



# Parent & Student- Athlete Athletics & Injury Information

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## A Note from the Athletic Trainer:

Every year, millions of students participate in interscholastic sports across the country. And every year thousands of these athletes suffer an injury that prevents them from participating in their sports. Today, athletic health care is a common place in the college and professional ranks, but most high school student-athletes are not afforded the basic health care that they need and deserve.

An athletic trainer works alongside other medical professionals, such as doctors who specialize in sports medicine. When athletes are injured, the athletic trainer helps carry out any plans and methods needed to care for their injuries with the goal of helping the athletes to continue competing or to resume competing as soon as possible. Depending on the injury, the athletic trainer may use different tape, braces, treatments or therapies. The athletic trainer may also help athletes do rehabilitative exercises and then assess them for the ability to return to competition when necessary.

Another role of an athletic trainer is to evaluate exercises, movements, techniques or the sport itself to make sure that injuries are kept to a minimum. Working with coaches, an athletic trainer might develop safe exercise regimens or better techniques for athletes. The athletic trainer can educate athletes on avoiding certain activities that might result in injuries. When an athlete is injured during competition, the athletic trainer provides emergency care for the athlete and refers them to other medical professionals as needed.

The staff at Knox Community High School is committed to providing the best possible athletic health care to our student athletes. In addition, we are also committed to reducing the cost of health care to our students-athletes by providing as many services as possible in house in the athletic training room. Injuries that cannot be treated in the Knox Community High School Athletic Training Room will be referred to the appropriate health care provider.

The athletic trainer can only do her job successfully when we have the full support and cooperation of our student-athletes and their parents. It is my hope that this handbook will help to further the level of cooperation and support in the future.

Maggie Long MS, LAT, ATC

Head Athletic Trainer

## Knox Community High School Athletic Program

More and more students in high schools and middle schools across the nation are becoming involved in interscholastic athletics. Knox is no different. Knox Community High School fields a total of 16 different athletic programs.

Every year, an average of approximately 100-150 students participates in Knox athletic programs each season. The large number of participating students, plus the rapid development of changes in the bodies of young athletes is the reason that we take steps to ensure the health, safety, and enjoyment while an athlete is representing Knox High school.

Even under ideal circumstances, anyone who engages in physical activity is subject to the possibility of injury. According to the National Athletic Trainers' Association, over 1.3 million student-athletes (about 1 out of every 7) are injured each year. Fortunately, the vast majority of these injuries are minor. With proper training, conditioning, instruction, diet, and rest habits, many of these potential injuries can be eliminated or significantly reduced.

### Responsibilities of the Student-Athlete

In order to achieve the objective of quality medical care, each student-athlete has the responsibility to:

- Be honest and direct with the athletic trainer caring for you
- Report all injuries and illnesses within 48 hours
- Follow the treatment and rehabilitation plan prescribed by your physician or athletic trainer. It is your responsibility to advise the athletic trainer if there are any problems or reason why you cannot follow the plan
- Report to the Athletic Training Facility daily, or as directed, for treatment and rehabilitation until you are cleared by the athletic trainer or medical doctor
- Report any change in your condition to a staff athletic trainer
- Understand your health problem and the treatment and rehabilitation program to your satisfaction. If you do not understand any part of your treatment/rehabilitation program, ask a staff Athletic Trainer or physician. Be sure you know what is expected of you.

### Athletic Accident Insurance

Knox Community Schools has supplemental accident insurance through First Agency, Inc. This *limited* coverage applies to covered medical expenses arising out of accidental injuries to students that are lawfully on campus, during regular school hours, or during school sponsored events. This coverage is specifically excess over any other insurance, coverage or medical benefits that would be applicable to an accidental injury.

If your child sustains an injury while participating in a school athletic event they must FIRST report the injury to their coach and/or athletic trainer then fill out a claim form to file with the school's insurance policy. Claims forms and other pertinent information can be obtained from the athletic office at Knox High School.

## Pre-Participation Physical Examinations (PPE)

All students who participate in athletics must have a current physical form on file in the Knox Athletics' office prior to participation in any try-outs, practices, scrimmages, summer workouts or games. Indiana High School Athletic Association policy requires that a licensed physician (MD or DO) or physician extender (PA or NP) perform this physical. A physical is **valid for only one school year** from the date it was taken and must be completed prior to the students-athletes upcoming school year.

