



Austin High School
SPORTS MEDICINE HANDBOOK
FOR ATHLETICS

Prepared by:

Chelsey Kasel, LAT, ATC, CES

Head Athletic Trainer

Austin Senior High School
SPORTS MEDICINE HANDBOOK

Table of Contents

Contents

Section 1: Introduction3

Section 2: Sports Medicine Coverage 4

Section 3: Athletic Training Room Hours5

Section 4: Pre-Participation Physical Examination (PPE)6

Section 5: Event Coverage Protocol 7

Section 6: Return to Play Guidelines 8

Section 7: Contact Information9

Section 8: Emergency Action Plan (EAP) 10

Section 9: Emergency Action Plan Austin High School 14

Section 10: Emergency Action Plan Riverside Arena 16

Section 11: Emergency Action Plan Wescott Sports Complex 18

Section 12: Emergency Action Plan Riverland Community College Baseball Complex 20

Section 13: Emergency Action Plan Todd Park North and South Complex 22

Section 14: Emergency Action Plan Austin YMCA 24

Section 15: Emergency Action Plan Ellis Middle School 26

Section 16: Concussion Protocol 28

Section 17: Weather Protocol31

Introduction:

My name is Chelsey Kasel and I am a Certified Athletic Trainer. I am employed by the Mayo Clinic Health System Austin. Austin Public High School and MCHS Austin have a relationship together to provide athletic training services to athletics at the high school. I have a B.S. Degree in Exercise Science and a M.S. Degree in Athletic Training. I am certified with National Athletic Trainers Association, and I am licensed in the state of Minnesota with the Board of Medical Practice as an Allied Health Care Provider.

My experience includes 1 year working in the high school athletic setting for Byron High School as well as 2 years during grad school in a variety of different settings. I encourage you to please send your athletes to me for evaluation, so that I can begin the process of getting them back to competition quickly and safely.

I work directly with a number of physicians at MCHS Austin, so I can assist with recommendations and referring you and your athletes to the appropriate health care provider. I also will work with the coaches and parents to provide proper care and treatment of each individual athlete.

What exactly is a Certified Athletic Trainer? Certified Athletic Trainers are specialized health care professionals, who provide prevention and care for sports related injuries. There are six major domains of practice we as athletic trainers are educated, trained and evaluated on; they include the following:

1. Prevention
2. Recognition, Evaluation and Assessment
3. Immediate Care
4. Treatment, Rehabilitation and Reconditioning
5. Organization and Administration
6. Professional Development

I encourage each and every one of you to introduce yourselves if I have not met you already. I am usually at all home athletic events for Austin High School, so please do not hesitate to contact me. Thank you and good luck with the upcoming athletic seasons.

SPORTS MEDICINE COVERAGE

Coverage is provided by Chelsey Kasel, LAT, ATC, CES, employed with MCHS Austin. With the relationship between MCHS and Austin, sports medicine services are provided for several of the athletic programs at Austin High School.

COVERAGE INCLUDES:

- Screening of Athletic injuries
- Providing recommendations for treatment and care
- Educating athletes, parents, and coaches about sports medicine topics and prevention of injuries
- Emergency care
- Events
- School visits
- Pre-participation physicals
- Weight certification
- Modalities
- Specialty taping/bracing
- Rehabilitation programs
- ImPACT testing/concussion testing

Sports medicine coverage will be provided for sports during the fall, winter and spring seasons. Please read the following list to see which events will be covered under the current relationship with MCHS Austin and Austin Senior High School.

- If a priority sport and a secondary sport have home events on the same day, the priority sport will be covered and communicated to secondary sport coaches.

FALL SEASON

- **Football:** Varsity home and away games, JV and 9th grade home games only (priority)
- **Boys and Girls Soccer:** Varsity and JV home games (priority)
- **Boys and Girls Cross Country:** Varsity and JV home meets (priority)
- **Girls Volleyball:** Varsity and JV home games (secondary)
- **Girls Tennis:** Varsity and JV home meets (secondary)
- **Girls Swim & Dive:** Varsity and JV home meets (secondary)

WINTER SEASON

- **Boys Hockey:** Varsity and JV home games (Riverside Arena) (priority 1)
- **Girls Hockey:** Varsity and JV home games (Riverside Arena) (priority 1)
- **Wrestling:** Varsity and JV home meets (priority 1)
- **Gymnastics:** Varsity and JV home meets (@ YMCA of Austin) (priority 2)
- **Boys and Girls Basketball:** Varsity and JV home games (secondary)
- **Boys Swim & Dive:** Varsity and JV home meets (secondary)

SPRING SEASON

- **Boys and Girls Track:** Varsity and JV home meets (Wescott Field) (priority)
- **Boys Volleyball:** Varsity home games (secondary)
- **Boys Baseball:** Varsity and JV home games (Riverland Community College) (secondary)
- **Girls Softball:** Varsity and JV home games (Todd Park) (secondary)

Athletic Training Room Hours

The athletic training room hours are intended for the evaluation of athletes and the injuries they may have sustained while competing in their current sport. During these hours an athlete will be instructed by the athletic trainer on how to properly treat and rehabilitate his/her injuries. Home exercise programs will be administered as needed, taping, stretching, bracing, etc. Information regarding the athlete will be documented and then communicated to the coaching staff and parents to inform them of the athletes playing/practice status. These hours will allow me ample time to evaluate the athletes and to refer those who may need further diagnosis from an appropriate healthcare provider. I encourage all athletes, when they have sustained an injury whether during practice or a competitive game; please consult with me during these daily hours at the school. This way I can treat and manage the injuries and return them to their respective sport safely.

Weekly school visits will be provided from 2:30-3:30pm Monday-Friday at the high school or at Wescott unless there is a scheduling conflict or school is closed due to holiday or weather.

Athletic Training Room Hours:

- **Fall Season:** Monday, Tuesday, Thursday, Friday – 2:30-3:30 at the high school and 3:30-6:30 at Wescott, or until done covering home events; Wednesday – 2:30-6:30 at the high school
- **Winter Season:** 2:30-6:30 @ HS, or until done covering home events
- **Spring Season:** 2:30-6:30 @ HS, or until done covering home events

Pre-Participation Physical Examination (PPE)

The Minnesota State High School league requires a PPE for every athlete participating in athletics. The physicals expire after 3 years and are provided free of charge to area athletes grades 6-12 at the Mayo Clinic Health System Austin.

The physicals must be completed and submitted to AHS and Ellis activities offices upon completions so there is documentation of eligibility on file; otherwise, the athlete will not be allowed to participate.

For most athletes the thought of participating in a group physical may be too time consuming or it just does not work with your schedule. I would recommend you schedule a physical with your primary healthcare provider before your prospective season starts. The format for these is more costly but the examination can be billed directly to your health insurance. PPE's include assessments of the following.

- **Height/weight/BP**
- **Vision**
- **Postural Screening**
- **Joint integrity/flexibility**
- **Examination by physician provider**

The originals of the physicals will be kept by our staff and sent to HIMS to be scanned into medical records; once this has been accomplished the originals will be delivered to the activities office at AHS and Ellis middle school. If additional copies are needed, you can contact HIMS for release of information at (507) 434-1397 option 4. All other questions can be directed to the activities director at the high school, Katie Carter.

