

Romeo High School Athletic Training Department

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Romeo High School Athletic Training Department

What is an Athletic Trainer?

As defined by the National Athletic Trainers' Association

Athletic trainers (ATs) are highly qualified, 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.

Certified athletic trainers **provide on-site recognition, evaluation and immediate treatment of illnesses and injuries – both acute and catastrophic**; determine an individual's readiness to participate in activities; **promote safe and appropriate practice and competitions**; educate students about healthy lifestyles and proper nutrition; develop exercise regimens; **develop injury and illness prevention strategies**; advise how to prevent illness or injury during physical activity; provide quality, advise on the selection, fit, function and maintenance of athletic equipment; **develop and imply a comprehensive emergency action plan**; facilitate and perform rehabilitation and reconditioning; and participate in the development and implementation of a comprehensive athletic health care system.

Benefits ATs provide for Parents

- Create an invaluable resource for accessing the medical community.
- Facilitate open communication between the student-athletes, parents, physicians, coaches, and school administrators.
- Provide "in-house" medical care, saving money and time off work to transport the student-athlete elsewhere.
- Serve as another set of eyes and ears to monitor the student-athletes both on and off the field.
 - Athletic Trainers are often the first to notice or hear when something is wrong.
 - Also unique opportunity to know the student-athlete's personality in a way other medical providers are unable to, allowing to know when they aren't "acting themselves."

Benefits ATs provide for Student-Athletes

- Provide quick, accessible care to allow return to sport quicker and safer.
- Give advice on healthy lifestyles, proper nutrition, and developing individualized exercise regimens.
- Offer life skills education.
 - Ex. Questions regarding career choices pertaining to the medical field.
- Assist with communication with coaches and parents.
- Encouragement, support, and dedication to each and every student-athlete both on and off the field!!

For more information visit the National Athletic Trainers' Association website.

Romeo High School Athletic Training Department

Injury Reporting

Day of Injuries

The Romeo Athletic Trainer is responsible for tracking and recording of injuries. It is vital that the athletic trainer is made aware of any and all injuries that occur during practices or games regardless of location. Coaches are requested to call the athletic trainer when injuries occur if the athletic trainer isn't on site already. If injuries occur at away games either the coach or athlete should report the injury before the next day of practice; ideally the night off so recommendations on immediate home care can be provided. This will hopefully save the student-athlete and their families from taking unnecessary trips to the hospital or prolonging healing.

Doctor's Visits

If a student-athlete is taken to the doctors at any point, for any thing, there **MUST be a doctor's note** given to the athletic trainer describing why the student was seen and if there are any restrictions or full clearance for activity. This is for liability and safety reasons. If there is note the athlete will NOT be allowed to practice until one is produced.

Athletes Responsibility

It is up to the athlete at the end of the day to alert the athletic trainer of any injuries they have. They also need to look out for their teammates if they notice there is a problem and make sure to tell a coach or the athletic trainer immediately.

Parents Responsibility

If their child is experiencing an injury, they are welcome to reach out to the athletic trainer at any time. If an injury worsens after being sent home by the athletic trainer, contact the athletic trainer for suggestions. It is ultimately up to the family if they feel their child needs to be taken to an emergency department or to see a physician (remember there must be a note). If there is ever a discrepancy or misunderstanding regarding the care of the athlete, the parent is asked to contact the athletic trainer to set up a good time to discuss the problem in detail.

Daily Sign-In Records

Student-athletes are required to sign in when receiving treatments in the Athletic Training Room (ATR). This helps keep records of treatment times and types. Currently we are using a Chrome book from RHS, it must stay in the ATR and any student found removing it will be reported to the Athletic Director for disciplinary measures.

Romeo High School Athletic Training Department

Policy for the Evaluation and Management of Concussions

Definition

Any head injury should be classified as a “concussion” any time there is trauma to the head, face or neck of an athlete (or trauma to the body which causes a whipping of the head) resulting in **any one or more symptoms listed below**. There does NOT need to be loss of consciousness in order to be classified as a concussion. It is important to note that a concussion or “mild traumatic brain injury” (MTBI) is *a metabolic injury affecting the brain chemistry; it is NOT a structural injury, which would be detected on CT scan or MRI*. Therefore, referral to a hospital emergency department is not *necessarily* warranted in most cases of MTBI.

- Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours to days.
- Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases symptoms may be prolonged.