**This form must be signed and in the possession of the athletic department before the student can participate in any athletic activity, including practice and try-outs.**

## Parental/Guardian Consent, Release, and Assumption of Risk Form

Competitive athletics may place students in situations where serious, catastrophic, and perhaps fatal accidents may occur. Despite the best preventative measures, no degree of instruction, precaution, or supervision will entirely eliminate all risk of injury or harm. Students and their parents or legal guardians must assess the risks of athletic participation for themselves, and freely and voluntarily decide whether to participate.

To participate in athletics, students and their parents or legal guardians must sign a form acknowledging these risks. This form will also request emergency contact information, in the event the student requires medical attention.

**This form must be signed and in the possession of the athletic department before the student can participate in any athletic activity, including practice and try-outs.**

## Concussion Education Forms

A concussion information sheet is to be reviewed and signed annually by student-athletes, coaches, parents, and volunteers. These individuals should sign this information sheet after review. These sheets should be returned to the coach or athletic trainer.

**These forms must be read and signed prior to participation in any interscholastic activity.**

## Tips for the Beginning of the Season

During the first two weeks of a sport season, athletes can alleviate the discomfort of the increased physical exertion of the sport by doing the following:

- **Stretch often!** – This will help the athlete achieve their full potential and help prevent injury. Please consult their coach or the head athletic trainer for more tips on stretching.
- **Eat Well!** – With the increased activity comes the increased need for calories to provide energy. The athlete should increase consumption of complex carbohydrates.
- **Drink plenty of fluids!** – Adequate fluid replacements is important to prevent fatigue, excessive weight loss, and possible heat illness. Athletes should drink 8-10 glasses of fluids each day, no matter what sport they play.
- **Rest!** – Rest is extremely important during the first few weeks of the season, and also throughout the entire season. During the preseason the body is adjusting to increased levels of the activity and needs plenty of time to recover.

## In the Event of an Injury

### At School...

Athletic and other injuries that occur at Knox Community High School should be reported to the Knox Community Schools athletic trainer and the athlete's coach as soon as the athlete realizes he/she is injured. If the athlete is injured during school hours, they should also report this injury to the school nurse or other appropriate personnel.

The Knox Community Schools Athletic Trainer will evaluate the injury and, based upon the evaluation, make a determination as to what the most appropriate course of care for the athlete. Treatment will be based upon the athletic trainer's experience, established protocols and standing orders furnished by our team physicians and/or caring physician. In most cases, injuries are minor in nature and the athlete can be successfully treated in the athletic training room.

If the injury is more extensive or will require further medical evaluation by a physician, the athlete's parent/guardian will be contacted by the athletic trainer and provided with information about the injury and can recommend a physician or help with appointments to speed up the down time.

**It is essential that ALL athletic injuries be reported to the Knox Community Schools staff when they occur.**

### On the Road...

Unfortunately, we do not have the manpower to send an athletic trainer on the road with all athletic teams. If an athlete is injured while on the road, he/she should report that injury to his/her coach and then to the athletic trainer as soon as possible following their injury.

If the host school employs an athletic trainer, our coaching staff may elect to have the athlete examined by that athletic trainer who will most likely provide basic care for the injury (i.e.; ice, wrapping, etc.) and refer the athlete back to our athletic trainer. The athlete should report the injury to the athletic trainer the next day in school. ***IT IS IMPORTANT THAT HE/SHE DOES THIS!*** In case of significant injury, parents will be contacted about the injury directly from that site and consulted about the problem.

### Questions from Home...

If you are concerned about an injury that your child suffered during athletics, PLEASE CALL OR EMAIL THE ATHLETIC TRAINER. The contact information for the athletic trainers' is located at beginning of this booklet.

If an injury which appears minor one day, and becomes more bothersome the next day, please call the athletic training room so that we can assist you in the next appropriate steps. It is always your right as a parent to seek further medical care for your child if you have any doubts as to the seriousness of his/her injury. It is strongly recommended that you contact the athletic trainer before taking your child to the physician of your choice. Often, the athletic trainer can eliminate unneeded waiting time and have your child seen in a timely fashion.

Anytime you take your child to a physician for an athletic injury we ask that you obtain **in writing** the doctor's instructions for treatment and return to play guidelines for us to appropriately (and legally) treat your child.