EVENT COVERAGE PROTOCOL

Chelsey Kasel, ATC will be available to provide Sports Medicine coverage for Austin High School athletic events. Coverage will be provided for each sport according to the current agreement. Due to the number of events throughout the school year, there may be events which have conflicting times. Currently, I am the only certified athletic trainer on staff at MCHS Austin. Therefore, I may not be present at all sporting events. When these conflicts arise the Activities Director, coaches, and site supervisor are all informed and they will be in charge recognizing when an injury has occurred and contacting emergency medical services as deemed necessary.

RESPONSIBILITIES INCLUDE:

- ATC will arrive 15 minutes prior to events start. Unless other arrangements have been established with coach and/or athlete. Football will be 1 hour pre-event
- ATC will introduce themselves to coaches, officials and site supervisors
- ATC will be responsible for providing immediate first aid and care of the athletes who have sustained an injury during the event. Including notification of Emergency Medical Services (EMS) if deemed appropriate
- All athletes who have contact with the ATC will be recorded by ATC and entered into the electronic database. All records will be SOAP note style timed and dated by the ATC. (Contact will be defined as any athlete the ATC provides a service for i.e.; taping, blood, ice etc.)
- When games take place at the high school, the athletic training room will be accessible to obtain supplies, ice and treatment table for evaluation if needed
- Ice and emergency medical supplies will be provided as needed by the ATC
- Upon completion of the event the ATC will re-check any athletes prior to leaving the site. ATC will remain longer if needed or an arrangement has been made with the coach staff
- During the events the ATC's main priorities are the athletes involved directly with the competition. If there are any injuries that occur to fans in the stands the ATC will attend to the person if he/she is able as long as it does not interfere with current event, athletes on the field are the number one priority. In most cases if the injury is serious enough the site supervisor will be instructed by the ATC to call 911 for emergency assistance

Chelsey Kasel, ATC

Phone: 507-438-9300

E-mail: kasel.chelsey@mayo.edu

RETURN TO PLAY GUIDELINES

When athletes become injured it is a very difficult time for the athletes, parents and coaches. The question usually heard immediately “How soon can I play”? As a certified athletic trainer my specialty lies in the recognition and treatment of sports related injuries. Once a thorough evaluation has been done of the injured athlete an impression can be made as to the extent of the injury and then a plan of action can be established on how to properly treat the injury. The following is a list of steps taken by the ATC to begin the process of returning to play post injury:

1. Is the injury an emergency?

- a. If so, the athlete must be immediately taken to emergency room either by ambulance or personal vehicle for proper treatment
- b. They will need to have a note for clearance by a physician before going back to play

2. Does the injury need further evaluation by a primary provider or orthopedic specialist?

- Are images needed? (x-ray, MRI, CT, etc.)
- Does the athlete need medication? (Asthma)
- Following MSHSL guidelines, will need a letter of clearance by the healthcare provider they saw

3. Can the injury be treated by the ATC at the HS?

- Will provide education and treatment plan of the injury
- Begin a rehab program at the school or in the form of home exercises
- The treatment plan will include a functional return to sport plan
- Provide options for bracing/taping to protect the injured area
- The athlete will be given the clearance to return to competition

Once the athlete has been evaluated and the injury in question has been diagnosed, the athlete will begin his/her treatment. The treatment will include education of the injury and a rehabilitation program will be developed to help the athlete recover as quickly and comfortably as possible. Injuries sustained by athletes can differ greatly in severity; therefore, the time frames for return to play may vary depending on the diagnosis. Most importantly, proper treatment of the injuries will ensure safe return to sport once the injury has completely healed.

CONTACT INFORMATION:

Chelsey Kasel, LAT, ATC, CES

Head Athletic Trainer Austin Senior High School

Mayo Clinic Health System Austin

1000 1st Drive N.W.

Austin, MN 55912

Phone: 507-438-9300

Email: kasel.chelsey@mayo.edu

Please do not hesitate to contact me if you have questions or concerns regarding your student athletes. I can be reached via phone, text, or email. If you do not speak directly to me, leave a message and I will respond as soon as I am able.

EMERGENCY ACTION PLAN (EAP)

Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the athlete participating. The development and implementation of an Emergency Action Plan will help ensure that the best care will be provided.

Most injuries sustained during athletics or other physical activities are relatively minor. However, potentially limb-threatening or life-threatening emergencies in athletics and physical activity are unpredictable and occur without warning. Proper management of these injuries is critical and should be carried out by the trained health services personnel to minimize risk to the injured participant.

- ✓ **National Athletic Trainer's Association Position Statement: Emergency Planning in Athletics:** *Journal of Athletic Training* 2002; 37(1): 99-104

Components of the Emergency Action Plan:

- 1. Emergency Personnel**
- 2. Emergency Communication**
- 3. Emergency equipment (AED)**
- 4. Roles of the Certified Athletic Trainer, Coaches, Administration**
- 5. Venue Directions with map**

EMERGENCY PERSONNEL

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a Certified Athletic Trainer. However, the first responder may also be a coach or another member of the school personnel. Certification in CPR, first aid, AED, prevention of disease transmission, and emergency plan review is required by for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning (also including: athletic director, school nurse, certified athletic trainer, all coaches etc.). Copies of the training certificates and or cards are maintained in activities office by the athletic director. The certified athletic trainer will maintain his/her certificates through MCHS Austin. The emergency team may consist of physicians if present, certified athletic trainers, emergency medical personnel (paramedic, EMT), coaches, site supervisors, administration and possibly bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, preference of the head athletic trainer.

Four basic roles with the emergency team are:

- 1. Establish scene safety and immediate care of the athlete:**
Should be provided by the most qualified individual; certified athletic trainer, coaches, administration.

2. **Activation of Emergency Medical Services:**

Person chosen should be someone whom is calm under pressure, communicates well and is familiar with the location and address of the sporting event.

3. **Equipment Retrieval:**

May be done by anyone who is familiar with the types and locations of the specific equipment needed. Coaches, student athletic trainers, managers may be good choices.

4. **Direction of EMS to the Scene:**

One members of the team should be in charge of meeting the emergency personnel/ambulance as they arrive at the site. This person should have keys to locked gates or doors. Good candidates would be site supervisors, athletic directors, coaches.

Activating Emergency Medical Services

- ✓ Call 911
- ✓ Provide Information
 - *Name, address, telephone number of the telephone caller*
 - *Nature of emergency (medical or non-medical)*
 - *Number of athletes*
 - *Condition of the athlete(s)*
 - *First aid treatment initiated by first responder*
 - *Specific directions as need to locate the emergency scene*
 - *Other information as needed by the dispatcher*

In the event the injury is non-medical, please contact Certified Athletic Trainer on site; if Certified Athletic Trainer is not available please contact Head coach of specific team involved.

Emergency Communication

Communication is very crucial; every venue should have a means of communication and locations of land lines should be noted.

Emergency Equipment

All necessary equipment needed at venues will be supplied by on site Certified Athletic Trainer. In the event a Certified Athletic trainer is not present; coaches and or site supervisor will access necessary equipment from the training room or team first aid kits.

