

# Mesa Ridge High School



## SPORTS MEDICINE HANDBOOK

*Athletic Training and Athletic Injury Handbook for  
Student-Athletes, Coaches, Parents,  
Administrators, and Staff*

Updated July 2021



Mesa Ridge High School  
Sports Medicine Handbook  
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# Mesa Ridge High School Sports Medicine Handbook **Mission Statement**

Our Athletic Training and Sports Medicine staff's mission is to provide comprehensive, evidence-based, and quality health care services for the well-being of our student-athletes and their opponents. We are committed to the domains of athletic training as set forth by the National Athletic Trainer's Association (NATA) and will ensure that the services provided will maintain the highest quality of standards consistent with the NATA Standards of Professional Practice and the credentialing standards of the state of Colorado. Our Athletic Training and Sports Medicine staff consists of two certified athletic trainers, two team physicians, various health care professionals, Mesa Ridge Athletic Director, and Mesa Ridge High School coaches who are certified in CPR and advanced First Aid.

## **Vision**

The Mesa Ridge Sports Medicine Team strives to keep all student-athletes healthy and injury free by developing effective values and care in prevention, recognition, evaluation, treatment, and rehabilitation of athletic injuries or illnesses as well as education to student-athletes, coaches, and parents. It is our goal to return the student-athletes to their athletic activity as quickly and as safely as possible. As a staff, we aim to provide an all encompassing quality of care to each student-athlete so they may perform at their very best.

## **"THE GRIZZLY WAY"** **Core Covenants**

Mesa Ridge High School's athletics is an extension of the classroom and provides healthy opportunities for students to learn lessons in sportsmanship, teamwork, competition and self-discipline. As part of our philosophy, we strive to incorporate "The Grizzly Way" in all aspects of our own and our student-athletes life.

### **TRUST**

**COACHES**  
**TEAMMATES**  
**TEACHERS**

### **INTEGRITY**

**DURING COMPETITION**  
**IN SCHOOL**  
**IN THE COMMUNITY**  
**YOURSELF**

### **DISCIPLINE**

**MIND**  
**BODY**  
**ACTIONS**



# Mesa Ridge High School Sports Medicine Handbook **Athletic Training Staff**

## Head Athletic Trainer: Breanna Sage, MA, LAT, ATC

Breanna Sage (Sage) is a nationally certified and Colorado registered Athletic Trainer. Sage is currently employed by Widefield School District #3. She received her Bachelors of Science degree in Athletic Training from Colorado State University-Pueblo (CSU-P) in 2017. She not only serves as the Athletic Trainer for Mesa Ridge High School, but has also practiced athletic training with various camps and affiliations to include: CSU-Pueblo's men's and women's basketball camp, football camp, volleyball camp, soccer camps; The Rocky Mountain State; Go4Ellis; United States Air Force Academy Summer Seminar. After her bachelor's degree, Sage continued in school to get her Masters in Arts in Sports and Performance Psychology. While she was completing that degree, she obtained her Certified Functional Strength Coach certification. Sage worked for Colorado Springs School District #11 at General William Mitchell High School for 3 years before coming to Mesa Ridge. Sage is eager to be with Mesa Ridge High School Athletics, and provide exceptional athletic support for the upcoming and future seasons.

### Contact Information

Email address: [sagebreanna@wsd3.org](mailto:sagebreanna@wsd3.org)

Office phone: (719) 391-3668

Cell phone: (719) 964-7447

## Athletic Director: Brett Humphrey

Brett was born and raised in Colorado. He got a Bachelor's degree in Cellular and Molecular Biology from Colorado State University-Pueblo (CSUP). He then went on to get his Masters degrees in Curriculum and Instruction from UCCS as well as Administration from Argosy University. Brett was a science teacher for 11 years at Mitchell High School in District #11 where he was part of the PLTW for Biomed. He was an adjunct professor for 1 year at CSUP. While teaching Brett was a pitching and strength and conditioning coach for CSUP for 2 years, he was a head baseball coach at Sand Creek and Mitchell High School for 6 years, and then was the head soccer coach at Mitchell High School for 10 years.

Brett is the youngest of three siblings (Travis and Melissa) and is married to Jamie Humphrey (Dist. #11 Dietician/Nutritionist). He has two daughters, Mikayla and Makenzie. Playing sports has afforded him the opportunity to travel the country and play sports at the highest level. During his time in education Brett has learned the value of family, respect and working to achieve life-long goals. Education has allowed him the opportunity to work with the young women and men of the city, and encouraging them to chase their dreams.

### Contact Information:

Email Address: [humphreybrett@wd3.org](mailto:humphreybrett@wd3.org)

Office Phone: 719-391-3614

Fax: 719-390-9697



## Mesa Ridge High School Sports Medicine Handbook **Sports Medicine Staff**

Mesa Ridge High School has proudly partnered with health care professionals to provide quality care for the student-athletes. With these partnerships, the athletic trainer has access to professional health care providers that athletes may be referred to for further evaluation. These health care providers are available for our student-athletes within their practicing clinic, at all home varsity football games, and provide on site physician visits upon request from the head athletic trainer if available. The sports medicine staff can provide access to other providers as needed for the health care of our student-athletes. These health care providers have been with the athletic training staff at Mesa Ridge for over 5 years.

### **MRHS Team Physicians:** Pete Smith, PA-C and Alex Simpson, DO

#### **Pete Smith, PA-C:**

Pete Smith, PA-C is a physician assistant practicing with Dynamic Family Medicine. After growing up in Colorado Springs and receiving a degree in History at Menlo College in the Bay Area, he worked as a firefighter/paramedic. He graduated from The Wichita State University with a Bachelor of Science degree as a Physician Assistant, in 1991.

He and his wife have lived and taken care of families and athletes in the Security-Widefield area for over 20 years. Training includes family medicine, emergency medicine, orthopedics, general surgery, rural medicine, internal medicine and OB/GYN. Pete also trains PA students in his office from CU Physician Assistant Program, School of Medicine Anschutz Medical Campus, as well as medical students from Rocky Vista University College of Osteopathic Medicine. Pete has provided medical coverage for Mesa Ridge High School football games since 2010, starting while his daughter was a Proud Grizzly and graduated in 2013. He also serves the community as President of the Board of Directors for the Security Fire Department.

#### **Contact Information:**

Phone: (719) 392-3883

#### **Location:**

Dynamic Family Medicine  
5715 Kittery Dr. #A  
Colorado Springs, CO 80911

#### **Alex Simpson, DO:**

Dr. Alex Simpson is a native of Colorado Springs, and a member of Mesa Ridge's 1st graduating class ('99). Dr. Simpson treats a wide array of orthopedic problems, but has a special interest in the lower extremity. His practice focuses on foot and ankle sports medicine, reconstruction, arthroplasty, and trauma. Dr. Simpson received his Medical Degree from Touro University Nevada College of Osteopathic Medicine and completed his orthopedic Surgery Residency at the Ohio University-Doctor's Hospital/Grant Medical Center. He completed his fellowship in Foot and Ankle Orthopedic Surgery at the Orthopedic Foot and Ankle Center in Ohio.