Possible signs you may observe if your child sustains a concussion:

Balance problems	Loss of consciousness
Nausea/vomiting	Slow, slurred speech
Abnormal or inappropriate emotions	Amnesia (memory loss)
Disorientation	Dazed appearance
Change in mental status	Sensitivity to light and/or noise

Possible symptoms you child may complain of following a concussion:

Headache	Feeling “foggy” or “fuzzy” in the head
Dizziness	Lightheaded feeling
Feeling excessively tired or fatigue	ringing in ears
Double or blurred vision	Sensitivity to light and/or noise
Difficulty concentrating	Difficulty sleeping

Symptoms that require immediately transportation to emergency department via emergency vehicle

Long lasting loss of consciousness	Signs of injury to spine or skull fracture
Decreasing level of consciousness	Decrease or irregularity in pulse
Unequal, dilated or nonreactive pupils	Decrease or irregularity in respiration
Seizure activity	Deterioration of neurologic function

Athletic Management

“Post Concussion Syndrome,” or PCS (an abnormally long recovery time) can occur if an athlete continues to engage in physical activity, or excessive mental activity while the brain is still recovering from the initial concussion. Therefore, according to Michigan state law, it is the policy of the Romeo School Athletic Training Department that any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. A concussed student-athlete is ineligible to return to any athletic meet or contest on the same day the concussion is sustained. As long as the athlete is experiencing any concussion symptoms, it is recommended that he or she NOT engage in any physical exertion, including running, weight lifting, and Physical Education classes, until directed to do so by his physician and the Romeo Athletic Trainer. Such exertion can impede the brain chemistry from returning to normal.

Everyone has a Role

Coaches need to recognize when athlete’s performance or behavior changes and immediately remove them from harms way. Then alert the athletic trainer of concerns. The coach must not allow the athlete to return to play unless approved to do so by the athletic trainer.

Athletes need to recognize when a teammate’s performance or behavior changes following a traumatic event and alert a coach or athletic trainer.

Parents need to recognize signs and symptoms of a concussion and report concerns as appropriate. Supporting appropriate physical and cognitive rest, especially while at home.

Certified Athletic Trainer needs to educate staff/parents/coaches/athletes on concussions. They are responsible for sideline assessments and making individualized post trauma clinical assessments in the best interest of the athlete’s health. It is their job to validate asymptomatic report and approve continuation onto Return-to-Play (RTP) progression. They must oversee the RTP and perform re-assessments each day. Final release to full participation is up to the athletic trainers allowance.

Care Notes for Home

Following a concussion that does not require immediate transfer to a emergency department (which are most) the athlete should not be left alone for the first four hours to be observed. If any of the symptoms worsen parents are welcome to contact the athletic trainer for recommendations or take their child to the emergency department. Please allow the athlete to sleep unless directed otherwise, there is also no need to wake them up throughout the night; their brain needs rest. Computer, tablet, phone, and television screen time should be limited to allow full rest of the brain. Excessive noise and light should be avoided. All forms of physical activity should be discontinued until approved by Romeo Athletic Trainer.

Communication Guidelines

When the athletic trainer is notified of a concussion, they will notify the parents, and arrange for transportation home if needed. On that same day, they will notify the student-athlete's school councilor and coach if needed. It is requested that the councilor then alert the individual teachers that the injury has occurred. The athletic trainer will follow-up with the parents or athlete the next day. As new information is made available, the athletic trainer will communicate to councilor and coaches.

Academic Management

In some cases, it may be necessary to make modifications to the student-athlete's academic demands, such as allowing extra time for assignments and exams, avoidance of loud hallways and lunch rooms, and minimizing the amount of reading and homework that is required. This will be determined on a case-by-case basis, and will be communicated by the athletic trainers through the student-athlete's councilor.

Neurocognitive testing

The Romeo School Athletic Training Department utilizes a neurocognitive testing software program known as "ImPACT." This is a computer-based test, which assesses neurocognitive function such as immediate and delayed memory, reaction time, and motor processing speed. We require every athlete to take a baseline test before participating in any competitive play. All 9th graders, 11th graders, and new Romeo athletes will take a baseline test during their first season of participating. If a concussion does occur, the athlete will take a post-injury test once symptom free for at least 24 hours. Dr. Michael McMillan will compare the results of the post-injury test to the baseline test to help determine if the athlete is ready to begin the Return-to-Play progression.

