

Student Athlete Healthcare General Guidelines and Information

Reading this material and submitting the required forms is a CAC and AAA requirement before participation is permitted in any sport. (EXCEPTION: Football) Parents are expected to read the material, complete the acknowledgement form for each child and return the required forms to the office of the athletic director by specific deadlines stated for each sport season.

Athletic Training and Sports Medicine Staff

Team Physician - Dr. Joel Smith, MD – Martin Orthopedics
Athletic Trainer - Maddie Awtrey, ATC – Martin Orthopedics

The CAC athletic program is fortunate to have Martin Orthopedics furnish the services of Ms Maddie Awtrey, ATC, as our athletic trainer. As the inevitable opportunities arise, parents are encouraged, but not required, to use Martin Orthopedics physicians. The athletic trainer will be present at most athletic practices and events. Should further services be required you may contact her at mawtrey@cacmustangs.org. She will be able to address your concerns or schedule an appointment with a doctor should such be necessary. Please **DO NOT** go to the Martin Orthopedics clinic expecting to see a doctor without first contacting the athletic trainer or Athletic Director or scheduling your appointment in advance.

Pre-participation Physicals

Every athlete is required to have a pre-participation physical (History and Physical Exam) as well as a HIPAA Form (parent completed). The physical is good for only one year. A Sports Medicine Parent Acknowledgment Form is also required. Athletes may not participate in athletic practices or competitions until all signed documents are in the athletic office. All forms are available on the CAC website in the Athletics section. (The Sports Medicine Parent Acknowledgment Form does NOT apply to football; a parent meeting will be held; attendance is required.)

A certified athletic trainer (ATC) is not allowed to sign the document for the pre-participation physical. An ATC may help administer parts of the exam, but a physician, physician assistant or nurse practitioner must oversee the exam and sign the appropriate form.

Martin Orthopedics provides an opportunity for student-athlete physicals at a minimal cost. The date is widely publicized by various means. It is the responsibility of the student athlete and/or parent(s) to take advantage of this opportunity or to arrange a scheduled physical with their own healthcare provider.

Athletic Training Room

The Athletic Training Room is open on school days, Monday through Friday, from 30 minutes before the first practice; generally by 2:30 pm. Hours may vary for non-school days, such as holiday breaks, spring break and pre-season practices in August.

Students with early dismissal are encouraged to go to the athletic training room as soon as possible if they need to see the athletic trainer or use the athletic training room for treatment or rehabilitation programs. This reduces the wait times that are frequently encountered by student athletes immediately before practice.

Student athletes participating in an in-season sport will be seen on a first-come-first-served basis. Some exceptions will apply, such as athletes who need to leave to ride a bus for practice or competition, medical emergencies, etc. Athletes who are out-of-season may need to wait until after the start of in-season practice (3:45-4:00) to use the athletic training room facilities or the services of the athletic trainer.

Welcome to the Hydration Campaign Parent Meeting

Review the following information and complete the quiz at the end by circling the correct answer.

KENDRICK
FINCHER
V.C.,



HYDRATION
FOUNDATION

Did you know ...?

- 75% of the body is made up of water
- 92% of blood is made of water
- Water carries nutrients and oxygen to all the cells in your body
- Water helps turn food into energy
- Water regulates your body temperature
- You have a 10% decrease in your mental performance when you feel thirsty
- If you are dehydrated you are more likely to have trouble concentrating
- If you are well hydrated, exercise feels easier and more enjoyable

So drink more water!

How much do I need to drink?

Take your weight and divide it by two. Everybody needs at least 50 ounces of water a day and if you weigh over 100 pounds, then divide your weight by two to determine how much to drink (for example, if you are 150 pounds you should drink 75 ounces per day). And if you are sweating, you should drink even **more!**

When and what do I need to drink?

You should drink water and other healthy liquids throughout the day. Sports drinks are great if you have been working out or playing sports. Soft drinks are not a healthy choice for hydration and will actually make you dehydrate faster. Milk and juice are a great part of your diet, but they contain calories which you may need to keep an eye on for maintaining healthy weight.

What's the big deal?

Dehydration is a common problem for many young athletes playing in heat. These conditions are not only dangerous, but are also fatal in some cases. You can die from these illnesses. Don't take it lightly. It's not cool to see how long you can practice without drinking water. It's deadly.

Three Degrees of Heat Illness:

The three types of heat illness are Heat Cramps, Heat Exhaustion and the most serious and deadly form: Heat Stroke. All three of these types of dehydration are dangerous, and that is why it is so important to know the warning signs.