Dr. Simpson currently practices at Colorado Springs Orthopedic Group (CSOG). He is very excited to be serving as team physician for Mesa Ridge athletics. His duties typically include football game sideline coverage for emergent conditions, post game injury evaluation and treatment recommendations.



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He will also assist the athletic training staff in getting athletes into the CSOG system for evaluation and treatment.

### Contact Information:

Phone: (719) 632-7669

Fax: (719) 632-0088

### Location:

Colorado Springs Orthopedic Group

4105 Briargate Parkway

Suite 300

Colorado Springs, CO 80920

### Other sports medicine staff:

MRHS sports medicine staff also includes the school nurse, school psychologist, physical therapists, MRHS administrators, MRHS teachers, and MRHS Counselors.



# Mesa Ridge High School Sports Medicine Handbook **Athletic Training Room Location and Hours**

The Athletic Training Room is located in the South hallway near the Girls PE Locker room and main gymnasium.

## Hours:

The athletic training room is open at 2:45pm Monday through Friday during the official CHSAA Fall, Winter and Spring seasons. On Saturdays it will open an hour before the start of athletic events. Hours may vary during holidays and school breaks such as winter break, spring break, and pre-season practices.

## **Medical Coverage for Athletic Events**

There will be an athletic trainer at all home competitions and every home and away varsity football game. In the event that multiple home competitions are occurring at the same time, the athletic trainer will cover the sporting events based on the level of risk associated with the sport. All competitions and practices must have a cell phone on site (usually provided by the coach) to provide communication with the athletic trainer in the event of an emergency or injury.

## **Team First Aid Kits and Emergency Cards**

At the beginning of each season, coaches will be given a medical kit with first aid supplies. These kits must be returned at the end of each season. Supplies will be replenished based on the treatment/medical needs of the sport and upon coach's request. Each student-athlete and manager must provide the pink eligibility card and blue emergency card (upon turning in the updated physical packet) in order to participate in their chosen sport. **Emergency blue cards must be kept in these kits at all times!**

## **Pre-Participation Physical Exams (PPE) and Packet**

All student-athletes, managers, and athletic training student aids (ATSA) must undergo a pre-participation physical exam annually. Student-athletes, managers, and ATSA's may go through their family physician or the physicians provided by the school on the annual physical nights. Physicals must be performed **ONLY** by an MD, DO, PA-C, or nurse practitioner. Pre-Participation Physical forms can be picked up in the business office and returned to the Business office to the appropriate staff member (Athletic Director or Athletic secretary). Only fully completed and signed PPE packets will be accepted and approved for participation. An example of a completed and acceptable PPE packet can be found on the athletics tab of the schools web page in documents.



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# Prescription and Over-the-Counter Medications

The athletic trainer, coaches and staff at MRHS **cannot** give any medications to student-athletes. This includes over-the-counter medications such as Tylenol or ibuprofen. If a student has a prescription medication they need or may need to take during athletic events, they should make the coaching staff and athletic trainer aware of it. Medications cannot be stored in medical kits. The only exception is for inhalers for student-athletes with asthma. Any medications, inhalers, or emergency severe allergy medications needed by a student athlete during extracurricular activities and during school hours must be given according to WSD3 District Policies JLCD (Student medication) and JLCD-R (Student Medication Procedure).

## Injury Documentation

### MRHS Injury Report and SOAP Notes

An Incident Report will be logged and created in Heatly Roster. This is the Electronic Medical Records (EMR) that Mesa Ridge High School used to document injuries. All documents surrounding the injury will be placed into this system. Parents will be added to their student-athletes profiles where they can communicate with the athletic trainer as well as see information regarding the injury and treatment. SOAP notes will be used in the EMR to keep track of progress. It is the **student-athlete's responsibility** to report to the AT everyday to ensure the proper documentation of the progression of the athlete's injury.

### MRHS Concussion Documents

Along with the injury report and SOAP notes, the Parent Information on Concussion sheet, and Concussion Assessment Form will be used for concussions and will be uploaded into the EMR.

All paper documentation will be secured and locked in the athletic training room office.

## HIPAA Policy (Health Insurance Portability and accountability Act)

Under the regulations of HIPAA, the athletic trainer can only share medical information with the parents or guardians of the student-athlete. Injury information regarding the student-athlete's participation status will be shared with coaches only as it pertains to their participation in that sport. Injuries considered to be an emergency, in which EMS was called to provide care and any other injuries that dictate a team-care approach, will be reported to the athletic director and the WSD3 sports medicine staff. This protects the privacy of the student-athlete.

More information on HIPAA can be found at:

<http://www.hhs.gov/ocr/privacy/hipaa/understanding/index.html>





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## Athletic Training Student Aides

### High School Athletic Training Student Aides:

High school students interested in exploring careers in athletic training or other sports medicine fields may volunteer in the athletic training room as part of the Athletic Training Student Aide (ATSA) Program. These students will **NOT** perform injury evaluations but may provide first aid care as well as other administrative tasks assigned and supervised by the athletic trainer. All student aides **MUST** follow the policies and procedures as indicated in the Athletic Training Student Aide Handbook as well as sign the confidentiality and various documents prior to beginning in the athletic training room stating that they will abide by the expectations and policies and will not discuss **ANY** medical information on a student-athlete with anyone other than the MRHS Head Athletic Trainer. Any student aide found in violation of the policies, procedures, rules, or discussing confidential medical information will be **removed immediately** from the ATSA program. **NO EXCEPTIONS!**

### Colorado State University-Pueblo & University of Colorado Colorado Springs Athletic Training Students:

MRHS Head Athletic Trainer is an approved certified preceptor for CSU-Pueblo and UCCS students who are currently enrolled in the respective schools CAATE Accredited Masters Athletic Training Education Programs. As an affiliate site, MRHS serves to provide the athletic training students (ATS) supervised clinical experience in the profession of Athletic Training. These students will observe as well as develop clinical and evidence-based integration proficiencies, communication skills, and clinical decision-making during actual patient care regarding the practice of athletic training. MRHS along with many other affiliate sites will aid in the ATS' clinical education experience that addresses the continuum of care that would prepare the student to function in a variety of settings with patients engaged in a range of activities with conditions described in athletic training knowledge, skills and clinical abilities. The CSU-P & UCCS ATS' will assist the AT in all areas of the profession under supervision and will follow all guidelines of practice as set forth by the Commission of Accreditation of Athletic Training Education or CAATE.

