The Athletic Health Care System

Secondary Sport Perspective

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Prepare

- Athlete/Parent
  - Healthy habits
  - Medical history & PPE
  - Additional required paperwork
  - Insurance
  - Previous training & conditioning
- Coach
  - Current in all trainings
  - Understand laws, policies, and procedures
- Athletic Trainer
  - Current in all trainings and CEUs
  - Understand laws
  - Implement policies & procedures in conjunction with AHCT
  - EAPs and Emergency drills

Prepare (cont.)

- Athlete/Parent
  - Turn in paperwork
  - Weight & concussion* baselines
  - Understand medical conditions
- Coach
  - Acknowledge weight baselines, physical condition, knowledge/experience of sport
  - Note medical conditions and understand S&S
  - Confirm that athlete has turned in all necessary paperwork
- Athletic Trainer
  - Communicate to coaches:
    - medical conditions
    - concerns

Protect

- Athlete/Parent
  - Be honest about the fit of equipment*
  - Communicate concerns
- Coach
  - Proper fit of equipment*
  - Educate athlete regarding proper use of equipment*
  - Appropriate and effective warm up
- Athletic Trainer
  - Weather & other environmental hazards*
  - Emergency supplies are on-site and accessible

Participate

- Athlete/Parent
  - Communicate S&S and report injuries
  - Do not tamper with equipment and alert staff of ill fitting equipment*
  - Utilize breaks and drink plenty of water
  - Do not block entrances and gates
- Coach
  - Do not ignore warning signs
  - Appropriate match ups/grouping
  - Appropriate breaks and proper supervision
- Athletic Trainer
  - Aware of athletes' physical status
  - Evaluation and treatment of injuries; appropriate referral
  - Monitor safety and appropriateness of all drills

Post-Workout

- Athlete/Parent
  - Report injuries, S&S
  - Weigh in
  - Healthy habits
- Coach
  - Monitor weight charts
  - Regroup athletes based on performance
- Athletic Trainer
  - Verify proper weighing procedures
  - Evaluation and treatment of injuries; appropriate referral
  - Communicate all injuries