Warning Signs!

Dehydration is a very common problem, and young athletes can experience consequences of dehydration even if they are as little as 2% dehydrated. Here are **some warning signs:**

- Noticeable Thirst
- Decreased Performance
- Nausea
- Muscle Cramps
- Headache
- Fatigue
- Weakness
- Lightheaded or Dizzy
- Difficulty Paying Attention

Then what?

If you experience any of the previous symptoms, you need to take the following action:

1. Rest in a cool place
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow lots of time to rehydrate.

Heat Exhaustion

Symptoms of heat exhaustion include dizziness and fatigue, chills and rapid pulse.

If you experience these symptoms, immediately:

1. Rest in a cool place.
2. Drink a sports drink.
3. Lie down with legs elevated to promote circulation
4. You should begin to feel better soon. If not, you may have heat stroke.

Heat Stroke

Heat Stroke is a medical emergency! If not treated fast and appropriately, it can result in death!

Symptoms include:

Very High Body Temperature (rectal temperature over 104 degrees)

Altered central nervous system function (confusion or unconsciousness)

Healthy athlete collapses during intense exercise in the heat

Cool-Out Heat Stroke

Immediate cool-down procedure is very important for someone suffering exertional Heat Stroke. Quickly get the person into an ice bath to get temperature down as quickly as possible. If an ice bath is not available, put **ice packs all over the body, take a cool shower, use wet towels or spray water.** Remember that heat exhaustion gets better, but heat stroke just gets worse. Call 911, cool first and then transport.

Ok, you know the facts, now what are you going to do about it?

Know Your Sweat Rate

Athletes need to know how much they sweat and how much to drink to replace it:

Weigh in before and after practice and competition.

Keep track of how much fluid you drink during workout.

Combine the amount of weight lost with the amount of fluid consumed to know how much to drink to stay hydrated.

Check your Urine

If your urine is colored dark yellow like apple juice, you probably aren't staying hydrated. It should be clear or light yellow--such as lemonade to know that you are drinking enough fluids.

Hydrate, hydrate, hydrate

- You should always drink before, during and after practice.
- BEFORE gives you a head start.
- DURING gives you the energy to keep going.
- AFTER helps replace the lost fluids and electrolytes.

Know WHAT to drink

Water is always a good choice, but research has shown that sports drinks are best while working out. This is because sports drinks contain electrolytes, flavor to encourage you to drink and carbohydrates to send energy to your muscles. Avoid fruit juice, carbonated drinks, caffeine and energy drinks before or after activity.

Speak Up!

If you are feeling ill or need to rest, **TELL YOUR COACH!** Do not let these symptoms go by without saying something about it! Don't worry your coach won't think less of you and your teammates will respect you for protecting yourself. It is nothing short of dangerous and stupid to be quiet when you aren't feeling well. So speak up!

Heat Illness Prevention

There are a lot of factors that can cause heat illness, but here are some simple tips to keep you safe.

1. Acclimation – an athlete needs two weeks to get acclimated to work-out routines. Drink lots of liquids, stay hydrated and take some time to get used to the sport you will be participating in.

2. Proper Rest - Parents and coaches should encourage breaks in shaded areas, practice during cooler times of the day, such as the evening or early morning.

Practices must be modified based on the conditions of weather and time of year.

3. Dress Code - Wear light-colored and lightweight clothing that does not constrict your body.

Temperature Awareness

Keep track of the heat index and the risk during activities. The 'heat index' is a measurement of air temperature and humidity.



Arkansas Activities Association Concussion Fact Sheet for Athletes and Parents

WHAT IS A CONCUSSION

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding", "getting your bell rung," or what seems to be mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION

Observed by the Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory Problems
- Confusion
- Does not "feel right"

Observed by the Parent, Guardian, Coach, or Teammate

- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events after hit or fall
- Appears dazed or stunned

WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT

Athlete

- TELL YOUR COACH IMMEDIATELY
- Inform parents
- Seek medical attention
- Give yourself time to recover

Parent or Guardian

- Seek medical attention
- Keep your child out of play
- Discuss play to return to play with coach
- Address academic needs

WHERE CAN I FIND OUT MORE INFORMATION?