## Quick Reference for Injuries

### General 5-step rule for injuries

Step 1: If medical emergency, dial 911.

Step 2: Coach must notify Athletic Trainer (AT) via phone call (text or email for less severe injuries).

Step 3: Parents and students must follow up with AT prior to return to play.

Step 4: If other medical care was attained, **a signed medical release** from the health care provider must be provided to the AT prior to return to play.

Step 5: Final clearance from AT must be given to student-athlete and coach in order for a full return to competition.

**-->General guideline: Notify Athletic Trainer**



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## First Aid Tips for Common Athletic Injuries

The athletic trainer is educated, equipped and prepared to handle common athletic injuries and should be called upon to do so. However, many teams practice and compete at sites miles away from the school, or at times the athletic trainer is not available. Below are general guidelines on treating non-emergency common athletic injuries. Most of these injuries respond well to rest, compression and elevation.

Ice is not recommended for post injury, it can delay the healing and inflammation process. It can be used the day of injury directly after but after that, compression and elevation with active movement is going to be more beneficial to help with the recovery process. Using ice can stop the blood flow to the area, decreasing the body's natural response to injury and causing a delay in healing and return to full activity.

**1. Bruises or Contusion:** A contusion is caused from bleeding from damaged blood vessels or soft tissue. Most contusion are not serious and can be treated as follows:

- Elevate an injured extremity to control bleeding.
- If a more serious injury is suspected (fracture, concussion, or contusion of an internal organ such as liver or spleen) follow the emergency protocol.
- **DO NOT** apply heat or a heating pad to a contused area; heat will increase the bleeding.

**2. Strains:** A strain is an injury to a muscle or tendon. Treating a strained muscle promptly and appropriately can minimize the time an athlete is hampered by this injury. Use the following treatment guidelines:

- Apply ice to the injured area for 20 minutes.
- Do not apply heat to a muscle strain during the first 72 hours. The athletic trainer should make the decision of when and if to use heat as a treatment modality.
- Do not use analgesic balms such as icy hot, biofreeze, or other products to an acute muscle strain (during the first 72 hours). These products should only be used under the direction of the athletic trainer.

**3. Sprains:** A sprain is an injury to a ligament. It is a result of a joint moving beyond its normal range of motion. Moderate or severe sprains can be accompanied by a fracture, and should be treated accordingly. General first aid for sprains include:

- Apply ice to the injured area for 20 minutes.
- If the injury is a lower extremity injury, the athlete should not bear weight on the injured extremity if they are noticeably limping when they walk. The athlete should use crutches until evaluation has taken place by the appropriate health care professional.

***All student-athletes should seek medical attention from the athletic trainer in a timely manner.***



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### Medical Releases

**ALL** student-athletes who are referred to a physician from the athletic trainer **MUST** bring a medical release note from the physician to the athletic trainer **prior** to returning to play. The athletic trainer will inform the coaches of participation statuses based on their injuries and physician release. If a student-athlete is released by a physician but does not bring a release note to the athletic trainer, **they will not be permitted to play** until the athletic trainer has a medical release note in hand. Any coach given a medical release form from a parent or athlete **MUST** refer the athlete to the athletic trainer. **NO EXCEPTIONS!**

Athletes recovering from a diagnosed concussion will need not only a medical release note from their family physician but also complete the return to learn and return to play protocol. The student-athletes will follow a step-wise program to gradually return to full activity. **There will be NO EXCEPTIONS!** *This is in accordance with Colorado state law (Senate Bill 11-040)*

Coaches will be informed of student-athletes participation status through direct contact with the athletic trainer and/or an injury status electronic report from the athletic trainer. Athletes **CANNOT** return to their sport until the coach is notified by the athletic trainer.

### Clearance to Play Policy

The Clearance to Play Policy is in place to clarify who has the final decision as to when an athlete can return to their activity. All return to play decisions are made by the physician and/or the school athletic trainer. The athletic director, coaches, student-athletes and parents will be informed that the decision of the athletic trainer and physician is the **FINAL DECISION** regarding return to play and they **MUST STAND BEHIND** that decision. Any questions regarding return to play need to be directed to the treating physician and/or the head athletic trainer.

**The following is the ruling from CHSAA on practitioners who can release student-athletes:**

“CHSAA rule: 1790.2 states: If at any time during participation, a licensed practitioner removes an athlete from participation because of illness or injury, the athlete must have a **WRITTEN RELEASE** from a licensed practitioner before participating again. The licensed practitioners are MD's, DO's, Nurse Practitioners, and PA's. (Licensed Doctor of Psychology with training in neuropsychology or concussion evaluation/management is a licensed practitioner who has the ability to clear an athlete for concussions-CO SB 11-040). ”



# Mesa Ridge High School Sports Medicine Handbook Concussion Protocol

***A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth or side to side. Brain injuries, no matter the severity, are assessed on an individual basis in that no two brain injuries even with the same athlete will pose the same exact signs and symptoms. The time of the return to learn and return to play protocols may also not pose exactly the same. Proper identification and treatment of a concussion, no matter the severity, is essential for the full recovery and return to play of each student-athlete.***

## Head Injury/TBI Information:

Quite often, signs or symptoms of a head injury do not appear immediately after trauma, but hours after the injury. The purpose of the fact sheet is to alert you to the symptoms of significant head injuries. If the individual in question experiences one or more of the following signs or symptoms (no matter the severity) after sustaining a head injury, medical help should be sought through your family physician, or an emergency room.

## Signs & Symptoms:

1. Severe headache, particularly at a specific location.
2. Difficulty remembering recent events or meaningful facts.
3. Mental confusion or strangeness.
4. Bleeding or clear fluid dripping from the ears and nose.
5. Dizziness, poor balance or unsteadiness.
6. Weakness in either arms or legs.
7. Abnormal drowsiness or sleepiness
8. Convulsions.
9. Unequal pupils.
10. Persistent ringing of the ears.
11. Slurring of speech.
12. Nausea or vomiting.
13. Blurred or double-vision.

## Other Instructions:

1. Do not have an athlete take any medications in the initial 24 hours, unless directed to do so by a physician.
2. Even if mild symptoms persist without improvement 24 to 48 hours after a head injury, a physician evaluation should be sought.
3. If at any time there is a question of the well-being of the athlete, seek medical attention immediately.



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Anytime a student-athlete sustains a concussion, the athletic trainer will inform the student-athlete's parents/guardians directly. A head injury information sheet will also be given to the parents/guardians at that time with instructions on what symptoms to monitor their child for. It is the responsibility of the student-athlete (if possible) and the parent/guardian to report the monitored symptoms and signs to the athletic trainer and physician in charge of the care on a daily basis.

