

Protective Care Guidelines

1. No member of the athletic training staff or coaching staff may clear an athlete to participate if a physician has removed the athlete from activity.
2. No member of the coaching staff or parent can clear an athlete to participate if the athletic trainer has removed the athlete from activity.
3. It is the responsibility of the athletic training staff to protect the health of the athlete. Following a physician's clearance for return to activity and rehabilitation progression, new injury information could indicate the athlete is at continued risk for injury. Therefore, the athlete could be held from activity and referred back to the family physician or referred to the team physician for further advisement.
4. The team physician, attending physician, athletic trainer, coach or parent may withhold an athlete from re-entering activity if it is considered to be in the best interest of the individual's health. This acts as a safety net, thereby optimizing the protection afforded

Administration of Medications

The regulation and administration of prescription and OTC medications during extra-curricular/ athletic activities is to follow district and school procedures. Written request must be obtained from the physician and/or parent/guardian. Forms are available in the school nurses office. This procedure applies to any medication that may be self administered or any medication administered under the supervision of school personnel. Self administration of medication by inhaler requires completion of the appropriate forms.

Sport Medicine Staff

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OhioHealth

Sports Medicine

**Westerville North
Athletic Training**



Westerville North Athletic Training Policies & Procedures

Westerville North High School

950 County Line Road

Westerville, Ohio 43081.

Injuries

1. In the event an injury occurs, the athlete should report it to the athletic trainer. All injuries and health concerns must be reported to the athletic trainer. Medical referral will be coordinated through the athletic training staff.
2. In the absence of the athletic trainer, the coach should be notified and will initiate first aid care. The coach will then notify the athletic trainer of the injury incident.
3. Injured athletes are expected to continue to attend practices/games during the recovery period.
4. In the event that an injury keeps an athlete out of play for 24 hours or more or needs referral to a physician, the athlete's Parent/Guardian will be notified by the athletic training staff by phone, email, and/or with a letter sent home with the athlete.
5. Parents are encouraged to contact the athletic training staff with any questions or concerns related to their child's injury and care.
6. All athletes missing practice(s) and/or game(s) due to injury or illness must notify the coach or athletic training staff prior to that practice or game.

Taping/ Bracing Policies?

1. Tape is a medical treatment tool with a specific therapeutic purpose. Appropriate use of tape for injury care will be determined by the athletic trainer and/or physician. Tape will not be given out for non-injury use, including prophylactic taping.
2. Taping may occur following an acute injury. As the rehabilitation progresses, it will be recommended that the athlete purchase a commercial brace for ongoing injury management and prevention.
3. If an athlete needs to be taped in order to participate, the athlete MUST complete a regular rehabilitation program aimed at strengthening the affected area.

Physician Referral

1. The athletic training department is not designed to replace the family physician or dictate medical care. The choice of health care provider and initiation of medical referral always remains at the discretion of the parents.
2. A physician should be contacted if: problems develop with an injury, the condition worsens, or the condition persists for an extended period of time. It is important that the injured athlete return to the athletic training room for re-evaluation and report any new or remaining problems.
3. Parents will have access to the services of the Westerville North High School physicians who supervise all care provided by the athletic training staff.

Dr. Anthony Ewald, Team Physician

Dr. Timothy Duffey, Orthopedic Consultant

4. The team physician will make at least one visit to the Westerville North each week to see athletes in the athletic training room. Please contact the athletic trainer to schedule and appointment.
5. Athletes will have access to baseline Impact Testing, Wrestling Weight Assessments, and Physician Referral line, 614-566-GAME (4263), and a Fall Sports Bump Clinic, provided by OhioHealth Sports Medicine.
6. All athletes and families who choose to be evaluated by their family physician, urgent care, etc, MUST provide signed documentation from the physician indicating the type of injury, course of treatment, and participation status. The note should be given to the athletic trainer promptly upon return from the physician visit.
7. In accordance with OHSAA, suspected head injuries MUST be evaluated by a physician and/or Licensed Athletic Trainer prior to returning to play. A note indicating participation status is required for return to play.

Return to Play Guidelines

1. All athletes who have been removed from activity by the athletic trainer and referred for physician evaluation MUST provide signed documentation from the consulting physician prior to returning to activity.
2. All athletes who have been removed from activity, or placed on limited activity by a physician MUST present signed documentation from the physician clearing the athlete to returning to activity
3. A physician's note "clearing the athlete to full go" is recognized ONLY as a release to begin a gradual transition period back to full game activity. This transition time period is designed to monitor the existing condition and assure safe return to intense and demanding game situations.
4. Any player returning from a head injury must complete established return to play protocol before returning to full activity. This will take a minimum of 5 Days to complete.
5. Injured athletes are expected to continue a rehabilitation and maintenance program on the injured area following return to play to reduce the chance of re-injury. This is also required if the athlete is to continue to practice. These programs will be coordinated through the athletic training room.
6. The athletic trainer determines Return to Activity Status using specific protocols established by the supervising team physician and staff.
7. Each athlete must meet with athletic trainer and team physician to determine return to play status.



National Athletic
Trainers' Association

