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The Wittenberg University Sports Medicine Department Emergency Medical Situations Protocol Manual contains critical information for the use in cardiorespiratory, medical, and/or orthopedic emergency. This manual is intended for the use of the Wittenberg University Sports Medicine Staff and other Wittenberg University Athletic Department Personnel. This manual is devised by information from the NCAA, NCAC, State of Ohio Guidelines for Certified Athletic Trainers, and the Wittenberg University Sports Medicine Department.

## **Telephone Directory**

Ambulance/Police/Fire	9-911 (on campus phone) 911 (off campus/pay phone)
Witt. Student Health Services	(937) 327-7811
Poison Control	1-800-762-0727

### **SPORTS MEDICINE STAFF**

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Dr. Timothy E. Kremchek Office: (513) 354-3700 Jayne: (513) 354-3728	Team Orthopedic Physician
Dr. Larry Fish 2330 E. High Street (937) 324-3937	Team Ophthalmologist
Dr. Doug Jacobs 2230 Olympic Street (937) 399-4111	Team Dentist
<u>Mercy Medical Center</u> General Information Emergency Room	(937) 390-5000 (937) 390-5068
<u>Community Hospital</u> General Information	(937) 325-0531

# SIDELINE MEDICAL PROCEDURES

## Practice Coverage

1. At least one Wittenberg University Sports Medicine worker will be in attendance at every practice. The worker(s) will station himself/herself in a position where he/she can visualize the entire practice field/court.
2. The following equipment will be available on-site at every practice session:
  - medical kit, emergency phone numbers, and athlete emergency medical forms
  - cellular phone
  - ice bags
  - ice towels (if needed)
  - water
  - towels
  - CPR masks
  - Water bottles, cups will not be available for practices except football.
3. The following equipment/personnel will be available in the athletic training room:
  - Certified Athletic Trainer
  - spine board
  - cervical collars
  - vacuum splints
  - knee immobilizers
  - crutches
  - telephone
  - AED (defibrillator)
4. In the event of an non-emergency injury, the following protocol should be followed:
  - A. A Sports Medicine worker will provide appropriate first aid care.
  - B. The other Sports Medicine worker will summons a Staff Certified Athletic Trainer immediately.

## Home Game Coverage

1. At least one Wittenberg University Sports Medicine worker will be in attendance at every game. The worker will station himself/herself either at the end of the team bench or behind the team bench.
2. A Wittenberg University Staff Certified Athletic Trainer will be in attendance at every home game.
3. The following equipment will be available on-site at every home game:
  - medical kit, emergency phone numbers, athlete emergency medical forms
  - cellular phone
  - water
  - ice bags
  - towels
  - ice towels (if needed)
  - cups/water bottles
  - CPR masks

- vacuum splints
  - knee immobilizer
  - crutches
  - spine board
  - cervical collars
  - AED (defibrillator)
4. In the event of a non-emergency injury, the following protocol should be followed to avoid confusion and the appearance of disorganization:
- The Staff Certified Athletic Trainer and a Sports Medicine worker will go onto the field/court.
  - The Staff Certified Athletic Trainer will stabilize the athlete, evaluate the injury, and provide the appropriate care for the athlete.
  - Another Sports Medicine worker will position himself/herself on the sidelines ready to gain access to additional emergency equipment if needed.
  - If it is determined that the athlete's injury is a cardiorespiratory, medical, and/or orthopedic emergency, the appropriate protocol will be followed.
  - If it is determined that the athlete's injury is not a cardiorespiratory, medical, and/or an orthopedic emergency, the Staff Certified Athletic Trainer will determine if the athlete can be safely transported from the field/court and what is the appropriate means of transportation.
  - If a Team Physician is not available, the Staff Certified Athletic Trainer has the responsibility of determining if and when the athlete may return to participation.

