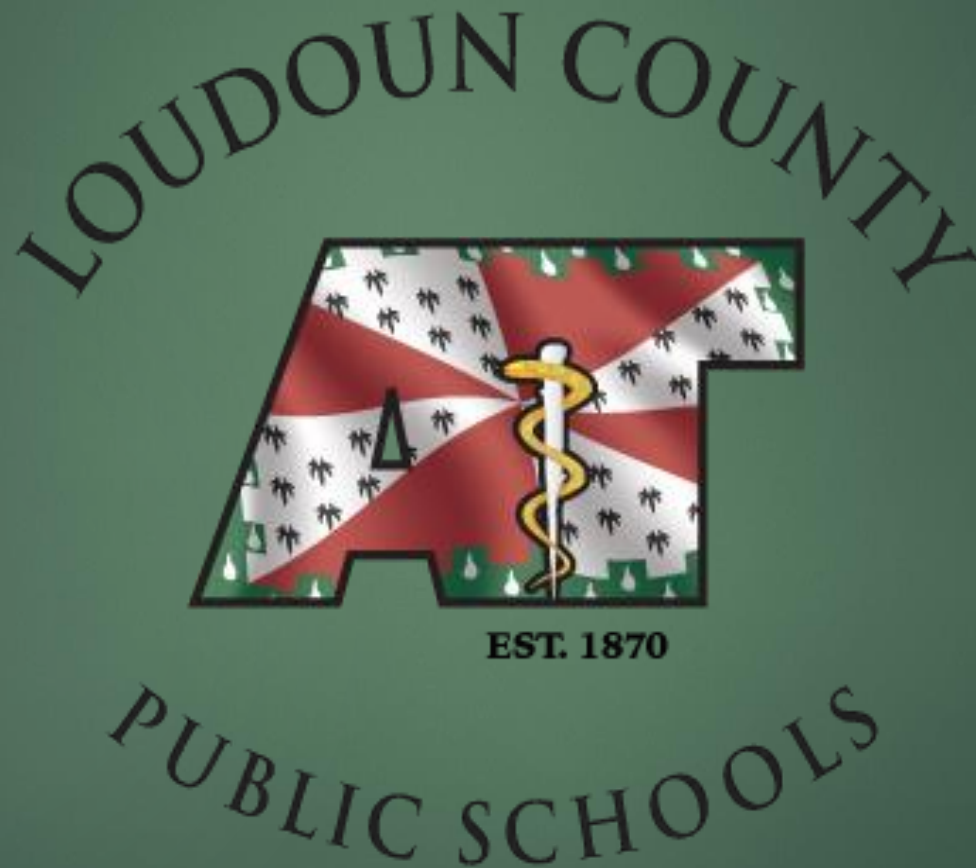


Loudoun County Public Schools Athletic Training



Athletic Trainer (AT)



- ▶ AT's are highly qualified, multi-skilled healthcare professionals who are certified and licensed in the state of Virginia and work under the direction of a physician to provide:
 - ▶ Preventative services
 - ▶ Emergency care
 - ▶ Clinical examination and diagnosis
 - ▶ Therapeutic intervention
 - ▶ Rehabilitation of injuries and medical conditions

Athletic Health Care Team (AHCT)



- ▶ The AHCT will include physicians, athletic trainers and other health care professionals representing various disciplines (e.g. EMS and physical therapists)
- ▶ The LCPS AT's are a cooperative team that meets bimonthly and communicates post-injury to ensure appropriate medical care is provided to all our student-athletes.

Injury Reporting



- ▶ All injuries & illnesses must be reported to the AT
- ▶ AT will determine if student-athlete requires treatment intervention such as rest, rehabilitation, taping, bracing or referral to a physician or specialist
- ▶ Our philosophy is to return injured athletes to participation as quickly but SAFELY as possible

Return To Play



- ▶ If a student-athlete visits a physician it is required that a written note be provided stating the injury diagnosis, recommended treatment, sport restrictions and return to play status
- ▶ However, the AT has final say in return to play decisions regardless of a physician's diagnosis

Care



- ▶ “Assumption of Risk” (There is an inherent risk of injury and/or illness when participating in sports)
- ▶ Not all injuries can be prevented
- ▶ Catastrophic injuries can occur in any sport
- ▶ Our job is to prevent, recognize, and treat these conditions

AT can only be in one place at a time!



