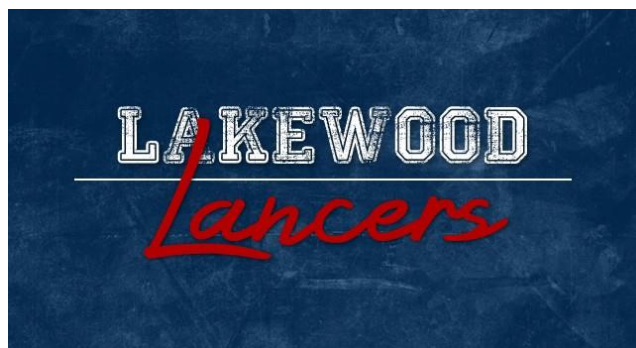


Lakewood High School

Sports Medicine

Policies and Procedures



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What is a certified Athletic Trainer (ATC)?

Athletic Trainers are 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 or master's degree from an accredited program and pass the national certification exam.

Reporting an Injury

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

Medical Referral for Injury

1. Upon injury, the ATC will perform an evaluation to determine if a referral to a physician is necessary for further evaluation and treatment.
2. If the ATC feels the injury needs to be referred to a physician, or in the event of a self-referral to a physician, ***the athlete must provide documentation from the physician stating the injury, treatment recommendations, and participation status.***
3. Athletes experiencing or displaying 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!
4. The ATC will be able to assist in referring to a physician, but the final discretion of the healthcare provider and medical referral is left to the parents and/or guardians.

Taping/Bracing Policy

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

Return to Activity Following an Injury

1. All athletes who have been removed from activity and have seen a physician **MUST** provide a note from the consulting physician for clearance before returning to activity.
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 the injury may be monitored for complications to ensure a safe return to full activity.
3. Athletes are expected to perform a rehabilitation and/or strength training maintenance program on the injured area to regain normal function and to prevent future/further injury.
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, ATC, or physician may initiate this removal.

Physicals and Emergency Medical Forms

All student-athletes must have a current physical. All physical and emergency medical forms must be received by the school before the athlete will be allowed to participate in the first scheduled practice/event.

Athletic Training Room (ATR) Rules

1. All student-athletes will be seen on a first-come, first-serve basis. In-season athletes have priority. All student athletes must sign in prior to treatment.
2. The ATR is not a lounge and not an excuse for you to not attend practice. If you are injured, please inform the ATC before practice and not during.
3. No pop or food allowed in the ATR.
4. All personal belongings (backpacks, practice gear, equipment etc.) must be left outside of the ATR. It is a small room; please do not make it an obstacle course.
5. Please clean up after yourself.
6. Student-athletes must be respectful and courteous to one another as well as the ATC, coaching staff, teachers, administration, etc. Yelling a profanity will not be tolerated.
7. Please do not take anything in the ATR without permission from the ATC.
8. No one may go through desk, computer, cabinets, or files without permission from ATC.
9. Student-athletes must be dressed appropriately upon entering ATR.
10. All equipment (wraps, slings, braces, etc.) must be returned to ATR once it is no longer needed.
ATC reserves the right to ask you to leave the ATR if you are not following these rules

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 free of charge. The test takes approximately 10-15 minutes per athlete and is completed on the computer before or during pre-season. It measures memory, brain processing speed, and reaction time so 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 their baseline function so we can safely return them to school and sport. The test needs to be completed every other year. Testing sessions will be arranged by ATC and coaches.

Testing is not mandatory, however, all student athletes must submit a permission form either accepting or declining testing.

Nationwide Children's Hospital Sports Medicine has a multitude of web resources. Please visit www.nationwidechildrens.org/sports-medicine for more information!