



### **Role of the Athletic Trainers:**

Athletic trainers (ATC's) are members of the allied health community who work to prevent and treat athletic related injuries. They are certified by the National Athletic Trainers' Board of Certification and licensed in the state of Ohio by the OTPTAT board. There are two ATCs on staff at Hamilton High School. The role of the athletic trainers is to provide care for all acute and chronic injuries to the student-athletes at Hamilton High School. While all sports fall under this umbrella, certain sports take priority because of the injury risk involved. Football, soccer, wrestling, and basketball are those with the highest incidence of injury, and therefore require an athletic trainer to be available during practices and all home games. All athletes should be evaluated by an athletic trainer if he/she is injured during athletic participation. Services in the athletic training room will be on a first come first serve basis, or depending on the injury or sport (in-season sports will be seen before out-of-season sports).

### **Athletic Training Room (ATR) Hours and Freshman Coverage:**

The ATR will be open on most school days from 1:30-6:00 pm. If coaches schedule practice different times, then it is up to them to notify the ATC. Times will vary on game days as the ATR will be open one hour before the first contest. Other times can be scheduled. During weekends, holiday breaks, and summer break the ATC will be on call and the ATR will be open depending on practice times. During the school year if an in-season varsity team practices on the Hamilton High School Athletic Campus during the week, it will be covered by the AT's. Weekend practices will be covered as determined by the athletic training staff. All varsity, reserve, or freshman sports practicing at the freshman school will be covered on an "on-call" basis, please note if there is an event at Hamilton High School, there will be an ATC on site at the High School. In the event of inclement weather and school closing, coaches must notify the ATC of practice times.

### **Athletic Trainer Priorities:**

The athletic trainers will attempt to cover as many practices and games as possible. The athletic trainers will be in the field house athletic training room (fall season) and the main gym athletic training room (winter and spring) starting at 1:30pm. Water will be provided during all home events. Event coverage adheres to NATA injury surveillance studies and are prioritized as follows:

**Fall:** At least one ATC available during football practice. Treatment on Saturdays and Sundays by appointment or as needed.

1. Varsity Football- home and away
2. JV Football- home games only
3. Freshman Football- home games only
4. Boy's and Girl's Soccer- home games only
5. Girl's Volleyball- home games only
6. Cross country- home meets only
7. Tennis- as needed
8. Golf- as needed

**Winter:** At least one ATC in athletic training room M-F 1:00-6:00pm. Winter break: determined by practice schedule.

1. Boy's and Girl's Basketball- all home games
2. Wrestling- home meets
3. Gymnastics- as needed
4. Swimming- as needed

**Spring:** At least one ATC in athletic training room M-F 1:00-5:30, or as needed.

1. Baseball- all home games
2. Softball- all home games
3. Track and field- all home meets
4. Boys Volleyball- all home games
5. Tennis- as needed

### ***Middle School Athletic Training Coverage:***

Michelle provides athletic training coverage to Garfield and Wilson Middle Schools. Coverage will be provided at the following home games/meets as the schedule allows:

1. Football
2. Girls and Boys Basketball
3. Wrestling
4. Track and Field

Other middle school resources include:

- Evaluation of injuries by an athletic trainer by appointment (Please email Michelle to arrange this)
- Access to team physicians at Kettering Physicians Network Orthopedics and Sports Medicine
- Concussion management assistance
- Spring pre-participation physicals hosted at the high school
- Physical Therapy from Fort Hamilton Hospital

### **Athletic Training Room Athlete rules:**

1. Please stay out unless getting taped, treated, or evaluated. The athletic training room is not a hang out.
2. While waiting, keep noise to conversation level.
3. Pants or shorts are required on all athletes (this does not include boxers or compression shorts), it is a coed facility.
4. Taping is done on an as needed basis, do not ask to be taped, the athletic trainers will determine if you need to be taped.
5. Do not ask to be taped for games if you do not get taped for practice.
6. "Sore ankles" do not need to be taped. The athletic trainers can show you how to treat if you wish.
7. See Nic or Elizabeth after practice if you are injured.
8. Do not go in the ATR unless Nic or Elizabeth is in the room or nearby.
9. Do not take anything from the ATR (tape, medicine, coolers, equipment, etc.)
10. You must sign in when entering the ATR, and provide a reason as to why you are being treated (ice, tape, etc).

### **Reporting Injuries to the ATR after hours:**

If an athlete is injured and an athletic trainer is not available, that athlete should report to the ATR after school or before practice the next day. Nic or Elizabeth can be reached via email (listed below) by a parent or via phone by a coach at all times. If the injury is serious, then the coach or parent should send that athlete immediately to a physician. All injuries sustained by Hamilton High athletes and all subsequent evaluations done by HHS athletic trainers will be documented. **All physician documentation and release forms must go to the athletic trainers.**

### **Taping and Treatments:**

The Hamilton High School athletic trainers will only tape those athletes we see as having need for ankle or wrist support. Preventative ankle taping will only be done to those who are recovering from a recent ankle injury. If you do not tape for practice, you do not need to tape for the game. If taping is needed for anything, it will be after the athletic trainer has done an evaluation and determined a need for tape. Sore ankles are not always the result of unstable ankles, so tape is not always required. The athletic trainers can show the athlete treatments for sore ankles.