Physician Referral

Because physical rest and mental rest are the primary treatments in the first few days of a concussion, it is not always necessary to be seen by a physician *immediately* after a concussion. An athlete's family may choose to see a physician after a concussion is sustained; however, the MHSAA Post-Concussion Consent Form (which will be given to athlete and/or their parent/guardian following the concussion by the Romeo Athletic Trainer; pictured below) must be completed and have signed off unconditional clearance to unrestricted activity. Due to this requirement it may be in the families best interest to wait until the ImPACT test is passed and Return-to-Play has started. The form must be on file in the Athletic Training room before return to game play is allowed. Romeo Athletic Department requires a M.D. or D.O. to grant permission and sign off on the consent form.

Treatment Plan

Every concussion is different and therefore treatment plans will be individualized but will follow the outlined Return-To-Play, it may take different student-athletes shorter or longer than others to complete. Final clearance is up to the athletic trainer.

Return-to-Play (RTP) Guidelines

Once a concussion has resolved, the student-athlete may begin to work towards returning to his sport. This must be a gradual process to make sure that he/she is able to handle the physical exertion as well as the balance and coordination demands of the sport. Following a concussion, a student-athlete must meet the following criteria before they are able to begin the RTP:

1. He/she has returned to full days in school with no return of symptoms and is able to handle full academic workload with no accommodations.
2. Satisfactory return to baseline status on a post-injury IMPACT test

Return-to-Play Progression

NO ACTIVITY Complete physical and cognitive rest until cleared by athletic trainer

Step 1 *Light aerobic exercise (e.g., stationary bicycle or light jogging)*

- 10-20 minutes, light resistance, low speed
- Abdominal workout

Step 2 *Individual, Sport-Specific training*

- Sport-specific drills (individual or with on partner, NON contact)
- Throwing/catching shooting on goal/basket, running, dribbling and shooting baskets/lay-ups, skating with stick/puck handling drills, volleying
- Agility drills
- No head impact activities allowed.

Step 3 *NON-contact practice/drills with team.* This stage consists of anything that the student-athlete can do in practice without the risk of contact or collision with another player or receiving a ball (batting, headers in soccer, etc.). Resistance (weight) training may be in this stage as well.

Step 4 *FULL-contact, full-intensity practice with team*

Step 5 *Full-contact game play assuming MD/DO has signed off on full activity.*

*Student-athletes will only complete one stage per day. If ANY symptoms return, the return to play progression is immediately suspended. Once symptom free the progression is started on the step left off at.

Revisions of Policy

This policy has been created based off information gathered from the “Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012,” American Academy of Pediatrics, National Athletic Trainers’ Association and MHSAA Policies. The policy is continually being updated as new information and recommendations are made.

Romeo High School Concussion Referral Form

_____ [Athlete] has been removed from activity due to sustaining a concussion on _____ [date] in _____ [sport]. _____ [Athlete] will begin Romeo High School's Concussion Protocol by taking the IMPACT test once symptom free. After the IMPACT test is passed, he/she will be put through a four-day return to play (RTP) progression. Before returning to game-play on the fifth day, they must see a MD or DO and receive permission to return to activity on the "MHSAA Return to Activity & Post-Concussion Consent Form" that is on the back of this page. The below sections outline initial symptoms observed and also an area for the physician to give recommendations if athlete is not cleared.

Signs/Symptoms Reported or Observed:

- | | |
|---|---|
| <input type="checkbox"/> Loss of consciousness | <input type="checkbox"/> Unequal, dilated or unreactive pupils |
| <input type="checkbox"/> Amnesia lasting longer than 15 min. | <input type="checkbox"/> Any signs or symptoms related to spine or skull injury |
| <input type="checkbox"/> Deterioration of neurologic function | <input type="checkbox"/> Lethargy |
| <input type="checkbox"/> Decreasing level of consciousness | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Decreased or irregular respirations | <input type="checkbox"/> Agitation or other behavior/mood changes |
| <input type="checkbox"/> Sensitivity to light | <input type="checkbox"/> Seizure activity |
| <input type="checkbox"/> Sensitivity to noise | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Ringing in the ears | <input type="checkbox"/> Balance deficits or dizziness |
| <input type="checkbox"/> Changes in vision | <input type="checkbox"/> Lasting headaches |
| <input type="checkbox"/> Difficulty with eye tracking | <input type="checkbox"/> Additional post-concussion symptoms ✓ _____ |
| <input type="checkbox"/> Nystagmus | <input type="checkbox"/> Increase in/of number of post-concussion symptoms |
| <input type="checkbox"/> Decrease or irregular heart rate/pulse | <input type="checkbox"/> Symptoms related to concussion interfering with ADL's |
| <input type="checkbox"/> Cranial Nerve deficits ✓ _____ | <input type="checkbox"/> Concussion hx: _____ |

ATC Note: _____

ATC Signature: _____

Date: _____

(Section for Physician if Needed - Info for Athletic Trainers Use)

Diagnosis: _____

Return to Activity Plan: _____

Specific Athletic/Academic Accommodations or Recommendations: _____

Follow up date (must follow up to be cleared for all activity if needed): _____

Physician signature needed on back page (MHSAA Form).

