

## Sports Medicine

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### **Athletic Trainers, Sports Medicine Physicians and Coaches**

APS offers a sports medicine plan as a **component** of interscholastic athletic programs. This includes the services of a full-time certified and licensed athletic trainer at each high school along with the support of voluntary licensed medical physicians.

Sports medicine is an integral part of athletics including the supervision of training and competition of student-athletes. In order to realize maximum benefits from the services of both physicians and athletic trainers, the program should not be perceived as a separate entity.

Athletic trainers, with the aid of physicians from the Greater Albuquerque Medical Association (GAMA) Sports Medicine Committee, are responsible for but not limited to the following:

- Injury and illness prevention
- Wellness protection
- Clinical evaluation and diagnosis
- Care, treatment and rehabilitation
- Communication on the care of injuries with physicians, coaches, parents/guardians, school administration and school faculty & staff
- Maintenance of records and documentation
- Administrative and organizational program procedures

Sports medicine physicians are voluntary licensed medical physicians available to provide advice and direction to athletic trainers for the safety and care of student-athletes.

When a licensed medical physician is not present, the athletic trainer **will determine** when a student-athlete is able to practice, compete or re-enter competition, **and** the athletic trainer will be responsible for communication with the school athletic director and head coach/supervising coach.

Coaches are accountable for but not limited to the following sports medicine related responsibilities:

- Reporting all injuries as a first responder
- Communicating and following instructions for the care of an injured student-athlete

Coaches are recommended to have current training in CPR, sports injury care, first aid and use of an AED; certification is preferred.

### **Athletic Medical Information**

It is the responsibility of the athletic trainer to ensure all prospective participants have completed all required medical forms and participant forms; all forms are to be kept on file in the athletic training room. Prior to participation, all students must be released by the athletic trainer; an activity release document (e.g. list, form, card) must be provided by the athletic trainer to the head coach. Head coaches may not allow students to participate without such release. The athletic trainer is to provide the coaching staff with the knowledge of pertinent medical conditions (e.g. asthma, diabetes, etc.) and initial care priorities pertaining to individual student-athletes.

In special circumstances where the athletic trainer is unavailable for several days (e.g. summer) the school athletic director may allow student participation after carefully checking medical forms and participant forms for completeness, special conditions, signatures, etc., pending the return to duty of the athletic trainer. In such circumstances, the school athletic director accepts responsibility for the student's clearance for participation.

In regard to the following items of reference, acknowledgement and verification of the parent/guardian and the student is in the form of required signatures on the *APS Physical* form.

*APS Physical* form in English:

<http://www.aps.edu/athletics/documents/APS%20Physical%20Form%20updated%202013%202.pdf>

*APS Physical* form in Spanish

<http://www.aps.edu/athletics/documents/APS%20Physical%20Form%20Espanol%20updated%202013.pdf>

- **Medical Examination**  
A physical exam and verification in writing of the exam (refer to *APS Physical* form) shall be obtained from a licensed medical physician, osteopathic physician, physician's assistant, nurse practitioner or chiropractic physician (with licensing authority).
- **Medical History**  
A student's medical history that has been reviewed by the participant, parent/guardian, and licensed medical physician, osteopathic physician, physician's assistant, nurse practitioner or chiropractic physician (with licensing authority) is required.
- **Insurance**  
The student and parent/guardian shall provide information regarding insurance coverage which may be personal coverage or coverage by the APS contracted agent. **APS does not provide insurance.** Payment for contracted agent insurance is a responsibility of the student's parent/guardian. Insurance coverage is required by the NMAA before a student may be allowed to participate in an athletic program.
- **Consent to Participate**  
Parent/guardian approval is required before a student is allowed to participate in an athletic program.
- **Authorization for Health Care Services**  
Student-athletes are required to have an *Authorization for Health Care Services* form signed by parent/guardian. The *Authorization for Health Care Services* form is acknowledged in town and out of town. Coaches are to have the signed forms in their possession for all team activities (e.g. practice, athletic events). The authorization form is included with the *APS Physical* form.
- **Medication Notification**  
Before treatment, participants should notify the athletic trainer regarding any use of medication.
- **Acknowledgment of Risk**  
The student and parents/guardians should be notified of the inherent risk involved in physical activity and sport-specific activities.

- Effective Date  
Per NMAA guidelines, a physical must be dated on or after April 1 to be current for the subsequent school year. Refer to NMAA Bylaw: 6.15 Physical Fitness.