Other treatments available in the athletic training room include: cold modalities (ice packs, whirlpool, ice bucket, Game Ready), moist heat packs, compression, ultrasound, electrical stimulation, combo, wound care, assisted stretching, and rehab assistance.

### ***Over the Counter Medications:***

Coaches and athletes are strongly discouraged from carrying OTC meds and must not dispense them to athletes under any circumstance. Coaches are not allowed to give athletes medication. OTC or prescription medications can be provided to the athletic trainer by the athlete and dispensed as per physician or treatment protocol.

## ***Physician Referrals and Physical Therapy:***

If an injury or illness warrants referral to a physician, the athletic trainers can assist in the referral process. Orthopedic referrals will be done by the athlete's preference. The athlete can see any physician they want, but if the athletic trainer calls a Fort Hamilton Physician directly, that athlete can usually get seen within 1-3 days. Any athlete who sees a physician must present a note clearing the athlete for participation to the athletic trainer, unless the physician contacts the athletic trainer via phone. If a note is not presented, then that athlete can't participate in practice or games.

If physical therapy is prescribed by a physician, the athlete can go to any PT clinic they wish. It is recommended that athletes go to Fort Hamilton Physical Therapy down the street at Fort Hamilton Hospital. Nic and Elizabeth are employed through Fort Hamilton Hospital and communication will be smoother than at other clinics. Nic and Elizabeth will assist during the rehabilitation process in the ATR on an as needed basis. Depending on the athlete's schedule, rehab can be done during the school day if they are cleared through the front office.

## ***Injuries on the Field:***

If an athlete is injured on the field, he/she should never be moved if a head or neck injury is suspected. In the event of a neck or spinal cord injury, the athletic trainers and the Hamilton EMS will remove all football equipment onsite prior to transport unless a physician or EMS deem it inappropriate. An athletic trainer will be present at all varsity football games (home and away), and any game or practice occurring at Hamilton High School. Most away events will have an athletic trainer on site for emergency management, however, each coach should be ready to evaluate the injury and use a "common sense" approach to whether or not an ambulance needs to be called if an athletic trainer is not present. This rule is especially important at Hamilton Freshman School as an athletic trainer is not usually present during practices and games.

In the event of a spinal cord injury or any ambulance transport, an athletic trainer can go with the athlete only if both athletic trainers are present. If the athlete's parent or other family member over age 18 is not available, it is recommended that a coach familiar with the athlete ride along in the ambulance to answer any questions the athlete cannot.

## ***Injury Management:***

In the event that an athlete is injured and an athletic trainer is not on site, it is the athlete's parents and the coaches responsibility to contact an athletic trainer via cell phone or email, and have the athlete report to the athletic training room after school the next day. If there is no school the next day and the athlete needs to be seen, the coach can contact Nic or Elizabeth to set up a time to come in for an evaluation.

The athletic trainer will evaluate the injury and determine treatment protocols and if a physician referral is necessary. The athletic trainers will refer the athlete to the Fort Hamilton Hospital

team physician but the choice of where to take the athlete is up to the athlete's parents. The athletic trainers will follow the instructions of the physician's treatment and rehabilitation recommendations. Return to play will be determined by the referred physician. If an athlete is injured badly enough that he/she cannot practice, the athletic trainer will notify the coach. Coaches should notify the athlete if he/she wants the athlete to still attend practice if they are not receiving treatment. If an athlete needs treatment, he/she must report to the athletic training room daily until either the athletic trainer or a physician says otherwise. If an athlete is ill, the athlete or his/her parents should contact the coach or an athletic trainer.

### ***Athletes with Asthma***

All athletes with asthma should carry an inhaler with them at all times and provide an extra inhaler to their coach to carry in the sports medicine kit. Athletes must only use their own inhaler, do not allow an athlete to use another athlete's inhaler.

### ***Injury Privacy and the Law:***

The Health Insurance Portability and Accountability Act (HIPAA) prohibits any dissemination of medical information to non-authorized parties. Administrators, coaches, and sports medicine personnel will never release any medical information without the expressed written consent of the athlete and the athlete's parents.

### ***Required Sports Medicine forms:***

All athletes must have a physical on file. Physicals are kept on file in the athletics office and scanned into Final Forms. If an athlete needs a copy, he/she can access their physical through their profile page on Final Forms. Please review final forms for any other forms needing to be signed.

### ***Parent's Contact for the Athletic Trainers:***

If needed, only parents and coaches are to contact the athletic trainers via phone call, text or email. Nic or Elizabeth will not respond to an athlete's call, text or email. The best way to get a hold of the athletic trainers is via email.

<b>Nic Keuler (High School AT)</b>	<b>Elizabeth Katenkamp (High School AT)</b>	<b>Michelle Reinsmith (Middle School AT)</b>
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