Care



- ▶ With the rapid growth in the number of student-athletes and increasing number of in and off-season practices and games, often simultaneously, having only one AT per school can be difficult to adequately support these demands
- ▶ An additional AT per school can drastically improve the quality of healthcare we provide our student-athletes
- ▶ We encourage all parents to reach out to your school's administration and school board representative to support this effort

Sudden Death in High School Sports

► Top 10 causes:

1. Sudden Cardiac Arrest
2. Catastrophic Brain Injuries
3. Cervical Spine Injuries
4. Diabetes
5. Asthma
6. Exertional Heat Stroke
7. Exertional Hyponatremia
8. Exertional Sickling
9. Head down contact in Football
10. Lightning

Emergency Action Plan (EAP)

- ▶ Each school must develop a site-specific EAP for managing life-threatening injuries
- ▶ When life-threatening injuries occur, it is vital that an emergency action plan be established to clearly delineate the policies and procedures in order to deliver effective and efficient care

*Components of the EAP that should be reviewed and rehearsed annually include:

- ▶ Personnel
- ▶ Equipment
- ▶ Communication
- ▶ Transportation
- ▶ Venue Location
- ▶ Emergency Care Facility

Hygiene/Skin Infections



- ▶ Student-athletes need to notify their athletic trainer and coach of any skin lesion or sore before competition or practice. The athlete must have a healthcare provider evaluate the lesion or sore before returning to competition.
- ▶ Skin infections, such as Impetigo, Ringworm, Folliculitis, Herpes Gladiatorum and MRSA occur due to skin to skin contact with competitors and/or equipment

Hygiene/Prevention



- ▶ Shower immediately after all competitions and practice
- ▶ Wash all workout clothing after practice
- ▶ Wash personal gear as often as possible
- ▶ Do not share towels, personal hygiene products or other items with others
- ▶ Refrain from cosmetic shaving

Heat and Hydration



- ▶ The LCPS AT's are committed to recognizing the signs and symptoms of dehydration and Exertional Heat Illness (EHI); caring for any student-athletes who experience them; but above all, preventing their development through proper utilization of effective heat and hydration procedures

Heat and Hydration

- ▶ Based on wet bulb globe temperature (WBGT) readings, practice or game modifications will include one or more of the following:
 - ▶ Increased rest breaks to hydrate
 - ▶ Equipment modifications
 - ▶ Restricting conditioning activities
 - ▶ Cancelling the practice or game
 - ▶ Moving the practice or game to a less environmentally intense time such as early in the morning or later at night
 - ▶ Moving the event inside if possible
 - ▶ Drastically shortening the event if possible

Severe Weather

- ▶ LCPS adheres to the NFHS guidelines of severe weather:
 - ▶ Local weather conditions will be monitored by staff before/during practices and games
 - ▶ When thunder is heard or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning
 - ▶ Everyone must immediately take shelter and play is suspended for 30 minutes
 - ▶ At any point during the suspension any subsequent thunder or lightning will reset the 30 minute clock

Severe Weather



- ▶ Student-athletes will be evacuated to the nearest fully enclosed safe structure as outlined in our venue specific EAP at each site. Spectators must also clear the stadium and are encouraged to seek safe shelter
- ▶ School buses and cars are considered safe locations if necessary. Dugouts, concession stands or any other open areas are not considered safe locations

Sports Nutrition

- ▶ Nutrition is just as important to the student-athlete as training, running and learning plays
- ▶ Good nutrition throughout the season (not just game day):
 - ▶ → Improves endurance
 - ▶ → Improves performance
 - ▶ → Improves recovery
 - ▶ → Prevents injuries
 - ▶ → Enables athlete to use nutrient stores more efficiently
 - ▶ → Allows muscles to repair and become stronger
 - ▶ → Increases and sustains energy
 - ▶ → Improves moods, sleep, memory, sense of well-being
- ▶ The best nutrition is from whole, real foods grown in the ground or from farms, for example: bananas, rice, chicken, fish, apples, spinach, lentils, collard greens, and prepared or cooked at home

Nutritional Supplements



- ▶ Sports Performance can be enhanced with the proper diet and nutrition plan without the need for supplements (e.g. creatine, C4) and energy drinks (e.g. Red Bull, 5hr. Energy)
- ▶ Supplements are not FDA regulated to provide evidence of purity, safety or efficacy and may contain harmful or banned substances
- ▶ The most effective supplement is **SLEEP!** (8-10 hrs./night)
- ▶ Sleep deprivation can decrease reaction time, alertness and energy and increase stress and injury risk by 68%!