Once an athlete is suspected of a concussion and removed from competition, they are **NOT** allowed to return to practice/play until they have been seen **AND** cleared by an approved health care professional (licensed/approved practitioners are listed above in the Clearance to Play Policy section). A physician letter (dependent on state of injury status) will be given to the student-athlete and parent/guardian to take to their health care provider. This letter may serve as the clearance note that **MUST** be given to the AT or the provider may choose to use their own documentation. ***Only paper documentation will be accepted as a practitioners clearance note in order to progress (if dictated) through the return to learn and return to play protocols.*** Upon clearance from the licensed/approved health care professional, the student-athlete must go through the return to learn **AND** return to play protocol directly supervised by the MRHS AT and/or designated TBI team before returning to a full practice.

### Concussion Protocol:

When an athlete sustains a concussion, this is the protocol that will be used as a guideline for student-athletes to follow to determine their return to play:

- Step 1: Complete rest and successful completion of Return to Learn protocol (See below)
- Step 2: Light aerobic activity (stationary bike-increase heart rate, light walking)
- Step 3: Sport-specific exercises (running drills, sport-specific movements)
- Step 4: Non-contact training drills in full uniform (may begin resistance training)
- Step 5: Full-contact practice or training (full exertion and full contact)
- Step 6: Return to Play (return to normal activity)

### Return to learn:

The return to learn protocol includes an all encompassing sports medicine team approach to ensure the full recovery of the student-athlete following a concussion. Students do not need to be asymptomatic to return to school. The athletic trainer and school nurse will gather information and work together to assist the student-athlete during the recovery process to successfully perform academically, socially, and behaviorally. (Guidelines will be followed as suggested by the CDE Concussion Guidelines)

Prior to beginning the stepwise return to play program, all athletes must be completely symptom free, have a medical release note from their family physician, and have successfully completed the return to learn guidelines (return to school full time). If at any point in the stepwise return to play program **ANY** signs or symptoms of a concussion return, the athlete will start back at the beginning of the program following 24 hours of being symptom free. There will be **NO EXCEPTIONS** for athletes who have sustained a concussion!

During the recovery of a concussion, the student-athlete (and parents/guardians if applicable) must check in with the athletic trainer before and after each day until he/she is fully cleared to play by the athletic trainer. Coaches and parents, along with other members of the sports medicine team will be notified on progression and the status of the student-athlete on a need to know basis.



# Mesa Ridge High School Sports Medicine Handbook **Lightning Policy**

Lightning is the most dangerous and frequently encountered thunderstorm hazard that is experienced every year. It is extremely important that all parties practice the lightning safety protocol to ensure the protection of all student-athletes, coaches and spectators. Mesa Ridge High School uses an Outdoor Alerting System through Earth Networks that will sound a horn when lightning strikes within 10 miles of Mesa Ridge High School and coaches, administrators and the athletic trainer will receive a text alert on their phones.

This link:

(<https://oas.earthnetworks.com/widget/ResOASWidget.html?widgetId=fdb46b8a-e3ac-4092-bf9c-9853aa83d1f3>) will provide a countdown clock to show how long the delay will last. When it has been 30 minutes since the last strike and lightning is 10+ miles away a horn will sound again and a text will be received with an "ALL CLEAR" to return to activity. Below is the lightning safety protocol:

- Remember the following slogans to help in remembering the protocol:
  - "When the thunder roars, go indoors"
  - "Half an hour since thunder roars, now it's safe to go outdoors."
- When lightning is struck within a 10 nautical mile radius, coaches, officials and game managers at Mesa Ridge High School\* campus will hear a horn and that is the indication to clear the field for a 30 minute delay.
- Buildings are the best Lightning shelter, however the shed by the track (away from the metal and garage doors) as well as in the cars (away from metal) is the second best bet.
  - Baseball/Softball dugouts are not proper shelters for a lightning delay.
- During a lightning delay, everyone should remain indoors, away from windows, metal, doors, and water at all times.
- 30 minutes after the LAST lightning strike is when it is safe to go outside once the "ALL CLEAR" horn is heard, the game or practice may resume. Athletic trainer will keep track of time using the link provided above.
- The athletic trainer will notify all head coaches, officials and game manager with the "ALL CLEAR" to resume outdoor activities. Until then...stay inside!

\*Games played at the district stadium at Widefield High School will only have text message alerts sent to the athletic trainer, administrators and coaches at that event. For practices held off Mesa Ridge High School campus, their location will be added to the system and the coaches for the sport practicing their will receive a text message when lightning is within 10 miles of their area as well as an "ALL CLEAR" text.



# Mesa Ridge High School Sports Medicine Handbook

## Exertional Heat Illness Information

### What is Exertional Heat Illness (EHI)?

- **Exercise-Associated Muscle Cramps** (EAMCs) are sudden, sometimes progressive, involuntary, painful muscle spasms. Signs and symptoms of EAMCs can be described as muscle stiffness. Factors that contribute to EAMCs are: dehydration, electrolyte imbalances, fatigue, or a combination of these.
- **Heat Syncope** is dizziness that often occurs in people who are unfit or un-acclimatized to the heat. Other factors are sudden changes in posture, especially when wearing uniforms and personal protective equipment. Heat syncope usually occurs within the first 5 days of unaccustomed heat exposure.
- **Heat Exhaustion** is the inability to effectively exercise in the heat. The condition is manifested by an elevated core body temperature and is often associated with heavy sweating and dehydration.
- **Exertional Heat Injury** is a moderate to severe heat injury. It is characterized by organ and tissue injury resulting from strenuous exercise and environmental heat exposure. The core body temperature is usually, but not always, greater than 105 degrees F.
- **Exertional Heat stroke** (EHS) is the most severe heat illness and is a **medical emergency**. This condition is a product of metabolic heat production and environmental heat load, when the thermoregulatory system becomes overwhelmed. The first signs of EHS are collapse, aggressiveness, irritability, confusion, seizures, and altered consciousness. Morbidity and mortality increases the longer the individual's core temperature remains 105 degrees F and above.

**How can I prevent Exertional Heat Illness?** EHI can be prevented by acclimatization to the heat over a period of 7-10 days, progressively increasing intensity, duration, and phasing in personal protective equipment (if applicable). Athletes should have free access to hydrate themselves and should be encouraged to replace sodium-loss with foods and fluids.





