



safe sports school

NATIONAL ATHLETIC TRAINERS' ASSOCIATION

Athletic Health Care Team

An Athletic Health Care Team (AHCT) is a requirement for 1st team designation for a Safe Sports School Award from the National Athletic Training Association (NATA). Health care programs are to ensure safety, stability and the overall promotion of good health. Having healthy athletes promotes good grades and active participation in all school activities. An AHCT will help keep students safe and active. Schools should establish an AHCT that ensures appropriate medical care is provided for all participants. Physicians, athletic trainers and other health professionals representing various disciplines are involved in the provision of athletic health care to adolescents (NATA Safe Sports School Qualifications Application).

It is recommended that the AHCT include a physician director, school staff administrator(s) (e.g. coach, athletic director), school medical personnel (e.g. nurse) and an athletic trainer as the coordinator per the recommendation of the American Medical Association.

Young athletes are often reluctant to disclose information to school staff. They may not want to tell the coach of an illness or injury out of fear that they will be unable to play in the “big game.” It is the athletic trainer or other medical professional who most often interacts with athletes around health issues. Therefore, members of the AHCT must be able to recognize and identify the signs of psychosocial pathologies and refer as appropriate. Athletes in particular must make sound nutritional decisions. They may seek to add body weight for certain sports or engage in fad diets for others. The use of performance enhancement products is on the rise. According to one study, creatine was used in every grade 6-12, and most commonly used by football, lacrosse and hockey players as well as gymnasts and wrestlers. It cannot be assumed that a supplement sold over the counter is safe, as there are no regulations for supplements or third-party verification in labeling or purity. Energy drinks are also a popular, but poor nutritional choice. Caffeine content in drinks regulated by the FDA is limited to 65 milligrams per 12 oz., but unregulated energy drinks may contain as much as 271.0 milligrams in addition to other stimulants. Steroids and other drugs may be used to increase the mass, strength, and stamina of the athlete. Steroid use in professional sports affects student athletes who look up to professional players. Use of steroids affect the musculoskeletal, gastrointestinal and cardiovascular systems. Males and females alike are susceptible to steroid and other performance enhancing drug abuse. Education about performance enhancing drugs, supplements, and proper nutrition is appropriate for all student athletes (NATA Safe Sports School Qualifications Application).

A Pre-participation physical examination (PPE) or injury intervention may be an adolescent’s only interaction with the health care system. The American Medical Association has estimated that the athletic PPE serves as the sole routine health maintenance checkup for 80-90% of adolescents. Even though the PPE monograph recommends counseling and screening for psychosocial problems, some have called a PPE a “missed opportunity” to adequately evaluate the physical, emotional and psychological well-being of the secondary school-age athletes (NATA Safe Sports School Qualifications Application).

Athletic health care teams enhance communication between school medical personnel and local or team physicians. Individual responsibilities of other team members will be dictated by local needs and statutes. Each community is unique, and the health system for each school must reflect its needs (NATA Safe Sports School Qualifications Application).

Athletic Health Care Team Participants

Jason Decker, M.D., F.A.A.P. – District Medical Director

Taggart T. Gauvain, MD – Team Physician

Laura Torres-Barre, MD – Orthopedic Surgeon

Christina Fry, MS, LAT, ATC – Head Athletic Trainer

Joseph B. Eberhardt, M.Ed, LAT, ATC – Associate Athletic Trainer

Thomas J. Patrey, MS, LAT, ATC, C-PS – Associate Athletic Trainer

Alexandra MacMillan, BSN, RN – School Nurse

Abby Mathews, BSN, RN – School Nurse

Leslie Escobedo, NA – Nurse Aid

Mike Allison – Boys Campus Coordinator

Isabel Gomez – Girls Campus Coordinator

Michael Hamann – Principal

Jason Karim – Associate Principal

Brandon Childers – Assistant Principal

Autumn Maddox – Assistant Principal

Rodney McFarland – Assistant Principal

Lorena Gonzales – Assistant Principal

Shelly Black – Assistant Principal

Kori Spruce – Lead Counselor

Jessica Frasier, LPC – Student Support Counselor

Roles of the Athletic Health Care Team

District Medical Director – District Medical Director ensures proper protocol and guidelines through the most up to date research and executing the gold standard of care throughout the district. Supports and advocates for student athlete safety, and guides and aides decisions made by the athletic training staff; provides standing orders for athletic training staff to operate under. Consults on mental health action plans and dietary plans for the student athlete health care.

