

Vineland High School

Parents & Student-Athlete Athletic Training Handbook



Contents

A note from the Athletic Trainer.....	page 1
Vineland High School Athletic Program.....	page 2
Athletic Accident Insurance.....	page 2
Medical Information.....	page 2
Pre-Participation Physicals.....	page 2
Preseason Conditioning.....	page 3
Beginning the Season.....	page 3
Dietary Guidelines.....	page 3
Flexibility Guidelines.....	page 4
In the Event of an Injury.....	page 4
Follow-up Care.....	page 5
General Injury Care.....	page 5
Head Injury Guidelines.....	page 7
Important Phone Numbers.....	page 8

****** MUST BE FILLED OUT AND RETURNED (To Nurse's Office)
IN ORDER TO PARTICIPATE IN ANY ATHLETICS**

A Note from the Athletic Trainer – “On Athletic Training”

Every year, millions of students participate in interscholastic sports across the country. And every year thousands of these athletes suffer an injury that prevents them from participating in their sports. Today, athletic health care is a common place in the college and professional ranks, but most high school student-athletes are not afforded the basic health care that they need and deserve.

Vineland Board of Education has made a moral commitment to their student-athletes by having two full-time athletic trainers on staff during athletic competitions.

What exactly is Athletic Training?

Certified Athletic Trainers are highly educated and skilled professionals specializing in athletic health care. A certified athletic trainer’s work may decrease the amount of “down time” an athlete occurs through the following methods:

- Prevention of injuries through taping and conditioning
- Management of an injury by providing proper emergency care
- Rehabilitation of an injury through treatment exercise

The athletic trainers act as the “Liaisons” between the athlete, coach, and physician, insuring that all athletes receive the necessary care. We work as an independent entity, but under the direction of physicians, team physicians or preferred family physicians. Some of the athletic trainer’s duties include:

1. Athletic injury prevention through protective bracing and taping
2. Athletic event coverage for all athletic events at St. Augustine
3. Emergency care and treatment for all school athletes and staff
4. Evaluation of the injured athlete, and appropriate referral when necessary
5. Training, mentoring, and supervision of student athletic trainers.

Our staff is committed to provide the best possible athletic health care to our student athletes. In addition, we are also committed to reducing the cost of health care to our students-athletes by providing as many services as possible in house in the training room. Injuries that can not be treated in the Vineland Athletic Training room can be done at physical therapy offices.

We can only do our job successfully when we have the full support and cooperation of our student-athletes and their parents. It is my hope that this handbook will help to further the level of cooperation and support in the future.

David Reckenbeil ATC, NASM-CPT/CES/PES
Athletic Trainer

Darya Feldman MS, ATC
Athletic Trainer

Vineland High School Athletic Program

More and more students in high schools and middle schools across the nation are becoming involved in interscholastic athletics. Vineland is no different. Vineland High School fields a total of 19 teams Varsity level sports.

Every year an average per season of approximately 250-400 students participates in Vineland athletic program. The large number of participating students, plus the rapid development change in the bodies of young athletes is the reason that we take steps to ensure the health, safety, and enjoyment while an athlete is representing Vineland High school.

Even under ideal circumstances, anyone who engages in physical activity is subject to the possibility of injury. According to the National Athletic Trainers' Association, over 1.3 million student-athletes (about 1 out of every 7) are injured each year. Fortunately, the vast majority of these injuries are minor. With proper training, conditioning, instruction, diet, and rest habits, many of these potential injuries can be eliminated or significantly reduced.

Athletic Accident Insurance

All students **MUST** have their own private insurance coverage. Vineland provides secondary student accident insurance for all students. This is a **LIMITED** policy that insures the student to and from school, during school, and while participating in school-sponsored programs. Student participating in competitive sports will be covered. Catastrophic insurance is mandated by the New Jersey State Interscholastic Athletic Association, but it **does not serve in the place of personal medical coverage**.

If your son/daughter sustains an injury while participating in a school athletic event he must **FIRST** report it to his coach and/or athletic trainer then fill out a claim form to file with the school's insurance policy. Claims forms and other pertinent information can be obtained from the Vineland Athletic Department.

