

Standard Operating Procedure

As part of a cooperative agreement between the Pickerington High School North School District and OhioHealth, one full time athletic trainer and one part time athletic trainer is available for the Pickerington High School North Athletic Department. Athletic trainers are health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities.

The Athletic trainers will abide by any and all laws or rules that govern the practice of athletic training as dictated by the Ohio Athletic Training Licensure Board and the Code of Ethics set forth by the National Athletic Trainers Association.

The athletic trainer will function under the supervision of the medical director, Dr. Donald LeMay, DO, to ensure the best quality of care and a safe, yet timely return to play for all athletes from injury. The school's medical staff will work closely with coaches and parents to secure good treatment and rehabilitation compliance. All return to play decisions will be determined based on the lowest possible chance of re-injury. Any parties involved in the return to play decision (including the athlete, athletic trainers, physicians, coaches, and athlete's parents) must be in agreement with any return to play decisions. If a deciding party has concerns they will be address and the return to play decisions will be postponed until all parties are in agreement.

Athletic Training Coverage

Responsibilities

Athlete Responsibilities

- Report any injuries to the athletic training staff.
- Comply with any treatments, rehabilitations, and/or restrictions given by the athletic trainer.
- Report any change in condition that occurs during treatment.

Coaches Responsibilities

- All coaches must provide a roster, physicals, OHSAA Authorizations forms to Jackie in the athletic office, and a copy of the emergency medical forms to the athletic training staff.
- If a coach wishes to have a first aid kit then they must let the athletic trainers know so they can provide the necessary supplies.
- Report injuries that occur off-site to the athletic trainers on the day the injury occurs.
- Provide details of injuries that occur outside the presence of an athletic trainer.
- Notify the athletic training staff of any changes in practice or game schedules at least 24 hours in advance. Any unreported changes in schedule could result in a lack of athletic training coverage.

Athletic Trainer Responsibilities

- Provide equal care and treatment to every athlete with no discrimination based on race, ethnicity, religion, sex, age, sport, and skill level.
- Provide the best healthcare possible, putting the well being & health of the athlete first.
- Maintain injury prevention, treatment, and rehabilitation programs for the student athletes.
- Record any treatments or rehabilitation sessions into the treatment log everyday.
- Maintain the proper documentation including injury notes, treatment logs, injury reports, and referrals.
- Maintain the athletic training facilities.
- Organize and maintain a folder for each student athlete, which is to include his or her physical, emergency medical form, OHSAA Authorization forms, and other pertinent medical documentation.
- Order athletic training supplies through the Athletic Directors and maintain inventory.
- Advise coaches on proper fit of protective gear and ordering of such equipment when asked.
- Perform other duties assigned by the Medical Director.

Team Physician Responsibilities

- Provide equal care and treatment to every athlete with no discrimination based on race, ethnicity, religion, sex, age, sport, and skill level.
- Provide the best healthcare possible, putting the well-being & health of the athlete first.

- Provide current & up-to-date written documentation to the athletic training staff regarding any athlete they have evaluated, seen, or talked to.
- Advise and direct AT on injury rehabilitation, treatment, and return to play progression.

The Pickerington High School North athletic director reserves the right to appoint team physicians to supervise the high school sports medicine program. Holding the title of PHSN team physician is a privilege.

Athletic Training Room Hours

Monday-Friday the athletic training room will be open at 1:55pm and will remain open until after the last home event ends.

Saturday the athletic training room will open a half hour before the start of the first practice or one hour before the start of the first event.

Sunday the athletic training room is closed.

Athletic Training Room Rules

The following rules will be strictly enforced in athletic training room.