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### Exertional Heat Illness Emergency Action Plan

**Emergency Numbers: 911 (9-911 if inside the building)**

#### **Roles In Case of Emergency:**

- ❖ **Athletic Trainer:** Assess the responsiveness and vital signs of student athlete(s) and signal for another coach to activate EMS.
  - Take rectal temperature if applicable (only if athlete has pulse and is breathing on their own)
- ❖ **Administrator on Duty:** Activate EMS
  - Information to tell EMS
    - Your Name
    - Phone Number you are calling from
    - Age, gender, sport of athlete in need of EMS
    - Nature of injury
    - Identify who will meet EMS
    - Address/Facility Directions:
      - 6070 Mesa Ridge Parkway
      - What facility are you located at on Mesa Ridge Campus
    - **DO NOT HANG UP UNTIL THEY DO!!**
- ❖ **Head Coach:** Activate EMS and meet them at field/building entrance if Athletic Director/Acting Administrator is not present (See “Information to tell EMS” above), notify emergency contact of athlete
- ❖ **Assistant Coach(es):** meet EMS at street entrance, Crowd control
- ❖ **School Administrator (other than Athletic director):** Crowd control
- ❖ **Team Physician:** Work with Athletic Trainer or be notified after if not present
  - Athletic Trainer Delegates roles if team physician is not present

#### **Other Information:**

- ❖ If an Athletic Trainer is not present, but on school grounds, send one person to activate EMS and another to call the Athletic Trainer (preferably coaches) and the coach performs first aid until EMS/Athletic Trainer arrives.
- ❖ In case Athletic Trainer is not present or on school grounds, Activate EMS and perform first aid until EMS arrives. Notify Athletic Trainer afterwards.
- ❖ Move athlete/person to a shaded area of possible and rapidly cool them
  - Remove extra layers of clothing
  - Ice immersion (ie. cold whirlpool, ice bath, kiddie pool) if applicable
    - If these are unavailable use ice towels, jugs and bags to cool
- ❖ Continuously recheck vitals until EMS arrives and takes over care of athlete/person

#### **Emergency Personnel To Notify:**

- Athletic Trainer: Breanna Sage.....(719) 964-7447
- Athletic Director: Brett Humphrey.....(719) 359-6230
- Principal: Levka Craft.....(719) 640-5689





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## **Emergency Personnel Onsite:**

- Athletic Trainer

## **Emergency Communication:**

- Athletic Trainer carries a cell phone at all times (719) 964-7447.
- Call in case of emergency/injury

## **Emergency Equipment:**

- First Aid/Blood supplies, AED, crutches, etc. will be with the Athletic Trainers kit, if it is a game and an athletic trainer is present at the event.
- If the athletic trainer is not at the event, First Aid/Blood supplies should be in the first aid kit that is supplied to coaches by the athletic trainer at the beginning of season.
- If there is no kit there, First Aid/ Blood supplies are in the Athletic Training Room, in cabinets labeled First Aid Supplies. AED is located in the gym hallway to the left of the trophy case.



# Mesa Ridge High School Sports Medicine Handbook

## Lightening

**Emergency Numbers: 911 (9-911 if inside the building)**

### Roles in the Event of Lightning at Practice/Game:

- ❖ **Athletic Trainer:** Monitors the distance of the lightning from the event location.
  - Once lightening is within 10 nautical miles, athletic trainer will notify referees, coaches and administrator on duty that the facility must be evacuated and events will resume after there is no lightening for 30 minutes
- ❖ **Head Coach:** After a delay has been announced, take players and managers to the bus or the locker room until the delay has been lifted or the game has been canceled. Take team rosters with you.
- ❖ **Administrator & Facilities Member/ Security:** After delay has been announced, evacuate fans and instruct them to go to their cars or to a safe enclosed location until delay is lifted.

### Roles in Case of Lightning Strike Emergency:

- ❖ If an athlete/person is struck by lightning, everyone needs to get to safety
  - **Athletic trainer:** Provide care to the athlete until EMS arrives.
  - **Administrator on Duty:** Activate EMS
    - Information to tell EMS
      - Your Name
      - Phone Number you are calling from
      - Age, gender, sport of athlete in need of EMS
      - Nature of injury
      - Identify who will meet EMS
      - Address/Facility Directions:
        - ◆ 6070 Mesa Ridge Parkway
        - ◆ What facility are you located at on Mesa Ridge Campus
      - **DO NOT HANG UP UNTIL THEY DO!!**
  - **Head Coach:** Activate EMS and meet them at field/building entrance if Athletic Director/Acting Administrator is not present (See “Information to tell EMS” above), notify emergency contact of athlete
  - **Assistant Coach(es):** meet EMS at street entrance, Crowd control
  - **School Administrator (other than Athletic director):** Crowd control
  - **Team Physician:** Work with Athletic Trainer or be notified after if not present
    - Athletic Trainer Delegates roles if team physician is not present

### Emergency Personnel To Notify:

- Athletic Trainer: Breanna Sage.....(719) 964-7447
- Athletic Director: Brett Humphrey.....(719) 359-6230
- Principal: Levka Craft.....(719) 640-5689

### Emergency Personnel Onsite:

- Athletic Trainer



# Mesa Ridge High School Sports Medicine Handbook



## **Emergency Communication:**

- Athletic Trainer carries a cell phone at all times (719) 964-7447.
- Call in case of emergency/injury

## **Emergency Equipment:**

- First Aid/Blood supplies, AED, crutches, etc. will be with the Athletic Trainers kit, if it is a game and an athletic trainer is present at the event.
- If the athletic trainer is not at the event, First Aid/Blood supplies should be in the first aid kit that is supplied to coaches by the athletic trainer at the beginning of season.
- If there is no kit there, First Aid/ Blood supplies are in the Athletic Training Room, in cabinets labeled First Aid Supplies. AED is located in the gym hallway to the left of the trophy case.



# Mesa Ridge High School

## Sports Medicine Handbook

### Outdoor Facilities

**Emergency Numbers: 911 (9-911 if inside the building)**

#### **Roles In Case of Emergency:**

- ❖ **Athletic Trainer:** Provides immediate care, in charge during an emergency situation.
- ❖ **Athletic Director:** Activates EMS, meet EMS at field/building entrance
  - Information to tell EMS
    - Your name
    - Telephone number you are calling from
    - Age, gender and sport of athlete
    - Nature of the injury
    - Emergency medical assistance is being given
    - Identify who will meet EMS
    - Location of injured person
    - Address/Facility Directions:
      - 6070 Mesa Ridge Parkway
      - What facility are you located at on Mesa Ridge Campus
    - **DO NOT HANG UP UNTIL THEY DO!!**
- ❖ **Head Coach:** Activate EMS and meet them at field/building entrance if Athletic Director/Acting Administrator is not present (See “Information to tell EMS” above), notify emergency contact of athlete
- ❖ **Assistant Coach(es):** meet EMS at street entrance, Crowd control
- ❖ **School Administrator/SRO (other than Athletic director):** Crowd control
- ❖ **Team Physician:** Work with Athletic Trainer or be notified after if not present
  - Athletic Trainer Delegates roles if team physician is not present