Performance Enhancing Drugs (PED's)



- ▶ Performance Enhancing Drugs (PED's) such as Anabolic-Androgenic Steroids can cause:
 - ▶ Aggression, irritability, and depression
 - ▶ Heart disease
 - ▶ Acne, hair loss, infertility, menstrual irregularities
 - ▶ Sleeplessness
 - ▶ Increase blood pressure and cholesterol
 - ▶ Stroke
 - ▶ Pre-mature closer of growth plates

Psychosocial Concerns



- ▶ The goal of the LCPS AT's is to educate student athletes, parents, coaches, and staff regarding psychological concerns at the secondary school level. This includes recognition, proper referral, and the development of an emergency action plan for psychological concerns such as depression, anxiety, and disordered eating.

Concussions



- ▶ According to Virginia State Law, any student-athlete suspected of sustaining a concussion will be removed from play, not allowed to return to play that same day and must be evaluated by an approved health care provider (AT, MD, DO, PA, CNP or Neuropsychologist)
- ▶ In the event a concussion is suspected the LCPS AT will provide the parent with a post-concussion educational handout

Concussion Signs and Symptoms

Thinking	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly (confusion)	Headache or pressure in the head	Irritability	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Fatigue/Low Energy	Being more moody	Trouble falling sleep
Difficulty remembering (amnesia)	Nausea/Vomiting	Feeling nervous or worried (anxious)	Feeling tired
	Dizziness/Balance or coordination problems	Crying more	
	Sensitivity to noise or light (ringing in the ears)		
	Dazed look or vacant stare (in a fog/"don't feel right")		

Post-Concussion Instructions



- ▶ Limit any cognitive activity that exacerbates symptoms such as reading, computer/TV/video game/cell phone use, homework and testing
- ▶ It's important to maintain:
 - ▶ Diet
 - ▶ Hydration
 - ▶ Sleep
 - ▶ Light physical activity
 - ▶ Avoid stress

Return to Learn (RTL)



- ▶ The student-athlete will be placed in the appropriate stage dictating academic accommodations needed
- ▶ This plan will be sent to the school nurse, counselor and forwarded to teachers
- ▶ As the student-athlete's physical and cognitive symptoms improve they will progress through the stages until they reach the Green stage in which they will be returned to full academic participation

Return to Learn (RTL) Stages:

Stage 1: Red: Home/Brain Rest

- ▶ No school; Rest quietly, nap as needed, but stick to a regular sleep schedule
- ▶ Limit homework, reading, computer use, texting, video games, etc. as tolerated
- ▶ Drink plenty of fluids and eat light protein snacks every 2-3 hours

Stage 2: Yellow: School full-time as tolerated with academic modifications and rest breaks as needed

- ▶ Reduced workload/work with teachers to modify or prioritize assignments
- ▶ Homework as tolerated; Built in breaks as needed
- ▶ Modified, limited, or exclusion from classroom testing
- ▶ May need to avoid loud places (music, gym, shop class, and cafeteria)
- ▶ No or modified PE as instructed

Stage 3: Green: School full-time with no academic modifications.

- ▶ Attends all classes; maintains full academic load/homework; requires no instructional modifications.

Return to Play (RTP)



- ▶ Once cleared by a healthcare professional to begin activity, the student-athlete will start a progressive, graded, step-by-step procedure

Return to Play (RTP) Stages:

- ▶ **Stage 1.** Light aerobic conditioning in a quiet area
- ▶ **Stage 2.** Light to moderate aerobic conditioning in the gym or on the field. Low intensity sport specific drills.
No contact
- ▶ **Stage 3.** Moderate aggressive aerobic and resistive exercises.
More aggressive sport specific drills. No contact
- ▶ **Stage 4.** Maximum exertional sport specific drills.
No contact
- ▶ **Stage 5.** Full participation with contact in practice
- ▶ **Stage 6.** Resume full participation in competition

Progression will advance one step per day if asymptomatic for 24 hrs. If symptoms return during one of the stages, you must return to the previous stage

ImPACT



- ▶ Contact sports will be required to take a baseline Immediate Post Concussion Assessment and Cognitive Test (ImPACT)
- ▶ All athletes suspected of having sustained a concussion may be asked to take a Post-Concussion Assessment and Cognitive Test
- ▶ This information is available upon request and will be another tool to assist us in determining the student-athlete's RTL and RTP protocols

Thank You!



- ▶ If you have any additional questions or concerns please contact your Athletic Trainer or visit the LCPS Athletic Training Webpage:
- ▶ <https://www.lcps.org/Page/147432>