Medical Emergency Transportation

In the event an ambulance is on site, there should be a designated location with rapid access to the site and cleared route for entering/exiting the venue. In the event that an ambulance is not on site, the medical personnel should be aware of average EMS response for the athletic venue and distances from venue to local hospitals.

Any emergency situations where there is impairment in loss of consciousness (LOC), airway, breathing or circulation (ABC's) or there is neurovascular compromise should be considered a "LOAD AND GO" situation and emphasis place on the rapid evaluation, treatment, and proper transportation.

Non-Medical Emergencies

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the school emergency action plan.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the training and preparation of athletic healthcare providers. It is prudent to invest athletic department "ownership" in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should be reviewed at least once a year with all the athletic personnel Certified Athletic Trainer, Athletic Director, Site Supervisors, Coaches. Through development and implementation of the emergency action plan **AUSTIN SENIOR HIGH SCHOOL** helps ensure that the athlete will have the best care provided when an emergency situation does arise.

AUSTIN SENIOR HIGH SCHOOL

IMPORTANT CONTACT LIST

ON CAMPUS OFFICES	PHONE NUMBER
ATHLETIC DIRECTOR	507-460-1827
ATHLETIC TRAINER	507-460-1800 EXT 0122 507-460-1847 (Westcott)
MAIN OFFICE	507-460-1800
ACTIVITIES OFFICE	507-460-1825
COUNSELING OFFICE	507-460-1812

TITLE	NAME	OFFICE	CELL
ATHLETIC TRAINER	Chelsey Kasel		507-438-9300
ATHLETIC DIRECTOR	Katie Carter	507-460-1827	651-983-0084
ACTIVITIES SECRETARY	Kelly Joseph	507-460-1825	507-438-5001
PRINCIPAL	Matt Schmit	507-460-1800	

OFF CAMPUS CONTACTS	PHONE NUMBER
LAW ENFORCEMENT CENTER	507-437-9400
FIRE DEPARTMENT	507-433-3405
MAYO CLINIC HEALTH SYSTEM AUSTIN	507-433-7351
MCHS Austin Emergency Room	507-434-1488
POISON CONTROL AUSTIN MN	1-800-222-1222

Emergency Action Plan Austin High School Gymnasium

301 3rd street NW
Austin, MN 55912

Activities Director: **Katie Carter** **651-983-0084**

Certified Athletic Trainer: **Chelsey Kasel** **507-438-9300**

AED is located in the hallway between the concession stand and Ove Berven Gymnasium in the event the Certified Athletic Trainer is not present. When the Athletic trainer is present for home games, an AED and necessary medical equipment will be provided.

1. Call 911 or other Emergency Phone Numbers
2. Provide necessary information to EMS personnel:
 - Your name, address and phone number
 - Number of victims; conditions of victims
 - First-aid treatment initiated
 - Specific directions to locate scene (which doors to use)
 - Other information as requested by dispatcher
3. Provide appropriate emergency care until arrival of EMS personnel: Upon arrival of EMS personnel; provide pertinent information (MOI, vital signs, treatment rendered, brief medical history if able) assist emergency personnel as needed.
4. The ATC will be responsible for assessing the injury and making decisions as to whether the injured athlete needs transportation for emergency services or not. In the event of the ATC is not present, the coach and team staff will be responsible for contacting EMS.

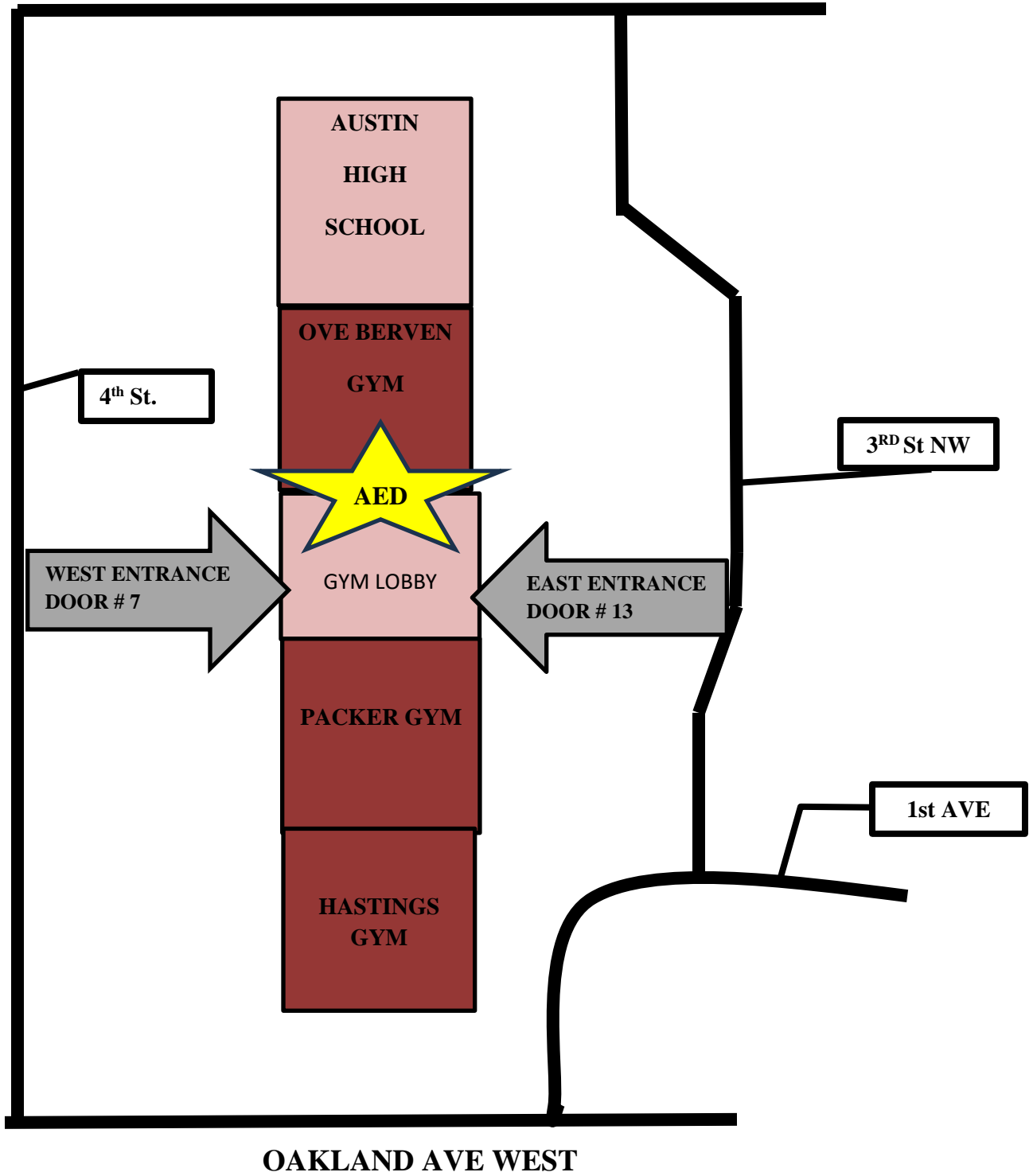
Emergency Telephone numbers:

- **Mayo Clinic Ambulance Service** 911/ 507-433-1850
- **Mayo Clinic Health System Austin ED** 507-433-7351

Austin High School Gymnasium

Boys & Girls Basketball, Wrestling, Volleyball

3rd AVE NW



Emergency Action Plan Riverside Arena

501 2nd Ave NE
Austin, MN 55912

<u>Activities Director:</u>	Katie Carter	651-983-0084
<u>Certified Athletic Trainer:</u>	Chelsey Kasel	507-438-9300

AED is located at the south end of the building directly outside the office attached to the wall.