#### **Other Information:**

- ❖ If an Athletic Trainer is not present, but on school grounds, send one person to activate EMS and another to call the Athletic Trainer (preferably coaches) and the coach performs first aid until EMS/Athletic Trainer arrives.
- ❖ In case Athletic Trainer is not present or on school grounds, Activate EMS and perform first aid until EMS arrives. Notify Athletic Trainer afterwards

#### **Directions to Facilities:**

- ➔ **Upper Soccer Field/Football Field/Track:** Turn onto Syracuse St and right into the first MRHS parking lot. Go through the parking lot to the top and follow the small road that leads you past a practice softball diamond and the track entrance will be on your left.
- ➔ **Baseball Field:** Turn onto Syracuse St. and right into the second MRHS parking lot. Follow the parking lot and turn right and follow the parking lot up to the baseball field on your right.
- ➔ **Softball Field Lower:** Turn onto Syracuse St. and right into the first MRHS parking lot. Go through the parking lot to the top and as soon as you get to the frontage road, the softball field will be on your left.



# Mesa Ridge High School

## Sports Medicine Handbook

- **Softball Field Upper:** Turn onto Syracuse St. and right into the first MRHS parking lot. Go through the parking lot to the top to the frontage road. Follow the frontage road all the way up, at the end of that turn left and the softball field will be on your left.
- **Tennis Courts:** Turn onto Syracuse St. and right into the first MRHS parking lot. Go through the parking lot to the top to the frontage road. Follow the road all the way up, at the end turn left and follow the dirt road up until you see the tennis courts on your left.
- **Soccer Practice Fields:** Turn onto Syracuse St. and right into the second MRHS parking lot entrance. Follow that to the parking spots, at the top of the hill there is a soccer field.

### Documentation

- ❖ All coaches should have emergency contact information as well as pertinent athlete medical information

### Emergency Equipment

- ❖ The Athletic Trainer will have a bag with all medical supplies and will be kept with the athletic trainer at all times.
- ❖ Splints and Crutches will be with an athletic trainer during games and kept in the athletic training room otherwise.

### Evacuation

- ❖ Administrator on duty will make the announcement of an evacuation. Mitchell coaches, Athletic Trainer and administration will work together to get everyone out of respected facilities.
- ❖ Athletes will go with the coaches of the respected team to a locker room or a bus/vehicle. Coaches will take team roster with them
- ❖ Fans will leave in a single file to the nearest exit and evacuate to their respective vehicles.

### Lockdown

- ❖ Administrator on duty will make the announcement of a lockdown. Mitchell coaches, Athletic Trainer and administration will work together to get everyone to a safe place in the facility.
- ❖ Athletes will go with the coaches to the nearest locker room or locked classroom and stay there until the all clear is given.

### Emergency Personnel To Notify:

- Athletic Trainer: Breanna Sage.....(719) 964-7447
- Athletic Director: Brett Humphrey.....(719) 359-6230
- Principal: Levka Craft.....(719) 640-5689

### Emergency Personnel Onsite:

- Athletic Trainer

### Emergency Communication:

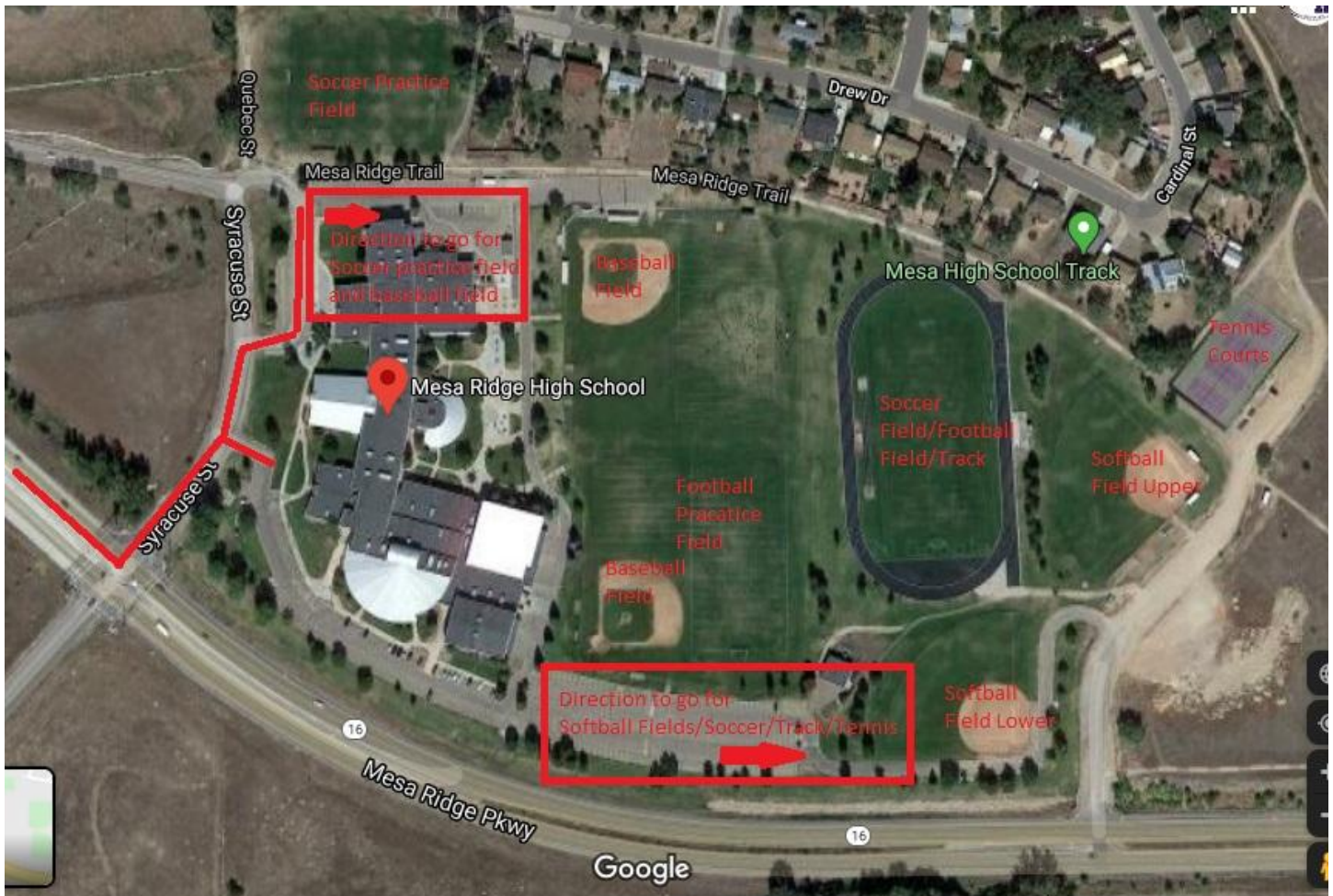
- Athletic Trainer carries a cell phone at all times (719) 964-7447.
- Call in case of emergency/injury



# Mesa Ridge High School Sports Medicine Handbook

## Emergency Equipment:

- First Aid/Blood supplies, AED, crutches, etc. will be with the Athletic Trainers kit, if it is a game and an athletic trainer is present at the event.
- If the athletic trainer is not at the event, First Aid/Blood supplies should be in the first aid kit that is supplied to coaches by the athletic trainer at the beginning of season.
- If there is no kit there, First Aid/ Blood supplies are in the Athletic Training Room, in cabinets labeled First Aid Supplies. AED is located in the gym hallway to the left of the trophy case.