Medical Information

Please fill out the required forms, and return them to the Vineland's nurse's office by **August 15th**. Each of these forms request specific information and provides you and your child with important information about the risks of participating in athletics.

YOUR CHILD CANNOT PARTICIPATE IN PRACTICES, SCRIMMAGES, OR GAMES UNTIL THESE FORMS ARE COMPLETELY FILLED OUT AND RETURNED TO THE VINELAND'S NURSE'S.

This provides us with the names and phone numbers of whom to contact in an emergency, any special medical information on your child, and a statement authorizing medical care in the event that you cannot be reached to authorize such care. These forms also allow us to send and receive pertinent medical information from other medical providers, which allows us to better serve you, should your child become injured.

PRE-PARTICIPATION PHYSICAL EXAMINATIONS (PPE)

All students who participate in athletics must have a current physical and/or recertification form on file in the Vineland Nurse's office prior to participation in any practices, scrimmages, or games. New Jersey State Interscholastic Athletic Association policy requires that a "licensed medical doctor" perform this physical. Physicals signed by Nurses, Nurse practitioners, and Chiropractors are **NOT** valid. A physical is **valid for only one**

calendar year from the date it was taken and must be completed prior to the students-athletes upcoming sport. Vineland does not have a physician available to give the PPE for your son/daughter on site.

To participate on a school athletic squad or team, each student/athlete whose medical examination was completed more than 60 days prior to the first practice session shall provide a health history update of medical problems experienced since the last medical examination. This shall be completed and signed by the parent. The health history update shall include the following information:

- Hospitalization/operations
- Illnesses
- Injuries
- Care administered by physician of medicine or osteopathy, advanced practice nurse or physician's assistant; and
- Medications

PRE-SEASON CONDITIONING

Because of the high level of competition in our athletics, it is important that students who plan to go out for a sport are physically prepared for the challenges of the sport. Athletes need to have good strength, flexibility, and cardiovascular fitness in order to meet the demands of their sport. Being in good overall shape will also help reduce the chance of injury in the first weeks of the season. We strongly encourage participation in a conditioning program during the off-season. Please contact the coach or the athletic trainer for recommendations on conditioning programs.

TIPS FOR THE BEGINNING OF THE SEASON!

During the first two weeks of a sport season, athletes can alleviate the discomfort of the increased physical exertion of the sport by doing the following:

- **Stretch often!** – This will help the athlete achieve his full potential and help prevent injury. Please consult the stretching guide or the head athletic trainer for more tips on stretching.
- **Eat Well!** – With the increased activity comes the increased need for calories to provide energy. The athlete should increase consumption of complex carbohydrates.
- **Drink plenty of fluids!** – Adequate fluid replacements is important to prevent fatigue, excessive weight loss, and possible heat illness. Athletes should drink 8-10 glasses of fluids each day, no matter what sport they play.
- **Rest!** – Rest is extremely important during the first few weeks of the season, and also throughout the entire season. During the preseason the body is adjusting to increased levels of the activity and needs plenty of time to recover.

Dietary Guidelines and Fluid Replacement

Athletic participation places physical and mental stressors on an athlete. It is important that young athletes eat properly in order to provide quality fuel for activity. The following guidelines are general considerations that may assist the athlete in his efforts to succeed.

- Eat a varied Diet – Avoid eating the same foods each day
- Eat breakfast! – Athletes need good fuel, which includes breakfast. Any combination of foods such as toast, juice, cereal, milk, or fruit will help reduce low blood sugar and help the body function optimally throughout the day.
- Avoid excessive amounts of fast foods – Fast foods generally have high fat content, which is digested slowly and may produce unwanted weight gains.