NMAA Handbook, Section VI Eligibility Bylaws  
[http://www.nmact.org/file/Section\\_6.pdf](http://www.nmact.org/file/Section_6.pdf)

### Release of Private Information of Student Athletes

All schools and their representatives are expected to comply with both the Health Insurance Portability and Accountability Act (HIPAA) and the Federal Educational Records Privacy Act (FERPA) at all times. Under both regulations, the passing and/or discussing of a student-athlete's private information, medical records or health status may be cause for concern among those involved with the care of a student-athlete. Although a coach may not be a covered entity by definition, information shared with the coach may fall within the area of the concerned.

The APS Athletic Department advises the following:

- The athletic trainer will act as the sports medicine liaison between the school and the treating physician while coordinating a detailed medical plan with the treating physician.
- The athletic trainer will provide the head coach and/or the supervising assistant coach with information to assist in the care and duties of any medical condition involving a student-athlete when necessary.
- In an attempt to protect the rights of student-athletes, coaches will not engage in third-party conversations disclosing private information regarding a student-athlete. This may include but is not limited to school administration/faculty, teammates, parent organizations and media outlets. Private information regarding a student-athlete is to be discussed and shared only when necessary and with those directly involved (e.g. coach, athletic trainer, and athletic director).
- Information requested by post-secondary officials regarding a student-athlete for recruiting information will only be released through written permission from the student-athlete and parent/guardian.
- A copy of the current physical may be provided to the parent and/or student-athlete following a written request.

### Health and Safety Related Information

#### Injuries Sustained During Competition or Training

The athletic trainer is responsible for the care and treatment of students participating in NMAA sanctioned sports. Injuries designated **SIGNIFICANT** should be handled according to standardized methods. Significant injuries are designated as such by the athletic trainer, coaches, school nurses, or physicians present at the time of the occurrence. All injuries/illnesses that result in a prolonged period of time loss for activity are to be considered a significant injury.

A significant injury is **at least** the following:

- All head injuries
- All injuries exhibiting symptoms or signs of a concussion must be managed in accordance with APS Athletic Department guidelines for concussion management protocol. Refer to guidelines outlined for concussion management protocol.
- Knee injury resulting in a limp for more than twenty-four (24) hours, swelling within the joint, dislocation of the kneecap or clinical instability

APS Athletic Department Concussion Management Protocol  
<http://www.aps.edu/athletics/documents/concussionprotocol.pdf>

- Back injury resulting in leg pain, changes in bowel or bladder habits (frequency or urgency), blood in the urine, pain causing a loss of two (2) practice sessions
- Neck injury resulting in recurrent shoulder or arm pain, spasticity in legs or pain causing loss of one practice session
- Pulmonary conditions resulting in prolonged cough, wheezing or blue skin color
- Serious medical illnesses resulting in weight loss, jaundice or prolonged fatigue
- Any symptoms or conditions as a result of heat illness, dehydration, etc.

Athletic trainers and/or school athletic directors are to follow-up with parents and coaches as needed for significant injuries lasting longer than forty-eight (48) hours. A referral to medical personnel may be required.

Student-athletes with injuries unrelated to the activity in an APS athletic program will be referred to medical personnel for care, treatment, documentation, medical release and guidelines for returning to activity.

### **Return to Activity**

Student-athletes who have been **referred to or are under the care of** a licensed medical physician for any injury or illness shall present a written statement **from the attending physician** to the athletic trainer stating diagnosis and guidelines for returning to activity. Until medical release documentation is provided and all criteria established by the physician for returning to activity has been met, the student-athlete is not to be released for activity.

Guidelines will be established by the athletic trainer for student-athletes returning to activity after an injury or illness who **have not** been referred for licensed medical care **and are not** under the care of a physician. In the absence of an athletic trainer, in conjunction with the school athletic director and the head coach, a coach will only allow a student-athlete to return to activity if there is no evidence of a significant injury, pain or swelling and with parent/guardian consent.

### **Supplements**

Coaches, related athletic staff and/or other program support **are not to recommend, supply or distribute** any supplemental products to student-athletes. Fluid replacement drinks may be provided.

Supplements include but are not limited to:

- Performance enhancing substances
- Nutritional supplements
- Energy drinks
- Over-the-counter medications

### **Weight Control**

Wrestlers will abide by the NMAA weighing in and weight management program as referenced in NMAA Bylaw: 7.24.1F. Weighing In and Weight Management Program.