Please Avoid the Following:

- | | | | |
|--|---|---|--|
| <ul style="list-style-type: none">▪ Waking up athlete every hour while resting | <ul style="list-style-type: none">▪ Computer, tablet, phone or television screens | <ul style="list-style-type: none">▪ Excess noise▪ Excess light▪ Spicy foods | <ul style="list-style-type: none">▪ All forms of physical activity |
|--|---|---|--|

Questions, comments or concerns, please contact Romeo High School Athletic Trainer Kayla Phillips AT, ATC

This form must be returned to the Romeo High School Athletic Training Room in order for student athlete to return to play

Romeo High School Athletic Training Department

Referrals

HealthQuest Physical Therapy

Due to an amazing relationship with HealthQuest, it is recommended that any student-athletes needing physical therapy go there. Their physical therapists provide one-on-one attention and personalized treatment plans that include manual therapy, the soft tissue work (Graston Technique®), exercise and stretches, a home program to speed-up healing, and much more. The Romeo Athletic Trainer also works at the clinic throughout the week and has relations with the physical therapists allowing for a more connected care plan between the school and the clinic. Through this relationship we are able to get Romeo athletes in quicker to begin treatments as quickly as possible.

HealthQuest assists in providing the athletic training service for Romeo Schools, we thank them for their support and services provided.

Sports Medicine Physician

Romeo Athletic Department has a relationship with Dr. Yusaf from Center for Advanced Orthopedics. Romeo athletes who are referred for further evaluation will be given Dr. Yusaf's number. When calling to set up an appointment, mention the athlete is a Romeo athlete for quicker scheduling.

Other Referral Needs

The Romeo Athletic Trainer will assist in finding any other referral needs student-athletes may need.

Romeo High School Athletic Training Department Inclement Weather Protocol

This protocol is based of the requirements of the MHSAA and is a Romeo District policy. **The sound of thunder and/or the sight of lightning** are an automatic game suspension. The field must be cleared and the spectators are required to seek shelter. The delay in the contest will last a minimum of 30 minutes from the **LAST** sound of thunder or occurrence of lightening. This policy must be strictly followed. There is no debate.

Severe weather in the form of rain or snow may make the field unplayable and therefore follows the same policies.

The suspension/delay time for contests start between 10:00 a.m. and 3:00 p.m. cannot exceed 3 hours; for contests started between 3:01 p.m. and 6:59 p.m. the delay cannot exceed 1½ hours; and, contests started after 7:00 p.m. should not exceed one hour. Contests postponed will be made up at the next available date.

Any questions or concerns should be directed to the Athletic Director.

Romeo High School Athletic Training Department

Heat Index

This protocol is based on the requirements of the MHSAA and is to decrease the chances of student-athletes suffering from any heat-related illnesses. Certain coaches will be provided a digital sling psychrometer to take temperature and humidity readings at the site of the activity. They will be responsible for measuring, recording, and turning in completed forms into the athletic office every week. The Athletic Trainer and Athletic Director will also be tracking heat index, but due to not being able to be at each individual site, it is up to the coach to know the policy as well.

- Water must be available at all games, practices, and competitions. Rest periods should be given every 45-60
- **Heat Index below 80 degrees**- there is no combination of heat and humidity that will result in need to curtail activity.
- **Heat Index above 80 degrees:** must be checked 30 minutes before start and 60 minutes after start. **LEVEL 1**
- **Heat Index 95-99:** ample water must be available the entire time, water breaks every 30 min for at least 10 min in length, ice water towels available, (helmets off) **LEVEL 2**
- **Heat Index 99-104:** ample water must be available the entire time, water breaks every 30 min for at least 10 min in length, ice water towels available, alter uniforms, always change to dry t-shirt and short, reduce practice time and or change practice times, helmets should be removed when not in contact, **recheck Heat Index every 30 min**, or suspend activity. **LEVEL 3**
- **Heat Index above 104: NO ACTIVITY** in non-air conditioned area. **LEVEL 4**

The record sheet has room for two heat index checks per day of the week. If more re-checks are completed they should still be recorded below.