact sports:** Helmets and other possible equipment removed if not involved in contact Reduce time of outside activity. Consider postponing practice to later in the day Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
Heat index 100-104	**All sports:** Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire. Mandatory water breaks every 30 minutes for 10 minutes' duration. Ice-down towels for cooling Watch/monitor athletes carefully for necessary action Alter uniform by removing items if possible Reduce time of outside activity as well as indoor activity if air conditioning unavailable Postpone practice to later in day if possible Contact sports and activities with additional equipment Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
Heat index above 104	**All sports:** Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

MAKE SURE THAT ATHLETES ARE DRINKING WATER AND EATING THROUGHOUT THE DAY. DRINKING WATER ONLY DURING PRACTICE IS NOT ENOUGH TO PREVENT HEAT ILLNESSES.