# Mesa Ridge High School Sports Medicine Handbook C.A Foster Stadium

**Emergency Numbers: 911 (9-911 if inside the building)**

## **Roles In Case of Emergency:**

- ❖ **Athletic Trainer:** Provides immediate care, in charge during an emergency situation.
- ❖ **Athletic Director:** Activates EMS, meet EMS at field/building entrance
  - Information to tell EMS
    - Your name
    - Telephone number you are calling from
    - Age, gender and sport of athlete
    - Nature of the injury
    - Emergency medical assistance is being given
    - Identify who will meet EMS
    - Location of injured person
    - Address/Facility Directions:
      - 615 Widefield Dr
      - You are located at C.A Foster Stadium
    - **DO NOT HANG UP UNTIL THEY DO!!**
- ❖ **Head Coach:** Activate EMS and meet them at field/building entrance if Athletic Director/Acting Administrator is not present (See “Information to tell EMS” above), notify emergency contact of athlete
- ❖ **Assistant Coach(es):** meet EMS at street entrance, Crowd control
- ❖ **School Administrator/SRO (other than Athletic director):** Crowd control
- ❖ **Team Physician:** Work with Athletic Trainer or be notified after if not present
  - Athletic Trainer Delegates roles if team physician is not present

## **Other Information:**

- ❖ If an Athletic Trainer is not present, but on school grounds, send one person to activate EMS and another to call the Athletic Trainer (preferably coaches) and the coach performs first aid until EMS/Athletic Trainer arrives.
- ❖ In case Athletic Trainer is not present or on school grounds, Activate EMS and perform first aid until EMS arrives. Notify Athletic Trainer afterwards

## **Directions to Facilities:**

- ➔ From Security Blvd, turn onto Grand and then take a left onto Hackberry Dr
- ➔ Take Hackberry Dr behind Life Community Church where a gate will be open to allow access to the Northeast corner of the field

## **Documentation**

- ❖ All coaches should have emergency contact information as well as pertinent athlete medical information



# Mesa Ridge High School

## Sports Medicine Handbook

### Emergency Equipment

- ❖ The Athletic Trainer will have a bag with all medical supplies and will be kept with the athletic trainer at all times.
- ❖ Splints and Crutches will be with an athletic trainer during games and kept in the athletic training room otherwise.

### Evacuation

- ❖ Administrator on duty will make the announcement of an evacuation. MRHS coaches, Athletic Trainer and administration will work together to get everyone out of respected facilities.
- ❖ Athletes will go with the coaches of the respected team to a locker room or a bus/vehicle. Coaches will take team roster with them
- ❖ Fans will leave in a single file to the nearest exit and evacuate to their respective vehicles.

### Lockdown

- ❖ Administrator on duty will make the announcement of a lockdown. MRHS coaches, Athletic Trainer and administration will work together to get everyone to a safe place in the facility.
- ❖ Athletes will go with the coaches to the nearest locker room or locked classroom and stay there until the all clear is given.

### Lightening

- ❖ A text message will be sent to the athletic trainer, head coach, and administrators from the Earth Networks system that is used on Mesa Ridge High School's campus when lightning is within 10 miles of C.A Foster Stadium.
- ❖ Once lightning delay has started all athletes will be instructed to get to a safe and secure location (the locker rooms, bus, cars are acceptable) by coach and athletic trainer.
- ❖ Administrators on duty as well as safety and security will clear all fans from the stadium until the all clear is given.
- ❖ An all clear text message will be sent out to the athletic trainer, head coach, and administrators from Earth Networks when lightning is 10+ miles away from C.A Foster stadium and it has been 30 minutes since LAST strike. Activity can resume.

### Emergency Personnel To Notify:

- Athletic Trainer: Breanna Sage.....(719) 964-7447
- Athletic Director: Brett Humphrey.....(719) 359-6230
- Principal: Levka Craft.....(719) 640-5689

### Emergency Personnel Onsite:

- Athletic Trainer

### Emergency Communication:

- Athletic Trainer carries a cell phone at all times (719) 964-7447.
- Call in case of emergency/injury





# Mesa Ridge High School Sports Medicine Handbook

## Emergency Equipment:

- First Aid/Blood supplies, AED, crutches, etc. will be with the Athletic Trainers kit, if it is a game and an athletic trainer is present at the event.
- If the athletic trainer is not at the event, First Aid/Blood supplies should be in the first aid kit that is supplied to coaches by the athletic trainer at the beginning of season.





# Mesa Ridge High School Sports Medicine Handbook Janitell Junior High

**Emergency Numbers: 911 (9-911 if inside the building)**

## **Roles In Case of Emergency:**

- ❖ **Athletic Trainer:** Provides immediate care, in charge during an emergency situation.
- ❖ **Athletic Director:** Activates EMS, meet EMS at field/building entrance
  - Information to tell EMS
    - Your name
    - Telephone number you are calling from
    - Age, gender and sport of athlete
    - Nature of the injury
    - Emergency medical assistance is being given
    - Identify who will meet EMS
    - Location of injured person
    - Address/Facility Directions:
      - 7635 Fountain Mesa Road
      - Where you are at Janitell
    - **DO NOT HANG UP UNTIL THEY DO!!**
- ❖ **Head Coach:** Activate EMS and meet them at field/building entrance if Athletic Director/Acting Administrator is not present (See “Information to tell EMS” above), notify emergency contact of athlete
- ❖ **Assistant Coach(es):** meet EMS at street entrance, Crowd control
- ❖ **School Administrator/SRO (other than Athletic director):** Crowd control
- ❖ **Team Physician:** Work with Athletic Trainer or be notified after if not present
  - Athletic Trainer Delegates roles if team physician is not present

## **Other Information:**

- ❖ If an Athletic Trainer is not present, but on school grounds, send one person to activate EMS and another to call the Athletic Trainer (preferably coaches) and the coach performs first aid until EMS/Athletic Trainer arrives.
- ❖ In case Athletic Trainer is not present or on school grounds, Activate EMS and perform first aid until EMS arrives. Notify Athletic Trainer afterwards

## **Directions to Facilities:**

- ❖ Get off on Mesa Ridge Parkway and take a left at the Fountain Mesa light.
- ❖ Take a right at the light at 7/11 and an immediate left into Janitell’s parking lot.
- ❖ On the west side of the building there is a car path on the cement, the start of the race in the grass field on the left.