1. Call 911 or other Emergency Phone Numbers
2. Provide necessary information to EMS personnel:
 - a. Your name, address, and phone number
 - b. Number of victims; condition of victims.
 - c. First-aid treatment initiated.
 - d. Specific direction as needed to locate the scene (which doors to use)
 - e. Other information as requested by dispatcher.
3. Provide appropriate emergency care until arrival of EMS personnel: Upon arrival of EMS personnel; provide pertinent information (MOI, vital signs, treatment rendered, brief medical history if able) and assist with emergency care as needed.
4. Certified Athletic Trainer will be responsible for assessing the injury and making decision as to whether or not the injured athlete needs transport for emergency services or not. In the event the Athletic Trainer is not present, coaches and team staff will be responsible for contacting EMS.

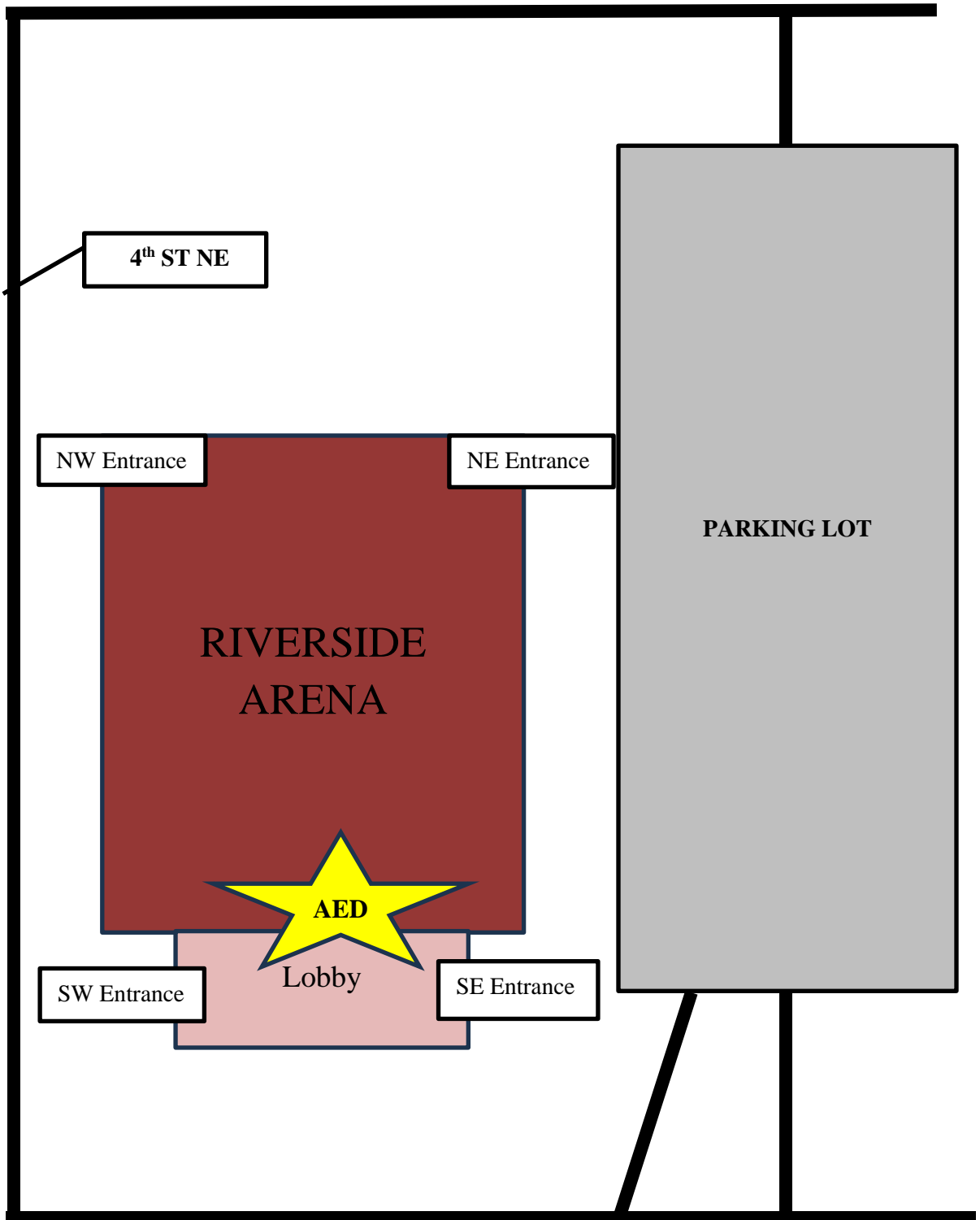
Emergency Telephone numbers:

- **Mayo Clinic Ambulance Service** 911/ 507-433-1850
- **Mayo Clinic Health System Austin ED** 507-433-7351

Riverside Arena

AHS Boys & Girls Hockey, Bruins

4TH AVE NE



2nd AVE NE

Emergency Action Plan Wescott Sports Complex

1300 Oakland Ave West
Austin, MN 55912

Activities Director: **Katie Carter** **651-983-0084**

Certified Athletic Trainer: **Chelsey Kasel** **507-438-9300**

AED is located just outside of the athletic training room in the universal locker room under the bleachers. During home games the athletic trainer will provide necessary medical equipment and AED.

1. Call 911 or other Emergency Phone Numbers
2. Provide necessary information to EMS personnel:
 - Your name, address and phone number
 - Number of victims; conditions of victims
 - First-aid treatment initiated
 - Specific directions to locate scene (which doors to use)
 - Other information as requested by dispatcher
3. Provide appropriate emergency care until arrival of EMS personnel: Upon arrival of EMS personnel; provide pertinent information (MOI, vital signs, treatment rendered, brief medical history if able) assist emergency personnel as needed.
4. The ATC will be responsible for assessing the injury and making decisions as to whether the injured athlete needs to be transported for emergency services or not. In the event the ATC is not present, the coach and team staff will be responsible for contacting EMS.