#### Away Game Coverage

1. One Wittenberg University Sports Medicine worker will be in attendance at every game if possible.
2. A Wittenberg University Staff Certified Athletic Trainer may be in attendance if available.
3. The following equipment will be available. If one of our workers does not attend the away game, the coach will have these items:
  - medical kit, emergency phone numbers, and athlete medical emergency forms
  - CPR mask
  - ice bags
  - towels
4. A Staff Certified Athletic Trainer will notify the host school's Certified Athletic Trainer and inform them if no one will be traveling with a team.
5. In the event of a non-emergency injury, the following protocol should be followed to avoid confusion and disorganization:
  - The Sports Medicine worker and Staff Certified Athletic Trainer (if available) will go onto the field/court;
  - The Sports Medicine worker (if by themselves) will give first aid care.
  - If there is no Wittenberg University Staff Certified Athletic Trainer available at the game, the student worker should summons the host's team Certified Athletic Trainer and/or Team Physician.

- **The Coach and Sports Medicine worker will then follow the recommendations of the host Certified Athletic Trainer and/or Team Physician.**
- **If the coach should not follow the recommendations of the host Certified Athletic Trainer, they are liable for that injury. The Sports Medicine worker cannot tape, etc. for the athlete to return and the host Athletic Trainer will not either.**
- If it is determined that the athlete's injury is cardiorespiratory, medical, and/or orthopedic emergency, the host institution's emergency medical protocols will be followed.
- If it is determined that the athlete's injury is not an emergency, the host Certified Athletic Trainer will determine if the athlete can be safely transported from the field/court and the appropriate means of transportation from the field/court will be used.
- If it is determined that the athlete needs to be seen by a physician during a game or practice, the Sports Medicine worker will arrange this with the host Certified Athletic Trainer.
- An Assistant Coach will accompany the athlete and remain with that athlete at all times.
  - If a Wittenberg University Staff Athletic Trainer AND a Sports Medicine worker are present, the Sports Medicine worker will accompany the athlete.
- If there is no Assistant Coach available, the Sports Medicine worker will accompany the athlete and arrangements will be made with the host Certified Athletic Trainer to provide coverage for the rest of the event.
- Immediately after the game/practice, the Staff Certified Athletic trainer or the Sports Medicine worker should go the hospital/doctor's office.
- If a Wittenberg University Staff Certified Athletic Trainer is not present, the Sports Medicine worker will notify a Wittenberg University Staff Athletic Trainer immediately.
- The Wittenberg University Staff Certified Athletic Trainer or the Sports Medicine worker will bring copies of any physician's instructions, x-rays, CT scans, etc. back to campus with him/her.
- Upon return to Wittenberg University campus, the Sports Medicine worker will immediately notify a Staff Certified Athletic Trainer.
- If the athlete needs to be seen by a physician after a game/practice, the Staff Certified Athletic Trainer or the Sports Medicine worker will arrange for this with the Host Certified Athletic Trainer.
  - The Staff Certified Athletic Trainer or the Sports Medicine worker will accompany the athlete and remain with him/her at all times.
  - If a Wittenberg University Staff Certified Athletic Trainer is not present, the Sports Medicine worker will notify a Wittenberg University Staff Certified Athletic Trainer immediately.
- The Sports Medicine worker or the Staff Certified Athletic Trainer will bring copies of any physician's instructions, x-rays, CT scans, etc. back to campus with him/her.

- Upon return to Wittenberg University campus, the Sports Medicine worker will immediately notify a Staff Certified Athletic Trainer.
- **It is not the responsibility of the Sports Medicine worker to determine if and when the athlete may return to participation. The Coach and Sports Medicine worker need to seek the advice of the host Certified Athletic Trainer. That Certified Athletic Trainer will give recommendations. It is the responsibility of the coach to follow these recommendations. If the coach takes it upon himself/herself to play this athlete, he/she takes on full responsibility and liability.**
- If the athlete needs additional medical attention when he/she arrives back on campus, a Staff Certified Athletic Trainer should be notified immediately;
- When contacting a Staff Certified Athletic Trainer via phone message, include the following in your message –
  - a) your name
  - b) name of injured athlete
  - c) sport
  - d) injury/medical problem
  - e) current treatment/first aid
  - f) telephone number where you can be reached
  - g) when you expect to arrive on campus
  - h) the injured athlete's telephone number