- Drink plenty of fluids – Fluids are important to hydrate the system, assist in the chemical process of energy metabolism, and provide for the transportation of nutrients throughout the body. Drinks containing caffeine and carbonation should be avoided. Increased consumption of water and/or sports drinks (Gatorade, PowerAde, etc.) is the only way to replace nutrients loss during the activity. Energy Drinks (Red Bull, Adrenaline, etc.) should **never be used prior** to an event; reasoning is these elevate the heart and one considered a stimulate in a fashion similar to ephedria. Energy drinks and heat/humid weather = heat exhaustion and possibly heat stroke.
- Avoid large amounts of red meat – While you need good sources of protein in an athletic diet, red meat is high in fat and calories. Choose more poultry and fish as sources of protein in your diet.
- Consume complex Carbohydrates – The athletic diet should consist of foods such as breads, potatoes, vegetables, pasta, fruits, cereals, etc. These products contain the energy sources an athlete needs and also the other nutrients necessary for good metabolic function and tissue growth. Stay away from foods with high fat and salt contents. Protein is important but is usually sufficient in the normal diet. Carbohydrate sources are much more beneficial for energy and growth.
- There is no magic diet – No athlete will be successful due to diet alone. A good diet will provide the nutrients needed for successful athletic participation. But exercise, practice, heredity, and skill development are also needed for athletic achievement.

A note on dietary and Performance Supplements

Vineland High School does not promote, support, or encourage the use of dietary or performance supplements by student-athletes. Parents and student athletes should be extremely cautious about using these substances and consult their physicians or other qualified experts before using these products.

Flexibility Guidelines

You cannot feel yourselves getting tighter, but this does happen each day that you don't stretch your muscles. Adequate flexibility helps your muscles perform to their fullest capacity, allowing you to achieve speed and range of motion, reduce soreness, and achieve your greatest level of athletic success. The following guidelines will allow your child to achieve the type of flexibility needed for athletics:

- Ideally, everyone should stretch his or her major muscle groups 3-4 times per day, everyday. Realistically, athletes should begin stretching at least 2-3 weeks prior to the start of the season.
- You will feel tightness or discomfort while stretching but you should not hurt.
- Hold stretches for 20-30 seconds, relax, and repeat at least 3 times, 3-4 times per day (once in the AM, once before practice, once after practice, and before bedtime).
- **Do not** jerk or bounce while stretching.
- Warm muscles stretch more easily than cold muscles, so when possible warm up by walking briskly, jogging, or riding a stationary bike for a few minutes prior to stretching.
- Relax! If you are tense or extremely stressed, it will make it harder for your muscles to stretch.

In The Event of Injury

At School...

Athletic and other injuries that occur at Vineland High School should be reported to the Vineland Sports Medicine staff and the athlete's coach as soon as the athlete realizes he is injured. If the athlete is injured during school hours, he should also report this injury to the school nurse or other appropriate personnel.

The Vineland Sports Medicine staff will evaluate the injury and, based upon the evaluation, make a determination as to what the most appropriate course of care for the athlete. Treatment will be based upon the athletic trainer's experience, established protocols and standing orders furnished by our team physicians and/or caring physician. In most cases, injuries are minor in nature and the athlete can be successfully treated in the athletic training room.

If the injury is more extensive or will require further medical evaluation by a physician, the athlete's parent/guardian will be contacted by the athletic trainer and provided with information about the injury and can recommend a physician or help with appointments to speed the down time.

It is essential that ALL athletic injuries be reported to the Vineland Sports Medicine staff when they occur. On the Road...

Unfortunately, we do not have the manpower to send an athletic trainer on the road with all athletic teams. Only football will have this luxury on the high risk of injury to its participants. If an athlete is injured while on the road, he should report that injury to his coach and then to a sports medicine staff member as soon as possible following their injury

If the host school employs an athletic trainer, our coaching staff may elect to have the athlete examined by that athletic trainers who will most likely provide basic care for the injury (i.e.; ice, wrapping, etc.) and refer the athlete back to our sports medicine staff. The athlete should report the injury to the Sports Medicine staff member the next day in school. ***IT IS IMPORTANT THAT HE/SHE DOES THIS!*** In case of significant injury, parents will be contacted about the injury directly from that site and consulted about the problem.

Questions from Home...

If you are concerned about an injury that your child suffered during athletics, PLEASE CALL THE VINELAND ATHLETIC TRAINERS'. The telephone number for the athletic trainers' is located at end of this booklet.

If an injury which appears minor one day, and becomes more bothersome the next day, please call the athletic trainer room so that we can assist you in the next appropriate steps. It is always your right as a parent to seek further medical care for your son if you have any doubts as to the seriousness of his injury. It is strongly recommended that you contact the sports medicine staff before taking your son to the physician of your choice. Often, the athletic trainer can eliminate unneeded waiting time and have your son seen in a timely fashion.