Team Physician, Orthopedic Surgeon – A Team Physician, and Orthopedic Surgeon provides medical treatment to student athletes when present for athletic events and oversee athletic training staff during emergency situations and consult on patient treatment and all athletic training medical policies and procedures. Supports and advocates for student athlete safety, and guides and aides decisions made by the athletic training staff; provides standing orders for athletic training staff to operate under. Consults on mental health action plans and dietary plans for the student athlete health care.

Head Athletic Trainer – The Head Athletic Trainer manages, delegates, and supervises the athletic training staff for athletic event coverage and care. All athletic training staff will provide aid and treatment for all student athletes – perform emergency medicine, preventive care, rehabilitative exercise, and refer when necessary for optimal student health. The head athletic trainer will also serve as the school insurance and administrative liaison for the student athlete and the campus admin, district admin, campus coordinators and coaching staff.

Assistant Athletic Trainer – The Associate Athletic Trainers provide aid and treatment for all student athletes – perform emergency medicine, preventive care, rehabilitative exercise, and refer when necessary for optimal student health. The associate athletic trainer will also perform and assist the head athletic trainer in administrative tasks as delegated.

School Nurse – The School Nurses are to be present during the school day as a resource for all students and serve as a medical advocate for the student athlete's medical accommodations within the classroom. Coordinates with the athletic training staff to adequately document doctor recommendations/restrictions, Asthma action plans, seizure action plans, diabetic action plans, and anaphylactic action plans. Consult and collaborate on campus EAP. Be involved in the EAP should a student athlete incur an emergency during the school day.

Nurse Aid – Nurse Aids assist nursing staff with all clinic duties and assist other medical staff in medical situations.

Campus Coordinator – Boys and Girls coordinators are the administrative liaison to the athletic director and athletic admin. Manages and communicates with the coaching staff on campus. May serve as administrator on duty; including administrator EAP role at sporting events. Should utilize CPR/AED/First Aid training when necessary and can assist nursing staff, athletic training staff and physician on site in an emergency scenario. Serves as a role model and advocates for student athletes. Acts as the main point of contact for student athletes and parents for preventative healthcare, dietary questions, and referral to the athletic training staff. Liaison to the athletic training staff regarding personal knowledge of home or school/classroom situations as well as sport and injury performance of the student athlete.

Principal, Associate Principal, Assistant Principal – The Principal, Associate Principal, and the Assistant Principals are the administrative leads on campus. May serve as administrator on duty including administrator EAP role at sporting events. Serves as a resource for a student's classroom behavior and their academic success along with the counselors. Guides student athletes to graduation and exploration of their path beyond high school. Act as a resource when healthcare staff needs to escalate parent communication or there are mental health concerns.

Lead Counselor – The lead counselor is the manager and lead to all situations dealing with student academic success and home life. Serves as the administrative communicator to all academic counselors. Oversee the enforcement of academic accommodations provided by the athletic training staff and/or doctor via the counseling team. Acts as a resource for all mental health concerns regarding student athletes.

Student Support Counselor – The student support counselor is the mental health expert in the academic building. Serve as the intermediary for a student to parents/guardians. Consult with the athletic training staff and counseling staff to establish interventions in a mental health crisis or concern. Provide guidance and establish mentorship programs to aid students with a variety of issues, including mental health, or troubling home life.