## **EMERGENCY ALGORITHMS**

### ***CARDIORESPIRATORY, MEDICAL, AND/OR ORTHOPEDIC EMERGENCY OCCURRING AT A HOME PRACTICE SESSION:***

1. One of the Sports Medicine workers will administer basic life support (BLS) and stabilize the athlete until the EMS arrives. The other Sports Medicine worker will immediately call 911.
2. After activating the EMS, a Staff Certified Athletic Trainer should immediately be contacted.
3. An assistant coach and/or head coach will proceed to wait at the field/building entrance and guide EMS onto the field/court.
4. The Sports Medicine workers will assist the Staff Certified Athletic Trainer as necessary.
5. The Staff Certified Athletic Trainer and/or Sports Medicine worker will accompany the athlete and remain with the athlete at all times.
6. A Staff Certified Athletic Trainer will notify the athlete's parents.
7. The Staff Certified Athletic Trainer will notify the Team Physicians from the hospital to update him/her on the players status and what medically needs to be done.

### ***CARDIORESPIRATORY, MEDICAL, AND/OR ORTHOPEDIC EMERGENCY OCCURRING AT A HOME GAME:***

1. A Staff Certified Athletic Trainer will evaluate the athlete.
2. The Staff Certified Athletic Trainer will direct a Sports Medicine worker to call 911.
3. If the Team Physician(s) is present, the Staff Certified Athletic Trainer will summons him/her on the field/court.
4. The Staff Certified Athletic Trainer and Sports Medicine worker will provide BLS and stabilize the athlete until the EMS arrives.
5. An Assistant Coach and/or the Head Coach will proceed to wait at the field/court entrance and guide the EMS onto the field/court.
6. A Sports Medicine worker will accompany the athlete to the hospital and remain with that athlete at all times.
7. A Staff Certified Athletic Trainer will follow up at the hospital immediately after the game.
8. A Staff Certified Athletic Trainer will notify the athlete's parents.

### ***CARDIORESPIRATORY, MEDICAL, AND/OR ORTHOPEDIC EMERGENCY OCCURRING AT AN AWAY GAME/PRACTICE:***

1. The Wittenberg University Staff Certified Athletic Trainer (if available) will proceed onto the field/court, evaluate the athlete, administer basic life support (BLS), and stabilize the athlete until EMS arrives.

2. A Sports Medicine worker will notify the Host Certified Athletic Trainer that an emergency exists and that EMS is needed. Before the game/practice starts, if our Sports Medicine worker is by himself, he/she will request the Host Certified Athletic Trainer to accompany them onto the field/court.
3. If a Sports Medicine worker is by himself/herself, an assistant coach will notify the Host Certified Athletic Trainer that emergency exists, his/her help is needed, and to call for the EMS.
4. The Wittenberg University Staff Certified Athletic Trainer (if present) and the Sports Medicine worker will continue to administer BLS and stabilize the athlete as best possible while following the host institution's emergency protocols.
5. If a Wittenberg University Staff Certified Athletic Trainer is present, a Sports Medicine worker will accompany the injured athlete to the hospital/medical facility with the injured athlete's medical emergency form, and remain with the athlete at all times.
6. If a Wittenberg University Staff Certified Athletic Trainer is not present, an assistant coach will accompany the athlete to the hospital/medical facility with the injured athlete's medical emergency form, and remain with the athlete at all times.
7. If an assistant coach is not available, the Sports Medicine worker will accompany the athlete to the medical facility, and arrangements will be made with the Host Certified Athletic Trainer for game coverage.
8. Once at the hospital/medical facility, the Sports Medicine worker or assistant coach will immediately call a Wittenberg University Staff Certified Athletic Trainer to notify him/her of the emergency situation.
9. Immediately after the game/practice, the Wittenberg University Staff Certified Athletic Trainer (if present) and/or Sports Medicine worker will go to the hospital/medical facility.
10. The Staff Certified Athletic Trainer or the Sports Medicine worker will bring copies of any physician's instructions, x-rays, CT scans, etc. back with him/her.
11. Upon return to the Wittenberg University campus, the Sports Medicine worker will immediately notify a Staff Certified Athletic Trainer.

# POLICY STATEMENT ON THUNDER AND LIGHTNING

## 1. Responsibility for Removing Athletes –

**The responsibility for removing athletes from the practice/game area lies with the head coach of the particular sport.** If the head coach is not present, the assistant coach will assume responsibility. The head coach will be advised to vacate by a Staff Certified Athletic Trainer and/or the Sports Medicine worker that is assigned to that sport. The Staff Certified Athletic Trainer and/or Sports Medicine worker will watch for lightning and listen for thunder. The Sports Medicine worker will vacate the field after notifying the head coach.