NMAA Handbook, Section VII Sport Regulations  
[http://www.nmact.org/file/Section\\_7.pdf](http://www.nmact.org/file/Section_7.pdf)

## Lightning Safety

The APS Athletic Department will abide by the guidelines for lightning and thunder safety set forth by the National Federation of State High School Associations (NFHS), the NFHS Sports Medicine Advisory Committee (NFHS SMAC) and the NMAA. In addition, the APS Athletic Department subscribes to the National Athletic Trainers Association (NATA) position on lightning safety for athletics and recreation. Refer to the following position statements and guidelines.

NFHS SMAC Position Statements and Guidelines for  
Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances  
[Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances - October 2014](#)

NFHS Sports Medicine Handbook, Section: Lightning Safety  
[www.nmact.org/file/NFHS\\_Lightning\\_Safety.pdf](http://www.nmact.org/file/NFHS_Lightning_Safety.pdf)

NMAA Lightning Guidelines  
[www.nmact.org/file/NMAA\\_Lightning.pdf](http://www.nmact.org/file/NMAA_Lightning.pdf)

National Athletic Trainers Association Position Statement: Lightning Safety for Athletics and Recreation  
Journal of Athletic Training, Volume 48, Number 2, April 2013  
[http://www.nata.org/sites/default/files/2013\\_lightning-position-statement.pdf](http://www.nata.org/sites/default/files/2013_lightning-position-statement.pdf)

- **Responsibilities & Authority**

Due to the dangers of lightning, if it is seen or thunder is heard, it is cause for heightened awareness and necessary monitoring of weather conditions. It is the responsibility of the school athletic director, the athletic trainer, coaches and/or designee to monitor weather conditions at school sites (e.g. on-campus events, practices, etc.). The school athletic director is responsible for establishing a chain of command specific to both on-campus practices and events that identifies a specific person (or role) with unquestionable authority to determine when it's necessary to remove individuals, including spectators, from outdoor facilities and activities with instruction to seek safe shelter. Event officials and event management have joint authority to suspend or postpone play due to weather conditions. It is the responsibility of those referenced above to closely monitor weather when ever-changing conditions are evident.

- **Use of Electronic Devices**

Electronic devices including but not limited to lightning detectors, smartphones and tablets may be used to assist in the monitoring of weather conditions. Designated event personnel and athletic trainers will carry and use electronic lightning detectors as one means for detecting lightning.

## Heat Conditions

Coaches will abide by the NMAA Bylaw: 7.6.21 Heat Illness Prevention Protocol.

NMAA Handbook, Section VII Sport Regulations  
[http://www.nmact.org/file/Section\\_7.pdf](http://www.nmact.org/file/Section_7.pdf)

The APS Athletic Department subscribes to the National Federation of State High School Associations Sports Medicine Advisory Committee's (NFHS SMAC) position on heat acclimatization and heat illness prevention. Refer to the referenced link for position statement.

NFHS SMAC Position Statement on Heat Acclimatization and Heat Illness Prevention – Approved April 2012  
[http://www.nmact.org/file/SMAC\\_NFHS\\_Heat\\_Illness.pdf](http://www.nmact.org/file/SMAC_NFHS_Heat_Illness.pdf)

## **Additional Information**

The APS Athletic Department subscribes to the National Federation of State High School Associations Sports Medicine Advisory Committee's (NFHS SMAC) position and guidelines on the following health and safety related issues:

- Lightning or thunder disturbances
- Heat acclimatization and heat illness
- Hydration
- Concussion management
- Parent's guide to a concussion
- Head impact exposure and concussion risk in football
- Headgear in non-helmeted sports
- Mouthguard use in sports
- Technology and risk minimization
- Medical appliances
- Invasive medical procedures
- Sports related skin infection
- Sports hygiene, skin infections and communicable diseases
- Supplements
- Anabolic, androgenic steroids
- Energy drinks

Refer to the referenced link for position statements and guidelines.

NFHS SMAC Position Statements and Guidelines

<http://www.nfhs.org/sports-resource-content/smac-position-statements-and-guidelines/>

## **Emergency Care Procedures**

- Emergency Action Plan (EAP)

Details of an Emergency Action Plan may include but are not limited to include:

- Emergency personnel list & contact information
- Emergency communications (e.g. athletic trainer, athletic director, coach, security, police, etc.)
- Emergency equipment inventory & location
- Evacuation routes
- Ambulance accessibility
- EAP for responding when an athletic trainer is available
- EAP for responding when an athletic trainer is not available

Athletic staff (e.g. athletic trainers, school athletic directors, coaches, and event staff) shall have an emergency action plan in place for practice and competition. The EAP is to be updated and reviewed annually with all athletic staff and school administration. Frequent review and updates of EAPs are to take into consideration and accommodate for on-campus business that may force changes to an EAP.

