**Baton Rouge Soccer Club**

**Sports Medicine**

**Policy & Procedures Manual**

February 2019

Santana Ruíz, MS, LAT, ATC

Director of Sports Medicine

Dr. Larry S. Bankston, M.D.

Club Supervising Physician

Table of Contents

[Mission and Vision Statement 4](#_Toc503950122)

[Sports Medicine Team 5](#_Toc503950123)

[Baton Rouge Soccer Club Facilities 6](#_Toc503950124)

[Burbank Soccer Complex 6](#_Toc503950125)

[Independence Park 6](#_Toc503950126)

[Flanacher Road Park 6](#_Toc503950127)

[Central Sports Park 6](#_Toc503950128)

[West Baton Rouge Soccer Complex 6](#_Toc503950129)

[Sports Medicine Organizational Chart 8](#_Toc503950130)

[Sports Medicine Coverage Plan 9](#_Toc503950131)

[Hours of Operation 10](#_Toc503950132)

[Dress Code 11](#_Toc503950133)

[Sports Medicine Trailer/ATR Rules/Procedures 13](#_Toc503950134)

[Club Physician Coverage 14](#_Toc503950135)

[Club Physical Therapy Services 15](#_Toc503950136)

[Athletic Trainer Coverage 16](#_Toc503950137)

[Athletic Training Students/Interns 16](#_Toc503950138)

[Medical Records and Documentation 19](#_Toc503950139)

[Confidentiality of Medical Records/HIPAA Compliance 19](#_Toc503950140)

[Confidentiality 19](#_Toc503950141)

[Medical Charts 20](#_Toc503950142)

[Privacy Requirements 20](#_Toc503950143)

[Policy Elements 21](#_Toc503950144)

[De-Identification of health information 21](#_Toc503950145)

[Sports Medicine Budget 22](#_Toc503950146)

[Blood Borne Pathogen/Exposure Control Plan 23](#_Toc503950147)

[Employee Exposure Determination 23](#_Toc503950148)

[Compliance and Control Methods 23](#_Toc503950149)

[Work Practices 24](#_Toc503950150)

[PPE 24](#_Toc503950151)

[Housekeeping 25](#_Toc503950152)

[Hepatitis B Vaccination 25](#_Toc503950153)

[Post-Exposure Evaluation and Follow-up 25](#_Toc503950154)

[Evaluation of Circumstances Surrounding Exposure Incidents 25](#_Toc503950155)

[Training 25](#_Toc503950156)

[Record Keeping 25](#_Toc503950157)

[Environmental Conditions 26](#_Toc503950158)

[Lightning 26](#_Toc503950159)

[Burbank Soccer Complex 26](#_Toc503950160)

[Independence Park 26](#_Toc503950161)

[Central Soccer Complex 27](#_Toc503950162)

[Flanacher Park 28](#_Toc503950163)

[West Baton Rouge 29](#_Toc503950164)

[Heat and Humidity 29](#_Toc503950165)

[Heat Illness 29](#_Toc503950166)

[Exertional Sickling 30](#_Toc503950167)

[Emergency Action Plan 32](#_Toc503950168)

[Burbank Soccer Complex 32](#_Toc503950169)

[Independence Soccer Complex 32](#_Toc503950170)

[Central Sports Park 33](#_Toc503950171)

[Flanacher (Zachary) 34](#_Toc503950172)

[West Baton Rouge 35](#_Toc503950173)

[Sudden Cardiac Arrest 36](#_Toc503950174)

[Catastrophic Brain and Neck Injuries 37](#_Toc503950175)

FOOD ALLERGY & ANAPHYLAXIS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_39

[BRSC Concussion Policy & Protocol 42](#_Toc503950176)

[Initial Evaluation/Management 42](#_Toc503950177)

[Post-Evaluation/Management 43](#_Toc503950178)

[Graded RTP Protocol 43](#_Toc503950179)

[Forms and Resources 45](#_Toc503950180)

[Baton Rouge Soccer Club Acknowledgement of Risk 46](#_Toc503950181)

[Athlete Emergency Card 47](#_Toc503950182)

[Head Injury Home Instructions 48](#_Toc503950183)

[Physician Clearance Form 49](#_Toc503950184)

[Gradual Return-to-Play Protocol 50](#_Toc503950185)

[BRSC Injury Report 52](#_Toc503950186)

[BRSC Treatmeant/Progress Notes 52](#_Toc503950187)

[BRSC Functional Tests to RTP 54](#_Toc503950188)

[Hospitals and Urgent Care Facilities 56](#_Toc503950189)

[Resources 57](#_Toc503950190)

# Mission and Vision Statement

**Vision**

To help the athletes of the Baton Rouge Soccer Club to achieve success through exceptional health care. The Sports Medicine team that serves the Baton Rouge Soccer Club strives to provide our players with the best possible prevention, evaluation, treatment and rehabilitation services so that our players can lead an improved quality of life, a safe return to athletic participation and continued athletic success. All of the members of the medical team work together in order to provide the best, and most efficient, quality patient care for our Baton Rouge Soccer Club Players.

