

PVHS Athletic Training Information & Protocols 2021-2022

Athletic Trainer

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Hours: M-F 3:30pm - 6pm

Location: TBD (campus map: <http://pvhs.chicousd.org/documents/Home/PV%20Site%20Map%202014.pdf>)

Game attendance: TBD

CUSD Injury Protocol

Injuries in athletics happen - plan ahead for any possible situation. The best interest and health of the athlete must take priority in all situations. Coaches are not medical personnel. Medical personnel and their decisions take priority over what the coaches, parents, or athletes "want".

The legal guardian (not always a parent) must be kept informed of all medical issues. **Know who the legal guardian is!** Do not release an athlete's information to anyone except the legal guardian and/or medical personnel.

Never move anyone with neck or back injury (unless they are in danger where they are ex: a fire). The game/contest can wait!

Practices or contests when the trainer or medical personnel is present

1. Have contact numbers AND emergency information for your athletes with you at all times. Have the athletic trainer's cell number with you at all times.
2. When an injury occurs, let the athletic trainer/medical personnel handle it. However, you MUST go to the area of the injury to help keep people away from the area. Please have your athletes stay away from the injured athlete. If needed, get the emergency information for the athletic trainer or other medical personnel. If the athletic trainer deems it a non-serious injury, follow his/her recommendation for moving the athlete or calling an ambulance.
3. If it is a serious or life threatening injury, **direct someone face-to-face and by name** to call 911 and tell them where to have the ambulance enter the facility (on a school phone they will need to press 9, then 911).
4. Send players, students, parents, or whoever is available to direct the paramedics/ambulance into your facility.
5. Make sure the path is clear to get the ambulance as close as possible to the injured athlete.
6. Make sure the path is clear for the ambulance to leave the facility.

Practices or Contests when there is NO medical personnel present

1. Have contact numbers AND emergency information for your athletes with you at all times. Have the athletic trainer's cell number with you at all times.
2. When an injury occurs, use your best judgement and handle it the best you can. Make your decision based on the severity of the injury. If it is an injury you can handle (sprain, bruise, etc.), remember **PRICE** - **P**rotection, **R**est, **I**ce, **C**ompression and **E**levation.
3. If you cannot handle the injury (broken bones or worse), see if the parent/guardian is present to make decisions. **You may only release the athlete to the legal guardian!** Some parents/guardians may want to take them for medical attention themselves. If a student-athlete needs medical attention and the parents are not present, call them on the phone. Use your best judgment if you cannot contact the parent/guardian.

4. If it is a serious or life threatening injury, direct **someone face-to-face and by name** to call 911 and tell them where to have the ambulance enter the facility (on a school phone they will need to press 9, then 911).
5. Send players, students, parents or whoever is available to direct the paramedics/ambulance into your facility.
6. Make sure the path is clear to get the ambulance as close as possible to the injured athlete.
7. Make sure the path is clear for the ambulance to leave the facility.

If an athlete goes for medical attention, please arrange for someone to go to the hospital/medical center to be with them. If the parent/guardian is not there, send an assistant coach, another parent, or with smaller teams (golf, tennis etc.) you may need to go to the medical facility yourself.

Follow-up: ALL coaches are required to follow-up on all injuries with the parents/guardians. A phone call must be made home to check on the athlete. If the injury was bad enough for a player to be removed from practice or a contest, the head coach is to make a follow-up phone call.

Enloe Concussion Clinic

(530) 332-4444

This clinic is designed for the diagnosis and clearing of athletes with suspected concussions. If the head injury is severe enough or the athlete is showing severe signs of a concussion, contact the parent/guardian immediately and send them to the ER. If the athlete is unconscious, call 911 immediately.

Parents should call the clinic to set up an appointment. The information provided should include: name, age, gender, phone number, date of injury, sport, brief description of the event/symptoms, parent/guardian's name and contact information.

CIF Concussion Protocols

The CIF Return-to-Play Protocol is done at PVHS under the direct supervision of the athletic trainer. Coaches can also be asked to monitor the protocol if the athletic trainer is not available. Links to the CIF Concussion Information Sheet, parent notification form, the Return-to-Play Protocol, and the symptom checklist are listed below:

https://cifstate.org/sports-medicine/concussions/CIF_Concussion_Info_Sheet.pdf

https://cifstate.org/sports-medicine/concussions/CIF_Acute_Concussion_Notification_Form.pdf

https://cifstate.org/sports-medicine/concussions/CIF_Concussion_Return_to_Play_Protocol.pdf

https://cifstate.org/sports-medicine/concussions/CIF_Graded_Concussion_Symptom_Checklist.pdf

Accident Report Forms

Coaches are responsible for filling out an accident report form any time an athlete is injured so there is documentation. Forms are available from the athletic trainer, athletic director, and can also be found here:

<http://pvhs.chicousd.org/documents/Athletics/Forms/Forms%20-%20Athletics/HS-14%20Accident%20Report%20FILLABLE.pdf>

These forms should be completely filled out and as detailed as possible. Return them to the athletic director or athletic trainer.