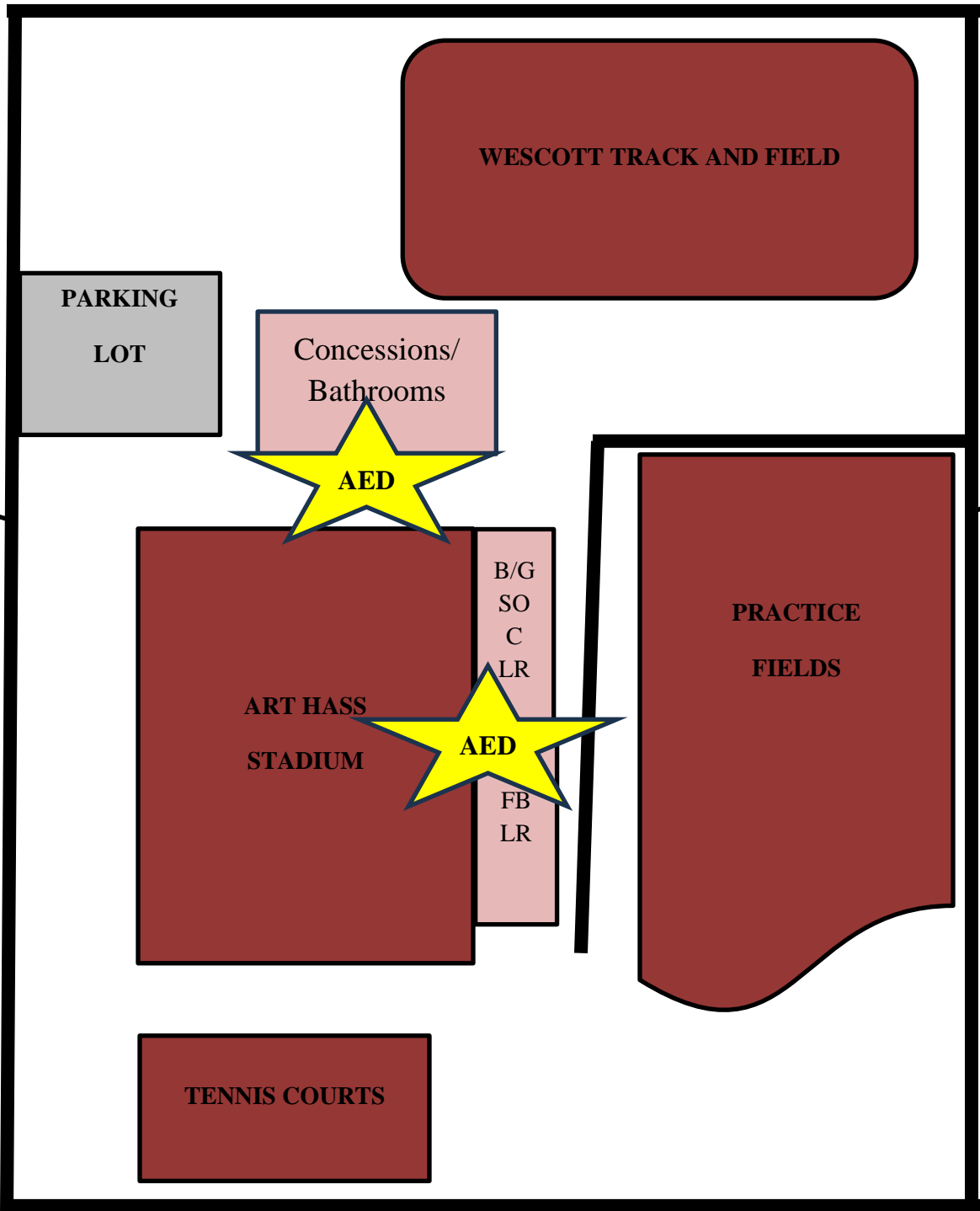
Emergency Telephone numbers:

- **Mayo Clinic Ambulance Service** 911/ 507-433-1850
- **Mayo Clinic Health System Austin ED** 507-433-7351

Wescott Sports Complex

AHS Football, Boys & Girls Soccer, Boys & Girls Track

4th AVE NW



OAKLAND AVE WEST

Emergency Action Plan Riverland Community College Baseball Complex

1900 8th Ave NW
Austin, MN 55912

Activities Director: **Katie Carter** **651-983-0084**

Certified Athletic Trainer: **Chelsey Kasel** **507-438-9300**

AED would only be accessible if a portable one is brought to the fields by ATC or on EMS.

1. Call 911 or other Emergency Phone Numbers
2. Provide necessary information to EMS personnel:
 - Your name, address and phone number
 - Number of victims; conditions of victims
 - First-aid treatment initiated
 - Specific directions to locate scene (which doors to use)
 - Other information as requested by dispatcher
3. Provide appropriate emergency care until arrival of EMS personnel: Upon arrival of EMS personnel; provide pertinent information (MOI, vital signs, treatment rendered, brief medical history if able) assist emergency personnel as needed.
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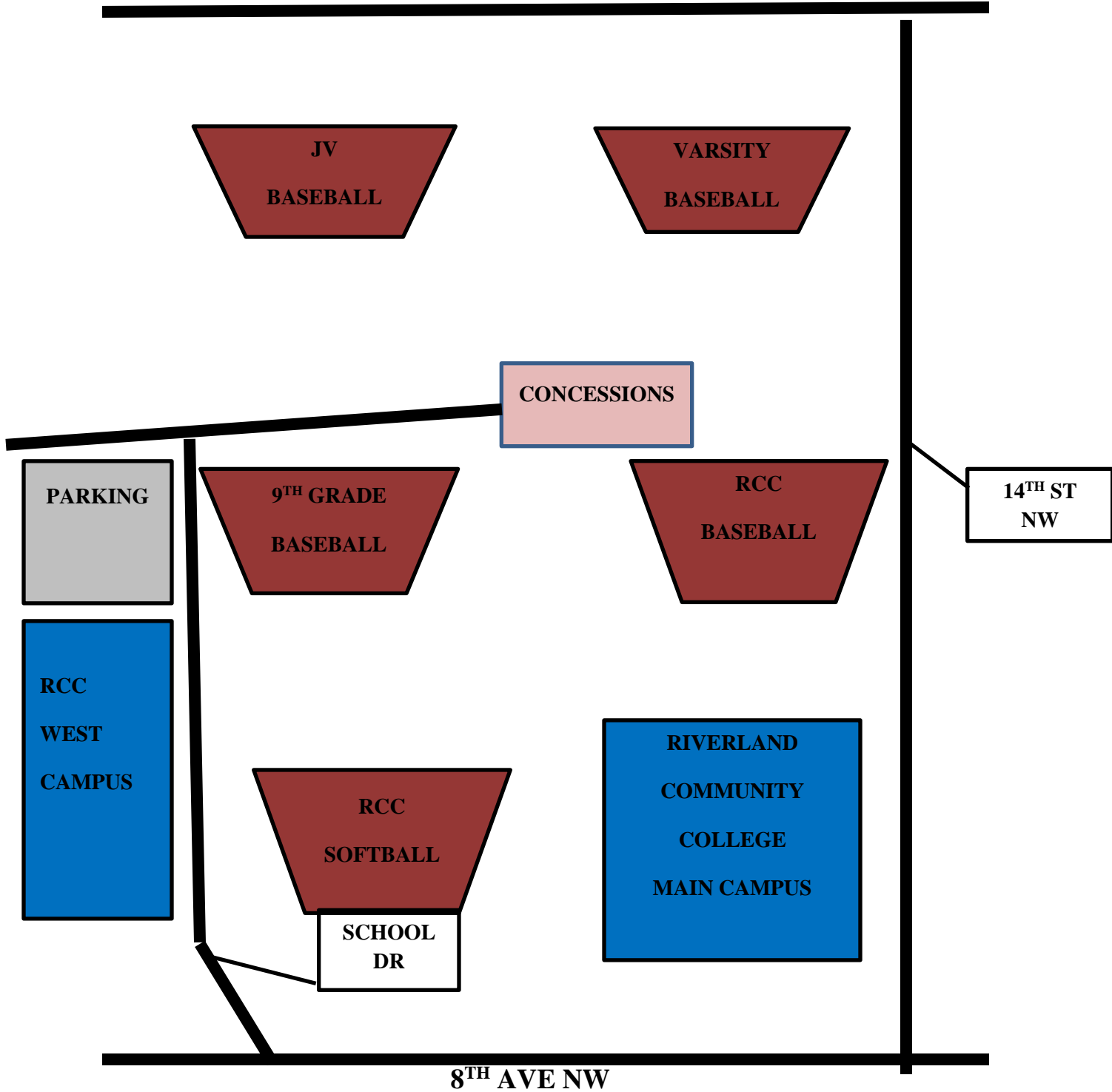
Emergency Telephone numbers:

- **Mayo Clinic Ambulance Service** 911/ 507-433-1850
- **Mayo Clinic Health System Austin ED** 507-433-7351

Riverland Community College Baseball Complex

AHS BASEBALL

I-90



Todd Park North & South Complex

11th Street & 21st Ave NE
Austin, MN 55912

<u>Activities Director:</u>	Katie Carter	651-983-0084
<u>Certified Athletic Trainer:</u>	Chelsey Kasel	507-438-9300

AED would only be accessible if a portable one is brought to the fields by ATC or on EMS.

1. Call 911 or other Emergency Phone Numbers
2. Provide necessary information to EMS personnel:
 - Your name, address and phone number
 - Number of victims; conditions of victims
 - First-aid treatment initiated
 - Specific directions to locate scene (which doors to use)
 - Other information as requested by dispatcher
3. Provide appropriate emergency care until arrival of EMS personnel: Upon arrival of EMS personnel; provide pertinent information (MOI, vital signs, treatment rendered, brief medical history if able) assist emergency personnel as needed.
4. The ATC will be responsible for assessing the injury and making decisions as to whether the injured athlete needs to be transported for emergency services or not. In the event the ATC is not present, the coach and team staff will be responsible for contacting EMS.

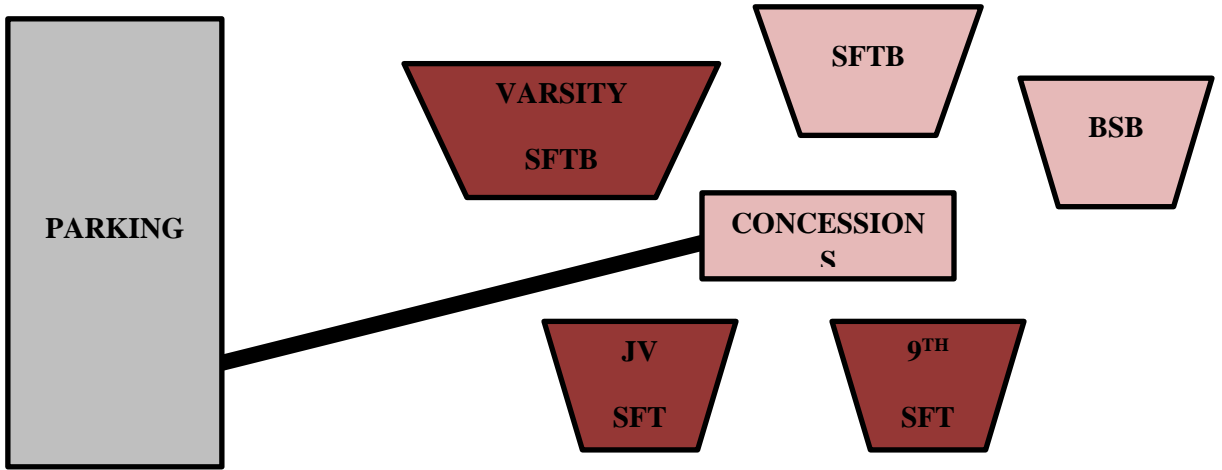
Emergency Telephone numbers:

- **Mayo Clinic Ambulance Service** 911/ 507-433-1850
- **Mayo Clinic Health System Austin ED** 507-433-7351

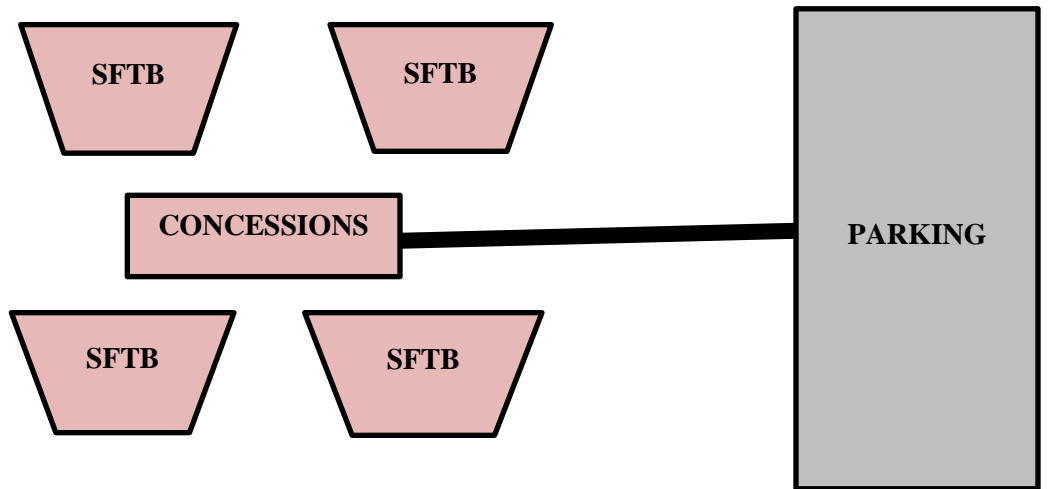
Todd Park North & South Complex

Softball

NORTH COMPLEX



SOUTH COMPLEX



11TH ST NE

21ST AVE

8TH DR NE

Austin YMCA/Recreation Center

501 4th Ave NE
Austin, MN 55912

Activities Director: **Katie Carter** **651-983-0084**
Certified Athletic Trainer: **Chelsey Kasel** **507-438-9300**

AED would be accessible if a portable one is brought to the recreational center or on EMS. The closest AED otherwise would be located on the second floor by the resistance training area or ask the front desk.