**Mission**

The purpose and mission of the Baton Rouge Soccer Club Sports Medicine staff is to promote the health and welfare of all BRSC athletes. This is made possible by the teamwork of all the medical professionals on the Sports Medicine team. Each member realizes their skill set and expertise that they bring to work every day, and each want to share and work with one another so that our athletes are healthy, safe, and playing as much as possible. Our Director of Sports Medicine/Athletic Trainer, Physicians, and Physical Therapists all communicate with one another, and work together as medical professionals in order to provide efficient and quality patient care to our athletes. Through respect, integrity, and a constant quest of excellence in clinical care to provide our patients with the best care possible is how our Sports Medicine team approaches everyone and each day at work in order to be the best healthcare professional we can be.

Our Sports Medicine team believes in utilizing evidence-based practice and outcome measures from our treatments and rehabilitation sessions in order to provide our patients with the best quality medical care possible. The Sports Medicine team feels that constantly setting standards for one another and themselves by pursuing continuing education so as to be aware of the newest techniques and protocols in the healthcare field are excellent ways to provide the best possible patient care. We also feel that continuous research into the ever evolving healthcare field and sports medicine world will provide our Sports Medicine team with the most current and up to date information necessary to be an excellent, and hopefully always, growing clinician. Our Sports Medicine team comes to work every day with creative, caring, and cheerful attitudes ready to serve our BRSC athletes to make them better athletes, and help them continue with successful athletic careers.

# Sports Medicine Team

Dr. Larry S. Bankston, M.D.

Club Supervising Physician

Baton Rouge Soccer Club Board of Directors

Santana Ruíz, MS, LAT, ATC

Director of Sports Medicine

Head Athletic Trainer

Baton Rouge Soccer Club

Baton Rouge Orthopaedic Clinic (BROC) physicians and physical therapists



Independently contracted ATCs as necessary

# Baton Rouge Soccer Club Facilities

## Burbank Soccer Complex

**12400 Burbank Drive, Baton Rouge, LA. 70810**

Features twenty-two full sized fields, nine with lights, the Burbank Soccer Complex is one of the premier soccer complexes in Louisiana. The complex was expanded from twelve to twenty-two fields in 2008 as a first-of-its-kind joint venture between BREC and BRSC, and currently serves at the primary location for nearly all BRSC sanctioned activities.

## Independence Park

**7711 Goodwood Blvd., Baton Rouge, LA. 70806**

Independence Park is the primary practice location for many BRSC teams, as well as handles the overflow of games from the Burbank Soccer Complex. Located adjacent to, and surrounding the Goodwood Library, Independence Park has seven fields; three of which are lit fields.

## Flanacher Road Park

**864 East Flanacher Road, Zachary, LA. 70791**

Flanacher Road Park is the primary games and practice facility for all Zachary Campus teams. It features six full size fields, two of which are lit. Younger Zachary Campus teams play games at Flanacher Road Park, while older Zachary Campus teams play most of their games at Burbank.

## Central Sports Park

**10501 Lovett Road, Central, LA. 70818**

Central Sports Park is the primary game and practice facility for all Central Campus teams. Younger Central Campus teams play games at Central Sports Park, while older Central teams play at Burbank.

## West Baton Rouge Soccer Complex

**3383 Rosedale Road, Port Allen, LA. 70767**

West Baton Rouge Soccer Complex is the primary game and practice facility for all West Baton Rouge Campus teams. Younger West Baton Rouge Campus teams play games at West Baton Rouge Soccer Complex, while older West Baton Rouge Campus teams will play most of their games at Burbank.

# Sports Medicine Organizational Chart

Dr. Larry S. Bankston, M.D.

Supervising Physician/on BRSC Board of Directors

Santana Ruíz, MS, LAT, ATC

Director of Sports Medicine/Head Athletic Trainer

Extended Providers

(PTs, MT, CSCS, etc.)