Water setups/clean ups for games

Water will be set up for games only (*if allowed by the COVID-19 restrictions*). If the athletic trainer is not available to work your game, coaches are responsible for putting the coolers away and locking them up. The athletic training staff will get them the next day and clean/sanitize them. If you are issued Gatorade bottles for your game, the same rules apply. Please keep track of the Gatorade bottles and carrying cases.

- Football: water hogs need to be returned to the lock-up and put back on the battery chargers.
- Basketball: water coolers and carts can be locked up in the old concession stand or in the old training room.
- Soccer: water coolers and Gatorade bottles can be locked up in your storage unit close to the field.
- Field Hockey: water coolers and carts can be locked up in the old training room.
- Tennis: water coolers and carts can be locked up in the old training room.
- Track: water coolers and carts can be locked up in the old training room.

Ice Machines

Athletes are **NOT** to have access to the ice machines. The only people using the ice machines should be the athletic director, athletic trainer, athletic training student aides, and head/assistant coaches.

****Ice scoops must be used at all times to maintain sanitary conditions. Never put your hands in the ice machine.***

Ice Baths

Ice baths are available in the old training room (*if allowed by the COVID-19 restrictions*), but are the responsibility of the coaches. Coaches must supervise their athletes and clean up when you are done. Ice baths must be cleaned and sanitized after each use. If coaches are not willing to do this, don't use them. The ice bath storage room should be kept clean and organized at all times.

Athletic Training Student Aide Expectations

If there are athletic training student aides, please treat them with respect and remind your athletes to do the same. Keep in mind - these aides are learning, and may not know what is needed in a given situation. They will be trained in basic first aid, water setups, and ice management. If cleared by the athletic trainer, they may be able to tape athletes, as well.

Travel Med Kits

Travel med kits will be distributed to head coaches as needed. Coaches are responsible for the kit and it must be returned at the conclusion of your season. If you need it restocked at any time, please email/call the athletic trainer to make arrangements. If the kit is left at another location, the coach is responsible for getting it back or they will be billed for the kit and its contents.

COVID-19 Protocols 2021-2022

This is obviously still a fluid situation and protocols will change. We will follow whatever guidelines are required by the state, county, and the Chico Unified School District.

The changes below have been made in order to allow for a safe return to athletics for our student-athletes, coaches, administrative staff, sports medicine staff, and anyone else involved.

Athletic Training

- Injuries that occur during practices will be handled on your playing surface. **CALL/TEXT THE ATHLETIC TRAINER. DO NOT COME OVER TO THE TRAINING ROOM OR SEND ATHLETES TO THE TRAINING ROOM - WE WILL COME TO YOU!**
- Taping and treatment is for new (acute) injuries. Athletes should be encouraged to invest in preventative bracing. The athletic trainer can help with recommendations, if needed.
- Pre-practice taping/treatment will be on a first come, first serve basis. If players are late to the training room, they will be late to practice. Coaches can handle that as they see fit.
- Post-practice treatment will consist of ice and go only.
- At this time, NO ICE BATH USE WILL BE PERMITTED FOR FALL 2021.

Athletic Training Room Protocols

- Masks must be worn at all times in the athletic training room-**NO MASK, NO ENTRY, NO TREATMENT.**
- We still need to do our best regarding social distancing and respect the safety of the athletic training staff.

Water

- Athletes are responsible for bringing their own water and are encouraged to bring their own individual disposable containers for hydration.
- ***At this time, there will be no shared water set ups for games and athletes are not to share their personal water bottles.***
- If we are able to eventually have water jugs set up, they will be cleaned and sanitized on a daily basis.
- If Gatorade bottles are used for games, they will be cleaned and sanitized in the dishwasher in the athletic training room.

If an Athlete Shows Symptoms of Covid-19

- If a temperature is taken and the athlete has a high temperature, they will be instructed to rest for 15 minutes in a cool area and have their temperature retaken. This allows an athlete to cool down if they have been participating in a practice or game, especially athletes who wear head coverings.
- The coaching staff and/or the athletic trainer will isolate the athlete from their team and groups, while referring them for testing and follow-up care. If transportation or coordination is needed, coaches and/or the athletic trainer will assist.
- Students will be issued a mask to decrease the chance of additional spread of the virus.
- The primary location for athlete isolation will be the softball bleachers (weather permitting) or the old training room.

If an Athlete Tests Positive for Covid-19

- The athlete should remain isolated and away from all team activities until cleared for return.
- Return to play will be determined by a negative test OR asymptomatic with a 10-day quarantine period after the test date. This could be modified and updated based on the current recommendations by the CDC and Butte County Public Health.

Other

- CDC guidelines for disinfecting non-emergency vehicles in the event of transporting an athlete with suspected or diagnosed Covid-19:
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/disinfecting-transport-vehicles.html>
 - **Only CUSD approved disinfectants and cleaning solutions can be used.**

- Guidelines for athletic trainers, coaches, and custodial services on appropriate techniques and PPE for cleaning and disinfecting common, non-clinical spaces:
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
 - **Only CUSD approved disinfectants and cleaning solutions can be used.**