## **Documentation**

- ❖ All coaches should have emergency contact information as well as pertinent athlete medical information



# Mesa Ridge High School Sports Medicine Handbook

## Emergency Equipment

- ❖ The Athletic Trainer will have a bag with all medical supplies and will be kept with the athletic trainer at all times.
- ❖ Splints and Crutches will be with an athletic trainer during games and kept in the athletic training room otherwise.

## Lightening

- ❖ A text message will be sent to the athletic trainer, head coach, and administrators from the Earth Networks system that is used on Mesa Ridge High School's campus when lightning is within 10 miles of Janitell Junior High.
- ❖ Once lightning delay has started all athletes will be instructed to get to a safe and secure location (the locker rooms, bus, cars are acceptable) by coach and athletic trainer.
- ❖ Administrators on duty as well as safety and security will clear all fans from the area until the all clear is given.
- ❖ An all clear text message will be sent out to the athletic trainer, head coach, and administrators from Earth Networks when lightning is 10+ miles away from Janitell Junior High and it has been 30 minutes since LAST strike. Activity can resume.

## Emergency Personnel To Notify:

- Athletic Trainer: Breanna Sage.....(719) 964-7447
- Athletic Director: Brett Humphrey.....(719) 359-6230
- Principal: Levka Craft.....(719) 640-5689

## Emergency Personnel Onsite:

- Athletic Trainer

## Emergency Communication:

- Athletic Trainer carries a cell phone at all times (719) 964-7447.
- Call in case of emergency/injury

## Emergency Equipment:

- First Aid/Blood supplies, AED, crutches, etc. will be with the Athletic Trainers kit, if it is a game and an athletic trainer is present at the event.
- If the athletic trainer is not at the event, First Aid/Blood supplies should be in the first aid kit that is supplied to coaches by the athletic trainer at the beginning of season.
- If there is no kit there, First Aid/ Blood supplies are in the Athletic Training Room, in cabinets labeled First Aid Supplies. AED is located in the gym hallway to the left of the trophy case.



# Mesa Ridge High School Sports Medicine Handbook







# Mesa Ridge High School

## Sports Medicine Handbook

### Indoor Facilities

**Emergency Numbers: 911 (9-911 if inside the building)**

#### **Roles In Case of Emergency:**

- ❖ **Athletic Trainer:** Provides immediate care, in charge during an emergency situation.
- ❖ **Athletic Director:** Activates EMS, meet EMS at field/building entrance
  - Information to tell EMS
    - Your name
    - Telephone number you are calling from
    - Age, gender and sport of athlete
    - Nature of the injury
    - Emergency medical assistance is being given
    - Identify who will meet EMS
    - Location of injured person
    - Address/Facility Directions:
      - 6070 Mesa Ridge Parkway
      - What facility are you located at on Mesa Ridge Campus
    - **DO NOT HANG UP UNTIL THEY DO!!**
- ❖ **Head Coach:** Activate EMS and meet them at field/building entrance if Athletic Director/Acting Administrator is not present (See “Information to tell EMS” above), notify emergency contact of athlete
- ❖ **Assistant Coach(es):** meet EMS at street entrance, Crowd control
- ❖ **School Administrator (other than Athletic director):** Crowd control
- ❖ **Team Physician:** Work with Athletic Trainer or be notified after if not present
  - Athletic Trainer Delegates roles if team physician is not present

#### **Other Information:**

- ❖ If an Athletic Trainer is not present, but on school grounds, send one person to activate EMS and another to call the Athletic Trainer (preferably coaches) and the coach performs first aid until EMS/Athletic Trainer arrives.
- ❖ In case Athletic Trainer is not present or on school grounds, Activate EMS and perform first aid until EMS arrives. Notify Athletic Trainer afterwards

#### **Directions to Facilities:**

- ➔ **Big Gym:** Enter the side door on the west side of the building and “The Cave” (main gym) is the second gym on the right..
- ➔ **Auxiliary Gym:** Enter the side door on the west side of the building and “The Den” (auxiliary gym) is the first gym on the right.
- ➔ **Wrestling Room:** Enter the side door on the west side of the building and the wrestling room is on the left.
- ➔ **Weight Room:** Enter the side door on the west side of the building. Take a left down the hallway and the weight room is the second room on the right.



# Mesa Ridge High School Sports Medicine Handbook



## Documentation

- ❖ All coaches should have emergency contact information as well as pertinent athlete medical information

## Emergency Equipment

- ❖ The Athletic Trainer will have a bag with all medical supplies and will be kept with the athletic trainer at all times.
- ❖ Splints and Crutches will be with an athletic trainer during games and kept in the athletic training room otherwise.

## Evacuation

- ❖ Administrator on duty will make the announcement of an evacuation. MRHS coaches, Athletic Trainer and administration will work together to get everyone out of respected facilities.
- ❖ Athletes will go with the coaches of the respected team to a locker room or a bus/vehicle. Coaches will take team roster with them
- ❖ Fans will leave in a single file to the nearest exit and evacuate to their respected vehicles.

## Lockdown

- ❖ Administrator on duty will make the announcement of a lockdown. MRHS coaches, Athletic Trainer and administration will work together to get everyone to a safe place in the facility.
- ❖ Athletes will go with the coaches to the nearest locker room or locked classroom and stay there until the all clear is given.

## Emergency Personnel To Notify:

- Athletic Trainer: Breanna Sage.....(719) 964-7447
- Athletic Director: Brett Humphrey.....(719) 359-6230
- Principal: Levka Craft .....(719) 640-5689

## Emergency Personnel Onsite:

- Athletic Trainer Located in the gym or athletic training room across the hall from the gym on the right

## Emergency Communication:

- Athletic Trainer carries a cell phone at all times (719) 964-7447.
- Call in case of emergency/injury

## Emergency Equipment:

- First Aid/Blood supplies, AED, crutches, etc. will be with the Athletic Trainers kit, if it is a game and an athletic trainer is present at the event.
- If the athletic trainer is not at the event, First Aid/Blood supplies should be in the first aid kit that is supplied to coaches by the athletic trainer at the beginning of season.
- If there is no kit there, First Aid/ Blood supplies are in the Athletic Training Room, in cabinets labeled First Aid Supplies. AED is located in the gym hallway to the left of the trophy case.



# Mesa Ridge High School Sports Medicine Handbook