Anytime you take your child to a physician for an athletic injury we ask that you obtain in writing the doctor's instructions for treatment and return to play guidelines for us to appropriately (and legally) treat your son. **YOUR CHILD MAY NOT RETURN TO PLAY WITHOUT A WRITTEN RELEASE FROM THE PHYSICIAN.**

Follow-up Care

To ensure that athletes recover from their athletic injuries, it is extremely important that they make every effort to come to the athletic training room for daily care and follow-up until released by the athletic training staff. Please encourage your son to continue to follow-up with our Sports Medicine Staff as needed.

Our goal is to make the Vineland training room a full-service medical facility that can offer a wide array of treatment methods and rehabilitation procedures including: ice, moist heat packs, hot/cold contrast baths, electric stimulation, exercise rehabilitation, stretching, functional testing, etc. Emergency and basic first aid is always available to Vineland athletes. All Sports Medicine staff members are trained in CPR and/or emergency first aid.

General Injury Care

The **P.R.I.C.E.** principle

If an injury occurs, initial treatment should include the **P.R.I.C.E.** Principle in order to reduce pain, and swelling, and to promote healing.

P = Protection: Immobilization with rigid appliance like a splint or semi-rigid tape application is appropriate until pain-free movement through a full range of motion is accomplished

R = Relative Rest: Avoid painful movements and weight-bearing if they cause pain. If it hurts to do something, don't do it until that activity can be performed pain-free. Use crutches or a sling until pain-free motion is achieved.

I = Ice: Apply cold compress, a bag of crushed ice or commercial cold packs to the most sensitive areas a minimum of 4 times daily for a duration of 20 minutes each. Therapeutic cold helps control inflammation (swelling) and causes sensory anesthesia (numbness), which will assist in pain control.

C = Compression: Hold the ice bag on the injured area with an elastic bandage. This will deliver an effective dose of cold. Wrap an elastic bandage around the injured area starting from the lowest (distal) part of the injured area. This will act as compression and aid in support and minimize the possibility of edema (swelling).

******DO NOT GO TO SLEEP WITH AN ELASTIC WRAP ON******

E = Elevation: Keeping the injured tissues elevated also helps in swelling control. The injured area must be elevated above the heart.

If there is any doubt as to the severity of an injury, seek appropriate medical attention. Please remember to report any and all injuries to the Sports Medicine staff and bring the medical findings and instructions in writing to the Sports Medicine staff so we can provide appropriate treatment and follow-up care.

Ice or Heat – Which is better?

Acute injuries are defined as injuries that have a short onset and a relatively short duration. The standard treatment for acute injuries to muscles, bones, and joints is the application of ice, compression and elevation. Ice should be applied immediately for 20 minutes to an injured site. You can apply ice every 60-90 minutes for two-three days following injury. Ice will reduce swelling, inflammation, and pain.

***** DO NOT LEAVE ICE ON FOR MORE THAN 20 MINUTES******

Skin irritation and tissue damage may result from improper or excessive use. If you are allergic to cold or develop irritations, it is recommended that you place a moist towel or pillowcase between the ice and your skin.

Methods of Icing include:

1. Ice Bag – Place ice in a bag and apply to injuries area for 15-20 mins.
2. Commercial Cold Pack – place cold pack in a pillowcase and apply to injured area for 15- 20 mins.
3. Ice Massage- Fill a paper cup $\frac{3}{4}$ full with water and freeze it. Peel away approx. 1 inch of the top of the cup and massage injured area in circular motion for 15-20 mins.
4. Ice Bucket – Immerse injured part in a bucket of ice water for 15-20 mins

HEAT comes later...

Heat may be used successfully for acute and chronic injuries when used correctly. **Heat should only be used after swelling has stopped (~48-72 hrs. following an injury).** Heat should be applied for no more than 20 mins every two hours. Individuals differ in their ability to tolerate the use of heat over a body; therefore you may need to place a layer(s) between the heat source and the injured area. Moist Heat should never be comfortable; if it's too hot, you may get burned.