## 2. Severe Weather –

Due to the unpredictable and rapidly changing nature of adverse weather and the potential catastrophic consequences of participation during threatening weather, the following policy is to be followed explicitly and without delay.

- a. All athletic participation shall be stopped immediately in the event of lightning or thunder. All participants shall be instructed to take shelter under cover in the nearest safe area. It is extremely important to plan ahead and identify the nearest safe area. It is well documented that thunder is the result of atmospheric disturbance caused by lightning; therefore, if thunder is heard, lightning is occurring.

*Note: Baseball and softball dugouts do not meet criteria for safe shelter.*

- b. Participants shall be allowed back on the playing field when no lightning or thunder has been observed for 20 minutes. Many victims of lightning strikes are injured or killed when they return to the outside too quickly after “the storm has passed” and are struck by lightning from the trailing edge of the storm.

## 3. Criteria for Safe Return to the Practice/Game Area –

Personnel will not return to the practice/game area until **twenty (20) minutes have passed since the last lightning flash or the last thunder sound.**

## 4. Lightning Safety Guidelines -

- a.) Stay away from tall trees, long objects (flagpoles, telephone poles, etc.), metal objects (fences, bleachers, etc.), standing water, and open fields.
- b.) If there is no safe shelter, try to take cover in a thick grove of small trees surrounded by taller trees or in a dry ditch and assume the following position: *crouch down, hug your knees, lower your head and lean on the tips of your toes. DO NOT LIE FLAT!!*
- c.) Unless there is an emergency, do not use a landline telephone or computer.
- d.) Do not hesitate to help a victim after lightning strike; they do not carry a residual charge.
- e.) The absence of rain does not eliminate the possibility of lightning; lightning can strike up to ten (10) miles away from the rainshaft of a storm.

## **EMERGENCY EQUIPMENT**

1. Each team has a medical kit assigned to them. If an athlete uses inhalers or other necessary medications that he/she needs on a daily basis, we recommend the athlete to have a “spare” in the kit in case of emergency.
2. The kits are not to be a self help for the athletes. Please have them ask the Sports Medicine workers or the Certified Athletic Trainers to get tape, etc. out.
3. The medical kits are furnished with, but not limited to:
  - Medical Emergency Forms
  - Emergency phone numbers
  - Cellular phone
  - Rubber gloves, gauze, antibiotic ointment
  - CPR mask
  - Save a Tooth
  - Scissors
  - Trainer’s angel
  - Towels
  - Tape

### **Athletic Training Room Emergency Equipment:**

The following equipment are located in both Training Rooms at the HPER Center and Bill Edwards:

- Spineboard
- Cervical Collars
- Crutches
- Vacuum Splints
- SAM Splints
- Knee Immobilizers
- Blood Pressure Cuffs/Stethoscopes
- AED

## **MEDIA RELATIONS**

All relations with the media concerning an injured member of a Wittenberg University athletic team will be coordinated by the Wittenberg University Sports Information Department in consultation with the Wittenberg University Team Physician and the Wittenberg University Staff Certified Athletic Trainer. We would appreciate the Head Coach to consult with the Wittenberg University Sports Medicine Staff on the correct diagnosis, etc.

## GENERAL TRAINING ROOM POLICIES AND PROCEDURES

In order to ensure proper and precise medical care and treatment, the following guidelines must be followed at all times.