## High School Athletic Trainer

### Job Assignment

Within each high school budget, the school district allocates a .8 FTE to staff the position of the athletic trainer.

- .4 FTE will be designated for athletic trainer job functions and duties free of teaching responsibilities to address but not be limited to the following:
  - Provide routine care and treatment of student-athletes
  - Keep daily training room hours after school
  - Manage and maintain documentation
  - Regularly observe on-campus practices to ensure the safety and wellness of student-athletes
- .4 FTE will be designated for classroom teacher responsibilities recommended as follows:
  - Two (2) classes
  - One (1) teacher preparation period
  - One (1) collaboration period
- Additional FTE may be designated at principal discretion.

In consideration of the job functions and duties of the athletic trainer and regular evening event coverage, a flex duty day is recommended to allow for a later reporting time.

Within each high school budget, the school district allocates a differential for the athletic trainer. Refer to the Albuquerque Teachers Federation (ATF) Negotiated Contract for the differential amount. The differential is compensation for coverage responsibilities assigned by the APS Athletic Department and as outlined in coverage expectations below.

Additional compensation for event coverage AFTER the first weekend of winter break and spring break will be provided by the APS Athletic Department.

### Athletic Trainer Practice Coverage Expectations

Practice coverage expectations for the athletic trainer are outlined below but are not limited to the following:

- The athletic trainer will be available for care and treatment for student-athletes on a daily (Monday-Friday) basis starting Monday of NMAA week 6 and ending on the last day of school. It is required to post regular athletic training room hours on a daily/weekly basis.
- The athletic trainer will be available for care and treatment on non-school days (e.g. weekends, school breaks, holidays, etc.) for **football** with availability not to exceed that of a normal after-school practice.
- The athletic trainer will inform coaches of availability, if any, on non-school days and will keep coaches informed of routine care, treatment responsibilities and emergency procedures along with any restrictions specific to student-athletes.

### Athletic Trainer Event Coverage Expectations & Schedule

The expectation is that the home school athletic trainer will cover all home on-campus events unless assigned otherwise by the APS Athletic Department. The host site and/or assigned athletic trainer will provide event coverage a minimum of thirty (30) minutes prior to event start time.

- Fall Season
  - Football
    - All VARSITY games will be covered by the athletic trainer including all playoff games.

- All SUB-VARSITY games will have site coverage as assigned by the APS Athletic Department.
    - All SCRIMMAGES will have site coverage as assigned by the APS Athletic Department.
  - Soccer
    - All games will have site coverage as assigned by the APS Athletic Department.
  - Cross Country
    - All meets will have site coverage as assigned by the APS Athletic Department.
  - Volleyball
    - The home school athletic trainer will cover all home on-campus events unless assigned otherwise by the APS Athletic Department (i.e. football, soccer, etc.).
- Winter Season
  - The home school athletic trainer will cover all home on-campus events unless assigned otherwise by the APS Athletic Department.
  - Spirit
    - All competitions will have site coverage as assigned by the APS Athletic Department.
  - Wrestling
    - All tournaments will have site coverage as assigned by the APS Athletic Department.
  - Winter Break
    - The athletic trainer will cover all home on-campus events and/or other events assigned by the APS Athletic Department.
- Spring Season
  - The home school athletic trainer will cover all home on-campus events unless assigned otherwise by the APS Athletic Department.
  - Track & Field
    - All meets will have site coverage as assigned by the APS Athletic Department.
  - Spring Break
    - The athletic trainer will cover all home on-campus events and/or other events assigned by the APS Athletic Department.
- APS Tournaments
  - APS sponsored tournaments will be assigned by the APS Athletic Department with consideration to the host-site athletic trainer.
- Non-APS Sponsored Events
  - Coverage assignments and compensation for NMAA district events are determined by the district chairperson and the district's member schools. Neutral site event coverage is to be provided by participating schools.
  - Coverage assignments and compensation for NMAA state events are determined by NMAA staff and/or the NMAA's designee.
- Event Coverage During the Duty Day
  - The APS Athletic Department will provide a substitute teacher in the event the athletic trainer is assigned to cover an APS sponsored event during the duty day.
  - The school district will not provide a substitute teacher for the athletic trainer who accepts a coverage assignment for a non-APS sponsored event during the duty day (e.g. NMAA district events, NMAA state events, etc.).
  - If an athletic trainer accepts a coverage assignment for a non-APS sponsored event during the duty day and is compensated, it is ONLY appropriate to request personal leave from the athletic trainer's APS job assignment.