## **YOUR CHILD MAY NOT RETURN TO PLAY WITHOUT A WRITTEN RELEASE FROM THE PHYSICIAN!!**

### **Follow-up Care**

To ensure that athletes recover from their athletic injuries, it is extremely important that they make every effort to come to the athletic training room for daily care and follow-up until released by the athletic training staff and/or their physician. Please encourage your child to continue to follow-up with the athletic trainer as needed.

Our goal is to make the Knox athletic training room a full-service medical facility that can offer a wide array of treatment methods and rehabilitation procedures including: ice, moist heat packs, hot/cold contrast baths, electric stimulation, exercise rehabilitation, stretching, functional testing, etc. Emergency and basic first aid is always available to Knox athletes. All athletic trainers are trained in CPR and emergency first aid.

### **General Injury Care**

If an injury occurs, initial treatment should include the **P.R.I.C.E.** Principle in order to reduce pain, and swelling, and to promote healing.

- **P = Protection:** Immobilization and appropriate forms of transportation will help in protecting an injury from further damage
- **R = Rest:** Avoid painful movements and weight-bearing if they cause pain. If it hurts to do something, don't do it until that activity can be performed pain-free. Use crutches or a sling if needed until pain-free motion is achieved.
- **I = Ice:** Apply cold compress, a bag of crushed ice or commercial cold packs to the most sensitive areas a minimum of 4 times daily for a duration of 20 minutes each. Therapeutic cold helps control inflammation (swelling) and causes sensory anesthesia (numbness), which will assist in pain control.
- **C = Compression:** Hold the ice bag on the injured area with an elastic bandage. This will deliver an effective dose of cold. Wrap an elastic bandage around the injured area starting from the lowest (distal) part of the injured area. This will act as compression and aid in support and minimize the possibility of edema (swelling). **\*\*\*\*DO NOT GO TO SLEEP WITH AN ELASTIC WRAP ON\*\*\*\***
- **E = Elevation:** Keeping the injured tissues elevated also helps in swelling control. The injured area must be elevated above the heart.

If there is any doubt as to the severity of an injury, seek appropriate medical attention. Please remember to report any and all injuries to the Sports Medicine staff and bring the medical findings and instructions in writing to the Sports Medicine staff so we can provide appropriate treatment and follow-up care.

## Head Injury Guidelines

**What is a Concussion** - A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

**Signs and Symptoms of a Concussion** - There are many signs and symptoms that an athlete may have following a concussion.

Here is what to look for:

- Increased drowsiness, or decreased alertness.
- Increased dizziness, nausea, or vomiting
- Headache
- Unequal or irregular pupils, blurred/double vision, loss of focus, or hypersensitivity to light.
- Poor balance, coordination or concentration
- Weakness
- Unusual agitated behavior or emotions
- Slurred speech
- Difficultly thinking or remembering

**What should be done in the event of a suspected concussion?** If an athlete is having any of the signs or symptoms listed above, parents, coaches, and the athletic trainer should be notified so that the appropriated medical care can be provided. If a parent notices these symptoms, they should inform the athletic trainer or physician immediately

**When should I be particularly concerned?** If an athlete has a headache that gets worse over time, unable to control his/her body, throws up repeatedly or feels more and more sick to their stomach, or their words are coming out funny/slurred, advanced medical care should be sought immediately. If on campus the athletic trainer needs to be contacted as soon as possible. If the athletic trainer is unavailable or the athlete is at home, the athlete needs to be taken to the emergency room or their physician immediately.

**May I take something for Pain?** Only if your doctor tells you to. Some drugs might make you sleep and/or make it hard to tell how you are really doing. Do not exercise until advised to do so.

**How do I know when it's ok to return to physical activity and my sport after a concussion?** After telling the athletic trainer, coach, and parents, that an athlete may have a concussion, the student will be seen by a doctor trained in helping people with concussions. The athletic trainer and physician will decide how best to treat the athlete and help to make the decision on when they should return to activity/play or practice.

**\*\*\* Please Note...** *The guidelines outlines above and on the previous pages are not meant as, and should not be used as, a substitute for competent medical care. If you have any questions or concerns about the health and well-being of your child you should seek medical advice from the sports medicine staff or a medical doctor.*