

Stargate School

Athletic Training Handbook



2019-2020

Students will have access to an athletic trainer. Students may access the trainer after school, during practice, and during sporting events. If a student is hurt or injured while practicing or participating in an event, the trainer should be informed and provide assistance if available. **The athletic trainer makes the final determination of any athlete's readiness to rejoin practice or play after injury.**

All sponsors and coaches will maintain First Aid, CPR, CHSAA coaching and concussion certification

Athletic Training Room Policies

- No food or drink allowed
- Bags and other personal items should be stored in lockers or outside as to avoid unnecessary clutter in training room
- No cleats in training room
- Athletes must shower before receiving treatment if it is after practice

Concussions & Emergencies

*These guidelines are being published to clarify the Athletic Training Department's Policy & Protocol regarding mild traumatic brain injuries (MTBI), or more informally known as concussions. Data and information is based on the most up-to-date research on MTBIs, the Consensus Statement on Concussion in Sport, 4th International Conference on Concussion in Sport, Zurich, 2012. It is our obligation that all athletes, parents, coaches, athletic department personnel, school nurse and health clerk, and team physician become familiar with the following **Concussion Management Policy**.*

Definition of Sports Concussion

A sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Further defined by:

- A direct blow with force transmitted to the head
- Rapid onset of short lived impairments
- Neuropathological changes and functional disturbance
- A graded set of clinical syndromes that may or may not involve LOC; resolution follows a sequential course
- Grossly normal neuroimaging studies



Education and Compliance

Athletic Department Personnel

All Athletic Department personnel (i.e. coaches, athletic trainer, athletic director, athletic training students, school nurse, and team physician) will be required to complete training on concussions by passing the **Concussion in Sports – What You Need to Know** course offered by the NFHS. A copy of course completion must be provided to the Athletic Director prior to assuming athletic department responsibilities, and will be kept on file in the athletic office.

Parents/Guardians & Athletes

The Colorado Senate Bill 11-040 (also known as “The Jake Snakenberg Youth Concussion Act”) which went into effect on January 1, 2012 mandates that all parents/guardians and athletes receive in writing a fact sheet pertaining to concussion signs & symptoms, the danger of returning too soon, and what to do if a concussion is suspected. Parents/guardians of all athletic candidates will receive, on an annual basis, a copy of the Weld Central High School Concussion Fact Sheet. Written verification of receiving and reading this form must be returned to the athletic trainer. Athletes will not be allowed to participate in practices, scrimmages or games without this form on file in the athletic trainer’s office.

Athletes

A baseline test of the SCAT5 (Sideline Concussion Assessment Tool 5) will be administered by the athletic trainer and athletic training students to each athlete at the beginning of the season for athletes who participate in **ALL** sports. Athletes will not be permitted to participate in practices, scrimmages, or games without a completed baseline test on file in the athletic trainer’s office. **ALL** Athletes will also be required to complete a concussion awareness program consisting of video lectures to be given prior to the start of each season.

Concussion Management Protocol

In the event an athlete suffers a concussion, the following steps will be taken to ensure the highest level of care possible:

1. The athlete will be removed from the game/practice (**in accordance with CHSAA Policy and S.B. 11-040**)
2. The athletic trainer will complete an initial assessment, including administration of the SCAT5 test.
 - a. If the athletic trainer is not present (i.e. away game, off-season practice, etc.) the coach will communicate the injury to the athletic trainer via phone call or e-mail.
 - b. Athletes will be instructed to visit a physician as soon as possible (team physician preferred; must be an MD, DO, NP, or PA).
3. The parent/guardian will be notified via phone call, and the athlete will be sent home with the Home **Instructions for Concussion packet**.
4. The athlete is advised to visit a licensed healthcare provider (team physician preferred, otherwise MD, DO, NP, or PA) for further evaluation.
5. The athletic trainer will notify the Administration team, Counseling Office, and Health Office via e-mail to alert teachers of the potential setbacks the athlete may incur.

At this time, all athletes will be restricted from participation in practices, scrimmages, games, or PE until written clearance is obtained by a licensed healthcare provider (MD, DO, NP, or PA) and the athlete completes the *Return to Play Protocol* with the athletic trainer.

Return to Play Protocol

1. The athlete and parent/guardian will read and sign the **Concussion Clearance Form** indicating that they have read and are familiar with: the signs and symptoms of a concussion,

what happens when returning to sports too soon, and the *Return to Play Protocol*.

2. The athlete and parent/guardian will complete the **Post-concussion Symptom Inventory** on a daily basis until the athlete returns to be seen by the athletic trainer.
3. Once the athlete is asymptomatic (displays no more symptoms) they will undergo another SCAT5 assessment to ensure all neurocognitive (i.e. memory, concentration, verbal/motor response, etc.) and balance systems are functioning properly.
 - a. The athlete must score within 95% of the baseline value on the SCAT5 in order to proceed to the next step.
4. Upon obtaining a score within 95% of the SCAT5 baseline value, the athlete will begin Return to Play Protocol.

Athletes will progress through each step before returning to full participation in practice. Only one (1) step will be completed each day. Athletes must report symptom free the following day to progress to the next step.

- a. Athletes must complete all five steps, with 24-hours in between each stage, prior to returning to full participation in scrimmages or games. Athletes must present symptom-free each day before beginning the next step of protocol.
 - b. Athletes will not be cleared without written clearance from a licensed healthcare provider (MD or DO only) after the *Return to Play Protocol* is finished.
6. Clearance to return to participation must be obtained from a licensed healthcare provider (MD or DO only) and documented in the **Concussion Clearance Form** under the “Health Care Professional Clearance” section.
 - a. If clearance was obtained via physician’s note, the following must be clearly stated in order to return to full participation:
 - i. Diagnosis
 - ii. Clearance status
 - iii. Physician’s name (**printed**) and contact information
7. Successful completion of the *Return to Play Protocol*, in combination with written clearance from a licensed healthcare provider (MD, DO, NP, or PA) will clear the athlete for full participation.

THE ATHLETIC TRAINER RESERVES THE RIGHT TO HAVE THE FINAL SAY IN ALL RETURN TO PLAY DECISIONS. IN THE EVENT THE ATHLETIC TRAINER IS ABSENT, THE PHYSICIAN’S NOTE STANDS AS IS.

AT NO TIME WILL A COACH MAKE A RETURN TO PLAY DECISION. THIS CONCUSSION MANAGEMENT POLICY IS NOT ALL-INCLUSIVE, AND THE ATHLETIC TRAINER RESERVES THE RIGHT TO ALTER THE POLICY AT ANY TIME AS SHE BEST SEES FIT TO PROTECT THE ATHLETE.