Athletic Training Website General Information

Lightning Safety

Lightning may be the most frequently encountered severe storm hazard endangering physically active people each year. Millions of lightning flashes strike the ground annually in the United States, causing nearly 100 deaths and 400 injuries. Three quarters of all lightning casualties occur between May and September, and nearly four fifths occur between 10:00 am and 7:00 pm, which coincides with the hours for most athletic events.
Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest (irrespective of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity

Recommendations for Lightning Safety

1. Establish a chain of command that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous).
3. Have a means of monitoring local weather forecasts and warnings.
4. Designate a safer shelter for each venue. See examples below.
5. When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately..
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
7. Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume that lightning safe position (crouched on the ground weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
9. Observe the following basic first aid procedures in managing victims of a lightning strike:
    - Activate local EMS
    - Lightning victims do not "carry a charge" and are safe to touch.
    - If necessary, move the victim with care to a safer location.
    - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
    - Evaluate and treat for hypothermia, shock, fractures, and/or burns.
10. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

Definitions

Safer Shelter:

1. A safer location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
2. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
3. It is not safe to shower, bathe, or talk on landline phones while inside of a safer shelter during thunderstorms (cell phones are ok).

MRSA (Methicillin-Resistant Staphylococcus Aureus) (pronounced mer-sah)

MRSA is a staphylococcus aureus infection that is resistant to treatment by methicillin, penicillin, and other antibiotics. Anyone might get MRSA if they have a break in the skin or have close contact with someone who already as MRSA. It is spread by direct contact such as touching objects (sheets, towels, clothes, dirty dressings, workout areas, bar soap, and sports equipment.) MRSA can become very dangerous.

How to Avoid MRSA

1. Lauder workout clothing and uniforms after each use, using hot water and detergent.
2. Clean any sports equipment after use and allow to dry out between uses.
3. Wash hands frequently using antibacterial soap. Do not use bar soap or share it.
4. Shower immediately after practice or competition, especially if participating in a contact sport.
5. Do not share towels, razors, combs/brushes, clothing, sports equipment, eating utensils or drinks. If drinking from a water bottle, do not put lips or mouth on it, squirt it into the mouth.
6. Clean and cover any skin wounds with an antiseptic. Make sure it remains covered until healed as MRSA usually enters the body through an unprotected break in the skin.
7. Report all sin wounds to the athletic trainer to see if medical attention is required.

Warning Signs of MRSA

1. Longer than normal healing time for a wound.
2. Any increase in wound size.
3. Unexplained or unusual pain or sensitivity at or around a wound.
4. The presence of pus or a pustule.
5. Hardness around a wound.
6. The sensation of heat at or around a wound.
7. Abnormal swelling or redness at or around a wound.
8. Red streaks around the wound.
9. Abnormal coloration around the wound.

PHYSICIAN VISITS

Anytime an athlete has been seen by a healthcare provider for an injury or illness that affects their participation in athletics, whether referred by the athletic training staff or not, the athlete will need a note from the healthcare provider stating the diagnosis and whether the athlete may return to athletic participation with or without restrictions before they will be allowed to return to participation. Notes may be sent via Parent Square to print, or given to the athletic trainer.

PREGNANCY

In order to continue participating in athletics, a pregnant athlete is required to provide a written release for athletic participation from their OB/GYN for the specific sport, for weight training, and for travel with the team monthly, or as frequently as they see their healthcare provider, whichever is more

often during the first and second trimester, and bimonthly, or as frequently as they see their OB/GYN, whichever is more often, during the third trimester.

UNCONSCIOUS ATHLETE

Per the Safety Bill- Senate Bill 82: “Requires that any student who is rendered unconscious while participating (in practice or game) cannot participate further in that practice or game anymore and must get written clearance prior to any further participation.”