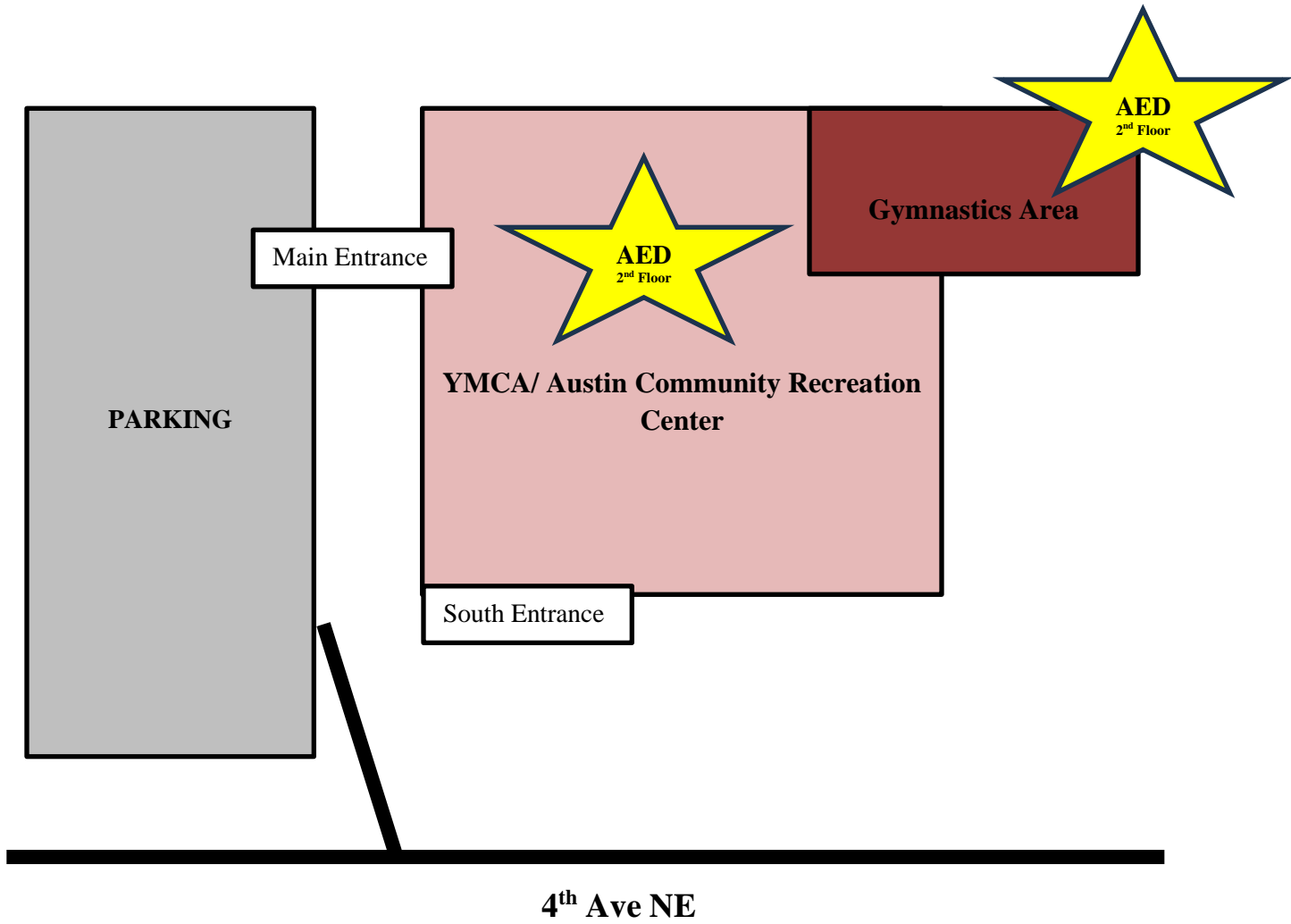
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2. Provide necessary information to EMS personnel:
 - Your name, address and phone number
 - Number of victims; conditions of victims
 - First-aid treatment initiated
 - Specific directions to locate scene (which doors to use)
 - Other information as requested by dispatcher
3. Provide appropriate emergency care until arrival of EMS personnel: Upon arrival of EMS personnel; provide pertinent information (MOI, vital signs, treatment rendered, brief medical history if able) assist emergency personnel as needed.
4. The ATC will be responsible for assessing the injury and making decisions as to whether the injured athlete needs to be transported for emergency services or not. In the event the ATC is not present, the coach and team staff will be responsible for contacting EMS.

Emergency Telephone numbers:

- **Mayo Clinic Ambulance Service** 911/ 507-433-1850
- **Mayo Clinic Health System Austin ED** 507-433-7351

YMCA Austin

Girls Gymnastics



Ellis Middle School

1700 4th Ave SE
Austin, MN 55912

Activities Director:

Katie Carter

651-983-0084

Certified Athletic Trainer:

Chelsey Kasel

507-438-9300

The AED is located just south of the pool by the locker room entrances mounted on the wall.

1. Call 911 or other Emergency Phone Number
2. Provide necessary information to EMS personnel:
 - Your name, address and phone number.
 - Number of victims; conditions of victims.
 - First-aid treatment initiated.
 - Specific directions to locate scene (which doors to use).
 - Other information as requested by dispatcher.
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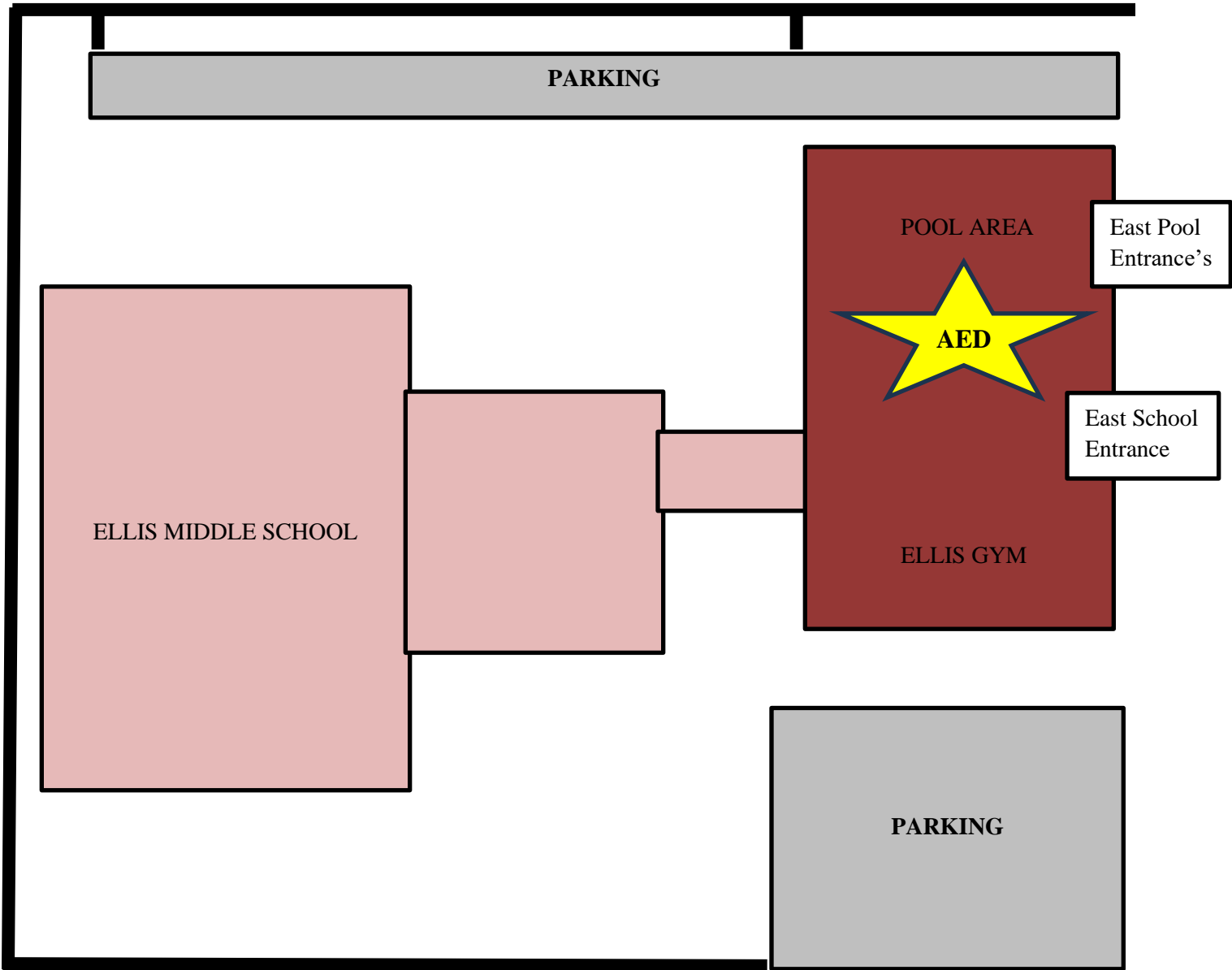
Emergency Telephone numbers:

- **Mayo Clinic Ambulance Service** 911/ 507-433-1850
- **Mayo Clinic Health System Austin ED** 507-433-7351

Ellis Middle School

Boys and Girls Swim & Dive

4th Ave SE



Concussion Protocol

Diagnosing and recognizing a concussion

Recognizing and diagnosing a concussion can be difficult. We can not see it in the same way we can see a broken bone, but we can see it in the way a child is acting physically, mentally, or emotionally.

At Austin Public High School, we try to obtain some baseline information on all athletes in high impact sports, such as football, soccer, hockey, and wrestling. We do this so we can compare each individual athlete to themselves if a potential head injury occurs. If a concussion is suspected, the baseline information will be used to help potentially diagnose a concussion.

Some concussions are obvious, and some are not. In situations where a concussion cannot be ruled out, we will be erroring on the side of caution and taking the athlete through the concussion protocol. Understand that the main objective is to keep our student athletes safe for life outside of sports, and sometimes these judgement calls need to be made.

Concussion Symptoms & Care

Below are common symptoms of a concussion. These are normal in the recovery process and will decrease with time.

Physical symptoms:

- Has dizziness or balance problem
- Has sensitivity to light or noise
- Feels fatigued or has low energy
- Has a headache
- Feels nauseous or vomits
- Has a vision problem such as double vision or blurry vision

Mental Symptoms

- Has difficulty concentrating or thinking clearly
- Has confusion
- Feels slowed down or like “in a fog” or “out of it”

Emotional or social symptoms

- Feels nervous or anxious
- Feels more emotional or sad
- Is more irritable or gets angry easily

Sleep symptoms

- Sleeps more or less than usual
- Has trouble falling asleep

Care in the first 24-48 hours

- Rest mentally and physically
- Allow your child to sleep as needed
- Consider staying home from school and activities if needed or recommended
- Avoid or limit mental exertion if it worsens symptoms
- Do not drive

After the initial period of rest, your child can start to do light mental activity and add more as tolerated. Your child may benefit from doing light physical activity or exercise early in the recovery process. Your child's health care provider may recommend some low intensity, non-contact activity even when your child has symptoms. Activities may include walking or using a stationary bike or an elliptical machine.

Return to School and Activities Plan

School accommodations

The following are accommodations that may be considered

- Go to school for part of a day. Your child can gradually spend more time at school until he or she can be there for the full day.
- Have school assignments and projects modified. It is best not to postpone them. Your child may need extra time or help.
- Wait to take significant classroom or standardized tests. Or your child may need to have classroom testing modified as needed.
- Use a quiet place, such as the nurse's office, for scheduled mental rest.

Encourage your child to return to doing more of a usual school routine. Children usually can increase the amount of time at school and doing activity as days pass and they feel better. Talk with your child's care provider about a formal school support plan if needed.

Returning to Sport

At Austin Public High School, the athletic trainer will take the athlete through the return to play protocol. Each step will have a minimum of 24 hours between each step. If the athlete starts a step and has symptoms start during the step, they will need to repeat the step the next day. If symptoms persist, they may need to go down to a lower step.

Step 1: Physical rest

Goal: Recover by resting

Activity: Daily living activities, such as showering, making a bed, preparing food, walking

Step 2: Light aerobic exercise or activity

Goal: Increase heart rate

Activity: 15-20 minutes of a brisk walk, light jogging, little to no resistance on a stationary bike, or elliptical. DO NOT do resistance exercises during this time, which includes lifting weights.

Step 3: Sport-specific exercise

Goal: Add movement and increase heart rate for a longer time.

Activity: Work toward giving 50-75% perceived intensity for 30-45 minutes during sport-specific exercise. Do not lift weights. Do not do anything that involves head contact.

Non-contact sports activities:

- Core work
- Cross country & track: flat ground running
- Tennis: serving, forehand and backhand off of soft toss
- Football: foot work, catching & throwing, shadow blocking or coverage, wearing helmet only
- Soccer: dribbling, shooting & corner kicks
- Volleyball: partner passing & setting, controlled pepper
- Hockey: skate on own, stick handling and shooting off ice, wearing helmet and gloves
- Wrestling: shadow drill, forward and backward crawling
- Gymnastics: floor and beam routine dance moves, no jumps or flips
- Basketball: shooting on own, passing and ladder drills

Step 4: Full non-contact practice

Goal: Add coordination, resistance and mental tasks to activity

Activity: Work towards giving 75-100% perceived intensity for 1-2 hours during sport-specific exercise. May be progressive resistance training and progress to more complex drills.

Non-contact sports activities:

- Cross country & track: interval & speed work; full throw for shot and disc
- Tennis: controlled volleying
- Football/soccer: wear full gear, red jersey practice (athlete in a red jersey to not get hit), team warm-ups, drills and conditioning
- Wrestling: drilling with a coach and medicine ball slams, throws and carries
- Baseball & softball: base running, hitting off of soft toss, controlled field drills
- Gymnastics: initiate tumbling with spotter

Step 5: Full practice

Goal: Add contact, build confidence and assess skills.

Activities: Practice at full exertion with full pads and contact. Work toward giving 100% perceived intensity for 1-2 hours during sport-specific exercise.

Step 6: Return to play

Goal: Full activity without restriction.

Activity: Return to competitive game play and tournaments without restriction.

If an athlete does not follow a normal trajectory in regards to recovery, they may be advised to follow up with a concussion specialist.

Weather Protocol

We will be following the MSHSL weather protocol. The QR code below will bring you to the MSHSL's website with the protocol.

Key Points for Lightning/Threatening Weather

- Prior to the start of the contest, it is up to the host school to determine if play is safe
- Once play has started it is up to the officials. Their decision cannot be overruled
 - Medical personnel should be consulted in this decision
- If you can “hear it, clear it” in regards to thunder
- Utilize weather apps when possible. These can be unreliable, so do not base the decision on the app alone
- When lightning is within 10 miles, play should be discontinued
- **Wait at minimum 30 minutes after last lightning strike or sound of thunder before returning to field**

Key Points for Cold/Heat

- Cancel if -20F or at -40F wind chill
- When in the red zone, no outdoor workouts or non-air-conditioned practices
- Have scheduled regular breaks with water and shade if available
- Limit practice times