Louie Smothermon

BRSC Executive Director

Athletic Training Interns/Athletic Training Students

Independently contracted Athletic Trainers

# Sports Medicine Coverage

**Purpose:** to provide and communicate to athletes, coaches, and sports medicine staff the department’s sports coverage strategy, availability, and scheduling guidelines.

* One certified Athletic Trainer (ATC) is available for athletic injury evaluation, concussion evaluation, treatment, and rehabilitation; as well as referral to consulting physicians, physical therapists, and emergency care (EMS) for BRSC Programming, the BRSC’s WPSL women’s team games, and men’s GCPL team games.
  + All home trainings during the regular season and competitions during the regular season will be covered by the Director of Sports Medicine, and/or designated ATCs.
  + All tournaments, playoffs, and/or championship events hosted by the Baton Rouge Soccer Club will be covered by the Director of Sports Medicine, designated ATCs, the Supervising Club physician(s) (if available), and EBR EMS.

# Hours of Operation

**Weekly Hours at BRSC Office**

* Monday – Wednesday 9 A.M.-2 P.M.

**Weekly Hours at Fields**

Burbank Soccer Complex

* Monday – Thursday 4:00 PM – 8:00 PM
* Saturday 8:00 AM – 5:00 PM (scheduled programming may shorten hours)
* Sunday 9:00 – 6:00 PM (scheduled programming may shorten hours)

**Weekly Hours at Sports Medicine Trailer/Athletic Training Room (ATR) at Burbank Soccer Complex**

* The Director of Sports Medicine/contracted ATC will be available forty-five minutes prior to the start of trainings Monday through Thursday.
* The Director of Sports Medicine/contracted ATC will be available prior to the start of warm-ups of competitions, and will stay until all necessary follow-ups with athletes are completed.

**All times are subject to change without notice**

# Dress Code

The American Medical Association recognizes Athletic Training as an allied health care profession. As such, all individuals associated with Baton Rouge Soccer Club Sports Medicine are expected to dress professionally. Acceptable dress for Sports Medicine staff and interns when at a BRSC campus should be followed.

* **Shirts**
  + Baton Rouge Soccer Club polos, dress shirts (red or black), Baton Rouge Soccer Club jerseys and t-shirts.
  + Form-fitting clothing, shear clothing, crop-halter tops, low-cut tops, etc. are NOT acceptable.
  + Shirts must be tucked in at all times.
  + NO sleeveless or low-cut shirts are permitted.
* **Jackets**
  + Baton Rouge Soccer Club jackets/warm-ups may be worn. If none are provided, personal jackets may be worn when temperature conditions warrant it as long as they advertise nothing beyond the manufacturer of the jacket (preferably Adidas). All offensive logos or emblems are unacceptable, as well as large/bold/bulky logos or emblems.
* **Shorts/Pants**
  + Black, grey, and khaki shorts or dress pants may be worn.
  + NO “short-shorts” are permitted.
  + NO jeans or “cut-offs” are permitted.
  + Form-fitting clothing, shear clothing, short hemlines, low-fitting pants/shorts, etc. are NOT acceptable..
* **Shoes**
  + Closed toe shoes should be worn.
  + Dress shoes and clean sneakers are permitted.
  + Sport sandals, flip flops, summer sandals, and bare feet are NOT permitted.
  + Slip-ons (such as Toms, etc.) are NOT permitted.
* **Hats/Headwear**
  + Permitted as long as they are Adidas, and/or the logo is not offensive and/or bold/bulky.
  + Beanies/toboggans are permitted when the weather warrants such headwear. Preferably Adidas and must be red or black, and not have any offensive logos or emblems, large/bold/bulky logos.
  + Bandanas are NOT permitted.
* **Jewelry**
  + Must be kept to a minimum.
  + Should not interfere with duties.
* **Hair**
  + Must be maintained so as not to touch an athlete or interfere while assisting an athlete.
  + Facial hair MUST be groomed, and maintained so as not to touch an athlete or interfere while assisting an athlete.
* **Identification**
  + Athletic Training Interns/Athletic Training Students must wear an identification badge so as to be easily distinguished.
* **Game Day Attire**
  + Baton Rouge Soccer Club polo or dress shirt (red or black).
  + Black, grey, or khaki dress pants.
  + Black or brown dress shoes, or clean sneakers if the environment is not conducive to dress shoes.
* **Training Attire**
  + Baton Rouge Soccer Club polo, jersey, or t-shirt.
  + Black, grey, or khaki shorts or dress pants. If provided, BRSC warm-up gear is acceptable. Black training pants are also acceptable (preferably Adidas).
  + Clean sneakers, or dress shoes.
* **Travel Attire**
  + BRSC polo or t-shirts are acceptable.
  + If provided, BRSC warm-up gear is acceptable.
  + Gym shorts, personal t-shirts, personal jackets and hoodies, flip-flops (various shoes) are acceptable as long as there is ample time to change prior to competition.
  + Form-fitting clothing, shear clothing, crop-halter tops, low-cut tops, short hemlines, sleeveless shirts etc. are NOT acceptable.

