

Sports Safety – Coach Expectations

Coaches are expected to serve as **first responders**, utilizing their basic first aid training and education of sports injuries, including recognition of signs and symptoms of concussions and heat stress. Each team is issued a **sports med kit** stocked with basic first aid supplies which should be readily available at ALL practices and ALL games. Refer student to the **Athletic Trainer (AT)** for further evaluation and care at the soonest opportunity. **Student athletes** and their **parents** are to be told to report all injuries and illnesses to a coach and/or to the AT.

Emergency Action Plans (EAPs):

An outline of the roles of the coaching staff in the event of a **medical emergency** have been drafted for each venue. This document shall be reviewed by each member of the coaching staff. See below:

Basic Emergency Injuries Procedures:

1. *If a spinal injury is suspected or the athlete is unconscious, call 911 immediately. Do not move athlete.*
2. Give first aid as needed, as determined by your level of training. Beckon Athletic Trainer, if available.
3. Call 911, if deemed an emergency (*airway, breathing, consciousness, severe pain, bleeding and heatstroke*).
4. Contact parents: *Access Athlete’s Emergency Procedure Card for phone and insurance information.*
5. If athlete is transported by ambulance, a coach or an adult designee must be on board.
6. Notify Athletic Director of situation immediately if transport required, or within 2 hours if not.
7. The coach or staff member who provided first aid shall: *a) fill out an Archdiocese Accident Report, b) submit to the Athletic Department, AND c) notify the AT within 48-hours, or by the following Monday.*

Procedures for Handling a Head Injury/Suspected Concussion & Guidelines for Recovery Period:

Pre-season: Download the free smartphone app: The Concussion Recognition & Response™ App: Coach and Parent version. *Developed by Gerard A. Gioia, PhD, and Jason Mihalik, PhD*

- <https://itunes.apple.com/us/app/concussion-recognition-response/id436009132?mt=8>
- <https://play.google.com/store/apps/details?id=com.parinc.crr>

1. Remove student from participation or do not allow return to play.
 2. Evaluation by the highest trained coach present and the Athletic Trainer, as available.
 - *Assess Level of Consciousness, Orientation, Memory of event, Concentration, Symptoms.*
 - *Utilize smartphone app, as available.*
 3. Document using the **Head Injury Home Care & Education for Parent/Guardian handout.**
 4. Monitor for change or worsening of signs and symptoms every 20 minutes.
 5. Access Athlete’s Emergency Form for parent contact information and notify them of the situation. Ask parent to come for athlete if situation is stable. *The student is not to drive or go home alone.*
 6. Submit Archdiocese Student Accident Report form.
 7. Instruct parents to monitor student’s symptoms closely for first 24 to 48 hours following the incident and to notify the pediatrician’s office.
- The student is not to attend sports practice or games until attending school full-time.
 - The AT will arrange for the student to re-test using the ImpACT test once symptoms have subsided.
 - Once the student is recovered and has secured medical clearance (OSAA form), the AT will oversee the return to participation progression. **The coach will be notified of the athlete’s participation status.**

Eligibility Status after an Injury and “Written Medical Clearance”:

Decisions regarding the readiness of the student to return to participation shall be determined by the cooperative efforts of the AT, the treating physician, the student-athlete, the coach, the parents, and, occasionally the AD. If an athlete visits a physician for a sports injury, and the AT is not consulted, a written medical release is required to return to participation. Paperwork may be submitted electronically.

Documentation:

A **reportable injury** is one that meets the following criteria: *a)* occurred as a result of participation in an organized practice, competition, or training session, *b)* required first aid by the coach and/or an athletic trainer (e.g., ice bag), or results in being seen by a higher trained medical professional (e.g., doctor's appointment, visit to urgent care or emergency department) within two weeks of the injury, and *c)* resulted in missed practice or game time. Notify the AT of situation and refer athlete to the Training Room for evaluation. The coach or staff member who provided first aid, and/or is most familiar with situation, shall fill out an [Archdiocese Accident Report](#) and submit to the Athletic Department within two school days.

A suspected concussion or head injury involves a second form, the **Head Injury Home Care & Education for Parent/Guardian handout**. This sheet is to be filled out by the coach or adult who is most knowledgeable of the incident. It also provides home care guidelines to the adult in charge of the athlete for the first 24 to 48 hours following a suspected concussion, before they have their child seen by the pediatrician. A symptom checklist is included to help parent identify symptom severity, which will help guide emergency management and school attendance decisions.

Spring Athletic Training Room & Game Coverage:

The Athletic Training Room is staffed by the AT for injury evaluation, follow-up assessments, consultation, rehab and pre-practice taping. Typical schedule is from 2:30-4:30 PM two to three days per week. Days and hours of operation vary. Equipment includes an ice machine, hot packs, cold whirlpool, treatment tables, and basic rehabilitation devices. An injury assessment form will be used to communicate an impression of the student's condition with the parents. This may include referral to see a higher trained medical provider. Hours will be posted on the door and communicated electronically. Event coverage includes: Varsity Lacrosse (Boys & Girls) home games, JV Boys lacrosse home games, and Varsity Track Meet at Fernhill Park.

Injury Ice & Hydration:

Coaches should arrange for water and injury ice to be at off-campus practices and games. Water jugs and small coolers designated for "injury" ice are stored in the "Laundry Room", located next to the Training Room. This room, which also has an ice machine, is accessible during school and after-school hours.

Emergency Contact and Insurance Information Forms:

Coaches will be provided with electronic files containing each student-athlete's emergency medical information form. Rick Potter in the Athletic Department sends this out at the beginning of each season. This important data needs to be accessible at every practice, training session, and game.

Special Requests:

Contact the AT for additional guidance on basic athletic injury management and/or specialized training for your staff on injury prevention techniques and training for your team or sport.

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