1. The training room should never be left open or unattended. If you are the last one to leave after a practice, make sure all the lights, equipment, etc. are turned off and that all doors are locked. This is especially true for the Bill Edwards Training Room.
2. No student athlete is allowed in the athletic training room without proper supervision. No athlete can receive treatment or do the rehabilitation without a Staff Certified Athletic Trainer in the training room.
3. Wittenberg University Sports Medicine facilities are coed. Therefore, all athletes must report to the training room for taping, treatment, and rehabilitation in proper attire (no towels allowed, no swim suits, and ladies must wear shirts over their sports bras).
4. Unnecessary equipment (helmets, shoes, etc.) should be left out in the hallway.
5. **Student athletes must sign in every time they enter into the training room.**
6. No supplies are to be taken from the athletic training room without permission from a Staff Certified Athletic Trainer. All equipment is to be signed out before being removed. Some products may be purchased, and others are on a borrowed plan through the Staff Certified Athletic Trainers only.
7. Abusive and/or foul language is not allowed in the athletic training room. Talking about the night before and alcohol related situations are also not permitted. The athletic training room is not an extension of the locker room.
8. Horseplay, loud talking is not permitted in the training room.
9. All athletes must shower before receiving treatments.
10. It is the responsibility of every Sports Medicine worker to make sure the training room remains clean and neat at all times. After the completion of every treatment, make sure all equipment is turned off and returned to its proper location.
11. All student athletes and Sports Medicine workers are expected to adhere to the rules and regulations of the Wittenberg University Sports Medicine Department. Failure to comply with and enforce the rules and regulations will result in disciplinary actions.

## **HOURS OF OPERATION**

1. The Sports Medicine Department will be open from 10:00 a.m. – 6:00 p.m. Monday – Thursday, 12:00 p.m. - 6:00 p.m. Friday.
2. The closing hour may change if there is a late practice.
3. Saturday and Sunday times are TBD based on practice/game schedules.
4. We will open 1 ½ hours prior to starting time for all games. We will be open one hour prior to practices. For football games, we will be open three hours before the game.
5. During the fall season, if no events are scheduled on Sunday, we will be open for rehabs. Please check the Training Room doors for times.

## **EVALUATIONS**

1. All evaluations will be done between the hours of 10a.m. – 2p.m. Monday – Thursday, 12p.m. – 3p.m. Friday.
2. Athletes with class conflicts can call 327-6467 and talk to a Staff Certified Athletic Trainer to set up another time.
3. If an athlete comes in after 2p.m., the Staff Certified Athletic Trainer has the right to send the athlete to practice without an evaluation.
4. We have these times set up for 3 reasons:
  - a. We are not busy from 10a.m. – 2p.m. After that we are preparing teams for practice.
  - b. To notify coaches immediately and not 5 minutes before practice, so he/she can plan accordingly.
  - c. To receive a full treatment before practice starts to see if the treatment has helped.

## **OUTSIDE DOCTORS**

1. Our Sports Medicine Department is staffed with a variety of physicians.
2. **If at anytime, an athlete sees an outside doctor from our list, please notify a Staff Certified Athletic Trainer in advance, if possible. We would like to work with the physician to help the athlete. By NOT reporting the appointment and allowing the athlete to participate in any athletic activities leads YOU into the liability issue. If we do not know about it, we are not responsible.**
3. Once the physician has evaluated the athlete, we need in writing a clearance of participation or a restriction note. No note results in the athlete sitting out of practices/games until a note is received.
4. If rehabilitation is necessary, we also need this in writing so we follow the physician's guidelines.
5. The athlete cannot verbally tell us what the physician has diagnosed. A faxed note is also acceptable. The athlete must have the physician send or fax the notes to the Athletic Department: Attn. Certified Athletic Trainer.
  - See the following return to play clearance form.

# Wittenberg University

Sports Medicine Department

Return to Play Clearance Form

This form must be signed by the attending physician in order for the athlete to return to practice or competition. Please fax this form to (937) 327-6428, Attn. Sports Medicine Department. The athlete may not return to practice or competition until we receive this form. We will not accept a verbal clearance. If you have any questions, please contact us at (937) 327-6467. Thank you for your assistance.

**Name of Athlete:** \_\_\_\_\_

**Sport:** \_\_\_\_\_

**Date of Injury:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**This athlete has completed the necessary rehabilitation:** \_\_\_\_\_

**Date Cleared to Return to Sport:** \_\_\_\_\_

**Signature of Physician:** \_\_\_\_\_

**Print Name of Physician:** \_\_\_\_\_

**Office Telephone Number:** \_\_\_\_\_

## ROSTERS

1. Please put a copy of the team's roster in the Head Athletic Trainer's mailbox or give to us in person when you turn it in to the Administrative Assistant, and email it to [ecrosbie@wittenberg.edu](mailto:ecrosbie@wittenberg.edu)
2. We use the rosters to assist us with our Health Screenings.
3. Notify us immediately of any changes or additions.