******NEVER USE A SPORTS CREAM UNDER A MOIST HEAT APPLICATION!!
THIS CAN LEAD SERIOUS TISSUE DAMAGE AND BURNS******

Methods of heat application:

1. Moist Heat Pack – a towel soaked in hot water, wrapped in another towel. Applied for 20 mins. to the affected area
2. Hot Soak – soaking the body area in water heated to 96-98 degrees for no more than 20 minutes. Decrease the time and temperature of the soak if a full body immersion is required

3. Moist heating pad – may be purchased commercially. Follow the manufacture’s directions for the use of the moist heat pack.

******WHEN DOUBT USE ICE******

Skin Wounds and Abrasions

The leading cause on indirect deaths in athletics is INFECTION. Skin wounds and skin abrasions are very common in athletics, especially in sports like football, soccer, baseball, and softball. It is extremely important that you have any skin wounds/abrasion cleaned and properly dressed. These wounds should be kept covered with an antibiotic cream and a sterile bandage until the wound has healed. A serious infection may result in lost time in your sport. Signs and symptoms of infection include:

- Bright red color surrounding the wound
- Bright red streaking leading away from the wound
- Puss oozing from wound
- Inflammation and/or extreme pain around the wound

IF you experience any of symptoms, report them to the athletic trainer certified (ATC) or seek appropriate medical care

Head Injury Guidelines

What is a Concussion - A concussion is an injury to the brain that is caused by a blow to the head. After a concussion, the brain doesn’t work properly for a while. Concussion can cause a person to be knocked out (unconscious) or to have a memory lose (amnesia). A concussion can be very dangerous even if the person is not knocked out.

Is a concussion serious - Any concussion can be dangerous because it affects the brain. The longer the person is unconscious or the longer the memory loss lasts, the more serious the concussion. You can have a serious concussion even without losing consciousness or having a cut or swelling on your head where you have been hit. Concussions are usually not serious, but they can result in permanent damage to the brain and can even cause death. You should usually observe the athlete for the first 24 for hours of the incident. Most serious problems show up in the 24 hour period.

Signs and Symptoms of a head injury can manifest over a period of hours or even days. The athlete should not be left alone. A responsible adult should watch him or her. In the event the following appear either singularly or in combination, medical attention should be sought immediately. Report to your family physician, orthopedist, neurologist, emergency room, or other appropriate health care professional promptly.

Common Signs and symptoms include:

- Increased drowsiness, or decreased alertness.
- Increased dizziness, nausea, or vomiting
- Increased severity of headache. Severe headaches that won’t ease up or go away, even after a dose of acetaminophen (Tylenol)
- Unequal or irregular pupils, blurred/double vision, loss of focus, or hypersensitivity to light.
- Clear fluid or blood draining from nose or ears
- Poor balance, coordination or concentration
- Weakness, tingling or paralysis in arm or legs
- Unusual agitated behavior or amnesia
- Garbled speech

Is it okay to sleep? You might become sleepy after a concussion. This may be caused by the activity that caused you to get a concussion (for example, a football game) or it may be caused by the concussion itself. It’s perfectly all right for you to sleep; as long as a responsible person wakes you up every two hours to be sure you

are as easy to wake up as you normally are. You should be able to recognize this person and tell them such things as your birthday, age, and telephone number. If you can't be easily woken up or don't answer the questions correctly, the person should call your doctor or seek professional medical attention.

May I take something for Pain? Only if your doctor tells you to. Some drugs might make you sleep and make it hard to tell how you are really doing. Do not ingest alcohol or narcotic substance, eat heavily, and exercise until advised to do so, or expose oneself to extreme sunlight.

Please Note...

The guidelines outlines above and on the previous pages are not meant as, and should not be used as, a substitute for competent medical care. If you have any questions or concerns about the health and well being of your child you should seek medical advise from the sports medicine staff or a medical doctor.

Athletic Directors Office.....856-794-6800 ext.2555

Athletic Training Room..... 856-794-6800 ext. 2505

Nurse's Office (South Building).....856-794-6800 ext. 2529

Nurse's Office (North Building)..... 856-794-6800 ext. 2742