- Center for Disease Control www.cdc.gov/concussion/HeadUp/youth.html
- NHS Free Concussion Course <http://nfhslearn.com/electiveDetail.aspx?courseID=15000>

RETURN TO PLAY GUIDELINES

1. Remove immediately from activity when signs/symptoms are present.
2. Release from medical professional required for return (Neuropsychologist, MD, DO, Nurse Practitioner, Certified Athletic Trainer, or Physician Assistant)
3. Follow school district's return to play guidelines and protocol

MEDICAL RELEASE FOR GRADUATED RETURN TO PLAY PROTOCOL

Student Name _____ Date of Birth _____ Grade _____ Date of Injury _____

Sport Injury Details _____

Student is cleared to initiate and proceed through the protocol as detailed below after a full day of normal activity with no symptoms. Follow the gradual and progressive steps of the training sequence below. There should be at least 24 hours between each step. If symptoms return at any time during these activities, stop the workout. Rest until symptom-free for 24 hours then return to the previous asymptomatic step. If symptoms return or worsen, seek medical attention.

Other information _____

Completed by (print name) _____ Signature _____ Date _____

____Neuropsychologist MD DO Nurse Practitioner Certified Athletic Trainer ____Physicians

Assistant GRADUATED RETURN TO PLAY PROTOCOL /SUPERVISED BY SCHOOL PERSONNEL

STEP	DATE COMPLETED	ACTIVITY	COMMENTS
1. Light general conditioning exercises (Goal: Increase heart rate).		*Begin with sport specific warmup. Do 15-20 minute workout: stationary bicycle, fast paced walking or light jogging, rowing or freestyle swimming *Attend full day of school if in session.	
2. Moderate general conditioning and sport specific skill work; individually (Goal: add movement, individual skill work).		*Sport specific warm-up. Slowly increase intensity and duration of workout 20-30minutes. Begin sport specific skill work within the workout. No spins, dives or jumps. *Attend full day of school if in session.	
3. Heavy general conditioning, skill work; individually & with teammate. NO CONTACT. (Goal: Add movement, teammate skill work).		*Continue with general conditioning up to 60 minutes. Increase intensity and duration. Begin interval training. -Continue individual skill work. -Begin skill work with partner-no contact. -Continue with individual skill work as in Step 2. •Attend full day of school if in session.	
4. <u>Heavy</u> general conditioning, skill work and team drills. No live scrimmages. VERY LIGHT CONTACT (Goal: Team skill work, light static contact).		*Resume regular conditioning and duration of practice. -Increase interval training and skill work as required -Gradually increase skill level of spins, dives, jumps -Review team plays with no contact. -Very light contact and low intensity on dummies •Attend full day of school if in session.	
5. Full team practice with body contact		*Participate in a full practice. If a full practice is completed, discuss with the coach about getting back in next game. *Attend full day of school if in session.	

[verify Graduated Return to Play Protocol has been completed. Signature _____

Date _____

CENTRAL ARKANSAS CHRISTIAN ATHLETIC DEPARTMENT

COMMUNICABLE DISEASES INFORMATION AND POLICIES

WHAT IS MEANT BY COMMUNICABLE DISEASES?

- Any illness spread person-to-person through direct or indirect contact with an infected person.
 - Direct contact – skin-to-skin contact
 - Indirect contact - touching a surface an infected person previously touched
 - Infected - showing signs or symptoms of a disease
- Can happen anywhere large groups congregate. Athletes are especially susceptible.
- Caused by microorganisms called fungi, virus and bacteria.

COMMON ILLNESSES

- Upper Respiratory
 - Bronchitis, pneumonia, flu; usually viral
- Meningitis
 - Inflammation of membranes surrounding the brain and spinal cord
 - Can be viral or bacterial.
 - Bacterial more easily spread through saliva and throat secretions.
 - **DO NOT SHARE** water bottles, eating utensils, etc.
 - Rapid onset fever, stiffness, headache, some have extreme sensitivity to light
- Mononucleosis (Mono)
 - Caused by Epstein-Barr Virus
 - Fever, sore throat, swollen lymph nodes, enlarged spleen
 - Excess pressure or direct contact can rupture the enlarged spleen. This can be very serious!
 - **NO ACTIVITY** for 3-4 weeks. This includes running, lifting weights, conditioning.