## HEALTH SCREENINGS

1. Each team is assigned (Traditional/Non Traditional) a specific date and time to attend a health screening by the Sports Medicine Staff. **No athlete is to participate in any team conditioning, lifting, or practice activity until they have gone through the screening and has been cleared.**
2. All new student-athletes (freshmen, transfers, and upperclassmen who have never participated) as well as any athlete who skipped at least one year of participating in a sport will need to have an updated physical. This form must also be on file for any athlete to participate in intercollegiate events.
3. All new student athletes are sent the Physical Forms in the packet from the Student Health Services Department.
4. The Emergency Medical Forms, Health and Safety Forms, and Authorization to Release Information to the Student Health Services Department will be handed out to the athletes on the day of the screening.
5. Athletes with any delinquencies or health problems will receive instructions during the screening. A written list with health concerns or delinquencies will be given to all coaches upon completion of the health screenings.
6. During the summer, physical forms will be available from the Administrative Assistant in the Athletic Department.

## **PRACTICE SCHEDULES**

1. Please put a copy of your practice schedules in the Head Athletic Trainer's mail box or give them to us in person the same time you give them to the Facilities Coordinator.
2. Please let us know of any changes one week in advance (in writing). Our workers are scheduled on a weekly basis. Without appropriate notice, we will be unable to adjust schedules (see appendix). We will try our best to resolve scheduling conflicts, but our workers should not be punished for changes that we were not told of. Please be considerate to our department.
3. Please notify us as to when video screenings will be conducted so we can schedule our workers accordingly.
4. **With the increase in viral and bacterial illnesses, we recommend that every athlete have their own water bottle or water stations available outside like football does. The Sports Medicine Department does not have enough water bottles to distribute. We can have a sales rep provide a team discount if you choose to do this. Even with the use of cups sharing still happens, and we need to put a stop to this.**
5. Please inform our staff if your practice time is incorrect. If you are scheduled to go for a specific time and know you will go longer, please let us know.

## **NON TRADITIONAL SPORTS**

1. All athletes who participate on a Wittenberg University athletic team need to have all medical forms updated before they can participate.
2. This is for traditional and non-traditional seasons.
3. As requested by the Athletic Director, non-traditional events (scrimmages/tournaments not practices) will be covered by the Sports Medicine Department. Please follow these guidelines to help alleviate any further liability than we already entail:
  - a. Ask all visiting teams to supply their own kit, tape, and medical emergency forms. If a team shows up without these items, we will not tape, and treat (only if an emergency occurs.)
  - b. **If any athletes participating are under the age of 18, we can only supply Emergency First Aid (Under State Law).** This includes no taping of ankles, etc.
  - c. We would like to set up meetings with each individual coach prior to the beginning of each season to go over schedules and resolve any scheduling conflicts (if there are any).
  - d. If we are not notified, in writing, by the Head Coach or Athletic Director two weeks prior to a non traditional event, we will not be available to cover this event.

## **EATING DISORDERS**

If a situation is brought to your attention, please allow us to help you. Eating disorders are very sensitive issues that need to be treated delicately.

1. There are references on campus that can be used:
  - a. The Certified Athletic Trainers
  - b. The Team Physician
  - c. The School Counselor
  - d. The Coaching Staff
2. Please do not ignore it or think it will go away. It is our responsibility to assist all athletes that require counseling.

Never accuse the athlete. There are pamphlets available at the Student Health Services that are good tools to read before talking to the athlete.

## **INTRAMURALS/GENERAL POPULATION**

The Wittenberg University Sports Medicine Department is open for all intercollegiate athletic teams only. We are not open for the general student/faculty/staff population. The liability coverage the Wittenberg University Sports Medicine Staff has is for our athletes only. The general student population/intramural teams need to be referred to either the Student Health Services or the local Emergency Rooms.

## **NCAA COMPLIANCE WITH MEDICATIONS**

In order for our paperwork to be in compliance with the NCAA, the following information is required from all athletes who are on prescribed medication that is banned:

1. Name, address, and telephone number of the Physician.
2. The name of the medication, dose, and frequency.
3. A medical release form signed by the athlete for us to contact the physician if we should need more information.