1. Athletic training room is used for the evaluation and treatment of injured athletes
 - a. No food
 - b. No equipment bags
 - c. No cleats
2. Treat athletic trainers and fellow athletes with respect
3. Cursing or rude behavior will NOT be tolerated
4. Equipment in the athletic training room may only be used by permission of athletic trainers.
5. Treat all equipment with respect

Athletic Training Policies

- The athletic trainer will cover each event/practice on school ground as notified. Off-site events will be covered to the best ability of the athletic training staff.
- No one is permitted in the athletic training office unless an athletic trainer is present, no exceptions.
- Access to a student athlete's medical files will be limited to the athlete, athletic trainers, and team physicians.
- Any confidential medical information will be kept confidential unless otherwise requested in writing by the athlete and their parents.
- No one is permitted to be in the athletic training rooms without the presence of an athletic trainer unless permission has been secured from an athletic trainer in advance.
- An athletic trainer must carry out any electric modality treatment.
- In the event of an emergency requiring transportation to an advanced medical facility the athlete may only be transported in an ambulance or other means of transportation deemed appropriate by the athlete's parents.

Physician Policy

- If a referral is needed to a physician, the athlete's parent/guardians have a right to choose the physician. If they would like assistance in securing an appointment they can turn to the athletic training staff for guidance.
- Any student athlete that has seen a physician must provide documentation from said physician before being allowed to return to participation. Documentation must include the athlete's diagnosis and return to play status.
- The final decision on an athlete's return to play status lies with the medical director. No outside physician may override the director's decision.
- Being released back to participation by a physician does not imply full release back to activity that day. The student athlete is released back to the school's medical team and coach for an appropriate progression back to full play.

Medication Policy

The athletic training staff will comply with all State Athletic Training and Pharmaceutical laws.

It is the athlete and parent's responsibility to obtain and extra inhaler or Epi-pen for the athletic trainers to hold in case the student athlete does not have their own. These medications must be labeled specifically with the medication, its proper dose, the prescribing physician and the name of the person it is prescribed to. Each medication may only be taken by the person whom it was prescribed to in compliance with the Ohio pharmaceutical administration guidelines.

Parent/Guardian Notification Policy

Injuries are a part of every sport on every level. If a student athlete has been seen by an athletic trainer for an injury that requires more treatment than general ice, the athletic trainer will contact the student athlete's legal guardian within 24 hours via phone call or injury note sent home with the student athlete. If the injury requires more medical attention, the athletic trainer will make all attempts to call the athletes legal guardian that day.

Weather

In the event of Thunder/Lightning the student-athletes should stay under shelter and inside if possible for 30 MINUTES from the last strike. Thunder and Lightning should be treated as 1 in the same. If you hear thunder, the lightning is close enough to strike.

In the event of a Tornado Warning everyone should move to an interior hallway or downstairs locker rooms, if possible. Stay away from inside areas where there are large expanses of ceiling and/or glass.

AED

There are two AED's available in the athletic wing of the school. 1 is in a case right outside the athletic training room. The other is in the athletic training office and with the athletic training staff when at outdoor events/practices.

ImPACT Testing

ImPACT testing is a tool used to test brain functions of an individual (baseline) prior to sustaining a head injury that can be used to assist the team physician in return-to-play decisions.

Post injury, ImPACT testing will take place at the request of the team physician after the athlete has been evaluated.

ImPACT testing can be done preseason in a group setting and on an as need bases by appointment with the athletic training staff. Testing is required by high impact sports and highly recommended by mid impact sports.

Post Concussion Return to Play Policy

The following progression is a guideline that will be followed by every student athlete who is returning from a Mild Traumatic Brain Injury (Concussion). This progression is a guideline and maybe lengthened or modified by the medical director on a case-by-case basis. Before starting day one of the progression, the athlete must be symptom free for 24-48 hours.

Day 1-Exercise Bike for 15-20 mins with light exercises

Day 2-Light jog for 15-20 mins

Day 3-Sprinting, easy weight training, individual sport specific drills

Day 4-Non-contact team drills

Day 5-Full-contact team practice

If at any point during the progression there is a return of the concussion signs or symptoms, the athlete's progression will be stopped until symptoms free for 24 hours. The athlete will then continue with the progression as determined by the athletic trainers and medical director. Any athlete participating in a contact sport must complete Day 5 in a practice setting before participating in a game.

Contact Information

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