SKIN INFECTIONS

- **FUNGAL** - caused by dermatophytes
 - Athlete's Foot (Tinea Pedis)
 - Cracked, flaky skin between the toes and on sides of the feet
 - Thrives in warm, moist environment
 - Treated with topical fungicide
 - Prevention
 - Change to clean, dry socks during practices and after practice
 - Wear shower shoes in showers
 - Ringworm (Tinea Corporis) - **MUST BE CLEARED BY A DOCTOR!**
 - NOT a worm, but a ring-shaped lesion
 - Raised, itchy, scaly patches, darker on outside and lighter in middle
 - Skin-to-skin contact, indirect contact, pets
 - Treated with topical fungicide
 - Prevention
 - Refrain from scratching
 - Change bedding daily
 - Keep pets clean to prevent spread
- **VIRAL** - invades healthy body cells and uses their energy stores to multiply
 - Herpes
 - Caused by Herpes Simplex Virus (NOT the genital variety)
 - Clusters of blisters, fever, swollen lymph nodes, burning and tingling of skin
 - Can spread through saliva and throat secretions and skin-to-skin contact
 - Sub-class: Herpes Gladiatorum...most common in wrestlers
 - NO practice or competition until the area is dry and scabbed over
 - **MUST BE CLEARED BY A DOCTOR!**

- o Molluscum Contagiosum ...mostly common in wrestlers
 - Caused by a Pox Virus
 - Itchy, irritated pearl-like nodules
 - Athlete MUST be isolated from the team and CLEARED BY A DOCTOR!
- BACTERIAL
 - o Streptococcus Group A
 - Streptococcal Impetigo
 - Incubates for 1-3 days post-exposure
 - Red, itchy sores that break open and ooze bacteria-containing fluid.
 - Treated through oral and topical antibiotics
 - Wash area several times a day with antibacterial soap
 - Practices and Competitions
 - o NOT sufficient to just cover the infection
 - o NO PARTICIPATION until on the medications for 72 hours.
 - o Must be free of drainage and no new lesions can appear before resuming participation
 - o MUST BE CLEARED BY A DOCTOR!
 - o **MRSA (Methicillin-Resistant Staphylococcus Aureus)**
 - Does not respond to methicillin antibiotic group
 - CA-MRSA (Community-Associated MRSA) -football and wrestlers
 - Hard to diagnose at first...may look like Impetigo, pimple, or insect bite
 - HIGHLY CONTAGIOUS ...schools have been shut down in Arkansas
 - Can get into blood and organs causing weakness, paralysis, and more serious complications.
 - Symptoms
 - Skin -boils, abscesses
 - Corresponding organ infections
 - o Heart -murmur, heart infections, heart failure
 - o Lungs -pneumonia, bronchitis, shortness of breath
 - Condition can deteriorate rapidly.
 - Athlete must be isolated from the team. MUST BE CLEARED BY A DOCTOR!

PREVENTION

- WASH HANDS for at least 15 seconds using antibacterial soap.
 - o Get in habit of washing hands before practice!!
 - Ex: Infected athlete sneezes into hand, catches the ball, passes the ball, infecting entire team. Do not sneeze/cough into hand.
- SHOWER after every practice or game
- DO NOT SHARE PERSONAL ITEMS such as towels, razors, bar soap, deodorant, combs.
- Shoes and socks should be kept dry.
- Surfaces such as mats, training tables, weight benches and bars must be kept clean and disinfected after use.
- Cover abrasions and cuts.
- DO NOT SHARE water bottles if possible. If it is necessary to share, bottles and coolers should be cleaned regularly.

**AT THE DISCRETION OF THE ATHLETIC TRAINER,
SOME CONDITIONS/INFECTIONS WILL BE REFERRED TO AND
MUST BE CLEARED BY A MEDICAL DOCTOR!**

PRE-SEASON PARENT ACKNOWLEDGMENT SIGNATURE FORM

****Please: One athlete per sheet****

This document is to be returned to the high school office: ATTN Hayden Cruce

This document does NOT apply to football participation.

Athlete's Name _____

__ Please Print

Parent or Legal Guardian Name _____

Please Print

HYDRATION CAMPAIGN:

By signing below, I verify that I have read the required information regarding heat illness and hydration access as presented on the CAC website.

CONCUSSION FACTS, POLICIES AND PROCEDURES:

By signing below, I verify that I have read the required information regarding concussion information as presented on the CAC website.

COMMUNICABLE DISEASES FACTS, POLICIES AND PROCEDURES:

By signing below, I verify that I have read the required information regarding Communicable Diseases information as presented on the CAC website.

If you have questions or need additional information, please contact CAC's athletic trainer, Maddie Awtrey, at

Parent or Legal Guardian Signature _____

Date _____

This document is to be returned to the high school office; ATTN Hayden Cruce

This document does NOT apply to football participation.