The name of the diagnosis and the date he/she was diagnosed

## **OVER THE COUNTER MEDICATIONS (OTC)**

Every year, we are asked numerous questions about OTC medications and what are banned substances by the NCAA. We have the list of banned substances in the training room for review. The Sports Medicine Staff at Wittenberg University recommends to avoid using OTC medications and herbs. The majority of these medications are quick resolutions with long term effects. Other OTC medications like cold medicines also need to be checked for banned substances. We also need to make sure they are taking the medications appropriately.

The 2000 – 2001 school year has demonstrated an epidemic of problems with OTC medications. Several athletes have been at local hospitals for problems related to the substances they are using. The Student Health Services has been overwhelmed with athletes coming in with problems related to OTC medications. One of the main factors for the increase of OTC medication problems is the person's perception of what the medications will do for him/her. Many feel if the bottle says this, then I will increase the dose and double the effect. Another instance is if the medications say only take for so long, they (the athlete) think that taking the medications longer will increase their chances of bulking up. There are more long term side effects to consider than the "result". The result could lead to internal medical problems that could lead to more serious problems.

## **ANKLE BRACES**

It is our recommendation that athletes with weak ankles wear lace up ankle braces vs. ankle tape. Studies over the years have shown that, “Braces were found to be superior to tape in preventing and minimizing injury. Performance difference was attributed to loss of support resulting from tape loosening.” (Cramer, 1999).

Our policy is for athletes to have us evaluate their ankles and recommend the brace for them. We sell ankle braces at our price (no profit here). If an orthopedic physician recommends tape vs. brace, we require this information in writing. If an athlete is taped daily, we require an ankle rehabilitation program. We recommend this program for all athletes with ankle problems since an ankle brace and/or tape alone will not heal an injured ankle.

## **TAPE**

The tape in the training room is to be used for prevention of injuries. It is not to be used for taping up pants that are too big, sticks, shoes, or any other equipment that needs to be fixed. Each year, we run out of tape because athletes and coaches are taking our supplies.

We can sell tape (at the going rate) per roll. Some athletes have even purchased tape by the case. If the equipment room or coaches would like their own supply, we can give you our sales rep.'s name and telephone number and you can purchase your own.

We are just trying to keep our supplies available to the injured athletes.

# **THE ROLE OF THE ATHLETIC TRAINER** **ON THE SPORTS MEDICINE TEAM**

## Major Functions

1. Constructs and applies all types of protective devices including adhesive taping and braces.
2. Determines whether or not athletic equipment is safe and ensures its proper maintenance.

## Injury Recognition and Evaluation

1. Recognizes and evaluates injuries.
2. Takes histories and inspects injuries.
3. Determines the extent of the injury through an evaluation.

## Injury Management or Treatment

1. Administers proper emergency care and makes prompt, appropriate medical referrals.
2. Applies emergency protective devices such as spine boards, cervical collars, bandages, and dressings.
3. Oversees the transportation of injured athletes.
4. Under the direction of a physician performs a treatment regimen using a variety of therapeutic methods, supportive procedures, or other techniques to aid recovery.

## Injury Rehabilitation

1. Establishes goals and criteria for recovery.
2. Assess when, by objective measurement, the goals are met.

## Program Organization and Administration

1. Is responsible for facilities and material: orders, stores, and is ready to treat athletic injuries.
2. Selects and manages Assistant Trainers and Sports Medicine workers.
3. The NCAC recommendations of coverage are as follows:
  - a. Certified Athletic Trainer to be on site for the following events:
    - a. football
    - b. basketball (men and women)
    - c. cross country
    - d. diving
    - e. lacrosse (men and women)
    - f. softball
    - g. track (indoor/outdoor)
    - h. volleyball
    - i. baseball
    - j. field hockey
    - k. soccer (men and women)
  - b. Certified Athletic Trainer to be on call for the following events:
    - a. golf
    - b. swimming
    - c. tennis

## **RESPONSIBILITIES OF THE TEAM PHYSICIAN ON THE SPORTS MEDICINE TEAM**

### Supervision

1. Supervises the Staff Certified Athletic Trainer's care of athletic injuries.
2. Advises on overall conditioning program.
3. Collects and reviews data from pre-participation evaluations.

### Medical Coverage

1. Provides medical coverage at competitive events. The NCAC recommends the following events to be covered by a Team Physician:
  - a. Football (all home games)
  - b. Final Four Home Basketball (men and women).
  - c. To be on call for all other athletic events.
2. Is prepared to provide emergency evaluation, treatment, and triage of athletic injuries and illness.
3. Provides primary care of athletic injuries.
4. Provides referrals and special consultations as needed.
5. Establishes the guidelines and procedures for Staff Certified Athletic Trainer personnel to respond to emergencies.

### Rehabilitation and Education

1. Sets up appropriate rehabilitation plans.
2. Assesses the athlete's readiness to return to activities.
3. Educates the coaches, athletic trainers, administrators, athletes, and parents regarding the medical aspects of sports.

## **ROLE OF THE COACH ON THE SPORTS MEDICINE** **TEAM**

1. Teaches overall safety awareness.
2. Meets with team members and parents to inform them of safety issues.
3. Insists on blocking and tackling techniques that reduce the chances of head and neck injuries.
4. Recognizes potential physical hazards and informs athletes of injuries that might occur.
5. Insists on effective and safe conditioning programs, including off season, preseason, and in season programs that build endurance, strength, flexibility, and agility.
6. Provides or delegates to competent aids emergency care of athletic injuries and application of first aid in the absence of the athletic trainer or team physician.
7. Helps in proper fitting and maintenance of all equipment.

# ROLE OF THE ATHLETE ON THE SPORTS MEDICINE TEAM

## Conditioning

1. Actively participates in his/her own physical conditioning by participating in off season, and in season programs that contain endurance, strength, flexibility, and agility components.

## Nutrition and Rest

1. Eats a balanced diet.
2. Consumes enough calories to create the energy needed for competition and participation in athletics.
3. Has adequate rest so that energy is not wasted on fighting fatigue.
4. Refrains from ingesting alcohol and drugs.

## Injury Reporting, Safety, and Equipment

1. **Is responsible for reporting to and not hiding injuries and illnesses from coaches, athletic trainers, and team physicians.**
2. Is knowledgeable about injury and illness risks involved with the sport, and about safety and preventive measures that minimize those risks.
3. Is responsible for the proper care and fit of his or her own equipment.

# **ROLE OF SPORTS MEDICINE WORKER ON THE SPORTS MEDICINE TEAM**

To comply with the Laws and Rules Governing the Practice of Athletic Training for the State of Ohio, the worker in the Wittenberg University Sports Medicine Department are classified as a Sports Medicine worker. Under Section 4755.62, no person shall claim to the public to be an athletic trainer or imply by words or letters that the person is an athletic trainer unless the person is licensed as athletic trainer pursuant to this chapter.

## **JOB DESCRIPTION:**

1. You must be certified in both First Aid and CPR.
2. Pre-practice/game Duties:
  - Make water and ice coolers.
  - Restock the team training kits daily.
  - Sign out fanny packs and telephones (for emergency use only).
  - Organize supplies for practice/game.
  - Taping on non-injured athletes is permitted.
  - Assist Certified Athletic Trainer with documenting those athletes receiving care on the Daily Injury Log.
  - Procedures vary from sport to sport. It is important to consult with the Staff Certified Athletic Trainer for the exact procedures.
  - Always have the team members ready for practice/game 10 minutes prior to the time they are to report for the practice/game.
3. Practice/Game Duties:
  - You are expected to be present at practice, assist with athlete hydration, monitor for injuries and provide proper first aid treatment.
  - In the event that an injury occurs, follow established protocols as to how it is to be managed. Contact a Staff Certified Athletic Trainer.
  - Cellular telephones are to be used for EMERGENCY communication only.
  - Other duties may include initiating first aid: CPR, Basic Injury Care (proper splint application, wound care following Universal Precautions, soft tissue injury care and R.I.C.E.(rest, ice, compression, elevation).
  - Knowing proper emergency procedures and protocols of heat and cold related illnesses.
4. Post Practice/Game Duties:
  - Make sure all cups, trash, equipment, etc. are picked up off the practice/game field/court before leaving.
  - Empty and wash out all coolers, and place them on the cooler racks in the appropriated fashion.
  - Restock the training kit, fanny packs, if needed, and place it in its appropriate place.
  - Recharge the cellular telephone.
  - Inform the Staff Certified Athletic Trainer if any athlete has sustained an injury.
  - Daily Injury Log updated.