Nametags: All athletic training interns/students will be expected to wear name tags when working in any of the BRSC venues, at any of the BRSC events. This will assist in providing clarity to all athletes, coaches, parents, and spectators who interact with the BRSC Sports Medicine staff.

Inclement weather dress: When the environment is not conducive to the aforementioned dress code, alternative attire will be acceptable. Conditions that warrant such acceptance might include, but are not limited to: extreme cold exposure, extreme heat exposure, rain, and snow. While the safety of all Sports Medicine staff and interns/students will take priority in terms of “dressing down” or “dressing up”, a professional, modest, and respectable appearance should still be portrayed.

**The BRSC Sports Medicine dress code will be adhered to at all times. The perception of our club and the athletic training profession left on the public, even for short periods of time, is important.**

# Sports Medicine Trailer/ATR Rules/Procedures

* All service is on a “First come, first serve” basis.
  + Taping and other various prophylactic techniques will be addressed first, unless superseded by a medical emergency.
  + Treatments and injury evaluations will be done as space is available; also on a “first come, first serve” basis.
* **No self-treatments permitted.**
* Athletes MUST change into clean clothes before ALL treatments if after training or games.
* Cleats and shoes MUST be kept out of the Sports Medicine Trailer/ATR flow of traffic.
  + If this is not adhered to, leave cleats in your bags outside the Sports Medicine Trailer/ATR.
* DO NOT use Sports Medicine Trailer/ATR supplies without permission from the Athletic Trainer.
* DO NOT remove equipment/supplies from the Sports Medicine Trailer/ATR **OR** the Athletic Trainer’s kit/bag without permission.
* Shoes **MUST** be kept off the treatment tables. They must be removed before any care/treatment will be given to the athlete.
* **ALL BAGS AND EQUIPMENT ARE NOT PERMITTED IN THE SPORTS MEDICINE TRAILER/ATR**
  + There is extremely limited space in the Sports Medicine Trailer/ATR that is provided at Burbank.
* **HORSEPLAY, VISITING, LOITERING, CRUDE/VULGAR LANGUAGE/BEHAVIOR, AND SHOUTING ARE NOT PERMITTED IN THE SPORTS MEDICINE TRAILER/ATR AT BURBANK.**
  + The Sports Medicine Trailer/ATR is NOT a lounge; there should always be a reason for athletes to be present.

# Club Physician Coverage

The Club Supervising Physician is ultimately responsible for the care rendered to all BRSC Competitive Program athletes. This individual supervises the BRSC Director of Sports Medicine. The Director of Sports Medicine is permitted to practice their profession under the supervision of the Club Supervising Physician along with having a Louisiana license to practice as an Athletic Trainer. The physician will provide evaluations, assessments, consultations, and referrals when necessary for BRSC Competitive Program athletes. The physician provides diagnoses and treats musculoskeletal conditions related to sports injuries. The club physician works with several physicians at Baton Rouge Orthopaedic Clinic (BROC). Baton Rouge Soccer Club has a partnership with BROC. This means that our BRSC athletes are able to be seen by many of the BROC physicians. Physicians may be present at BRSC games and tournaments per their availability.

The BROC organization volunteers its time, physicians, physical therapists, and facility to BRSC athletes. The BROC physicians provide care and coverage (per their availability) for BRSC Competitive Program athletes. When deemed appropriate by BRSC Sports Medicine, or at the request of the athlete, the athlete is referred to these physicians for injuries incurred during BRSC competitive training and/or game play. The BRSC Sports Medicine Director and the club physician staff have sole responsibility for determining the participation status and medical clearance of the athletes. The club physician staff may decide to refer this responsibility to another medical provider as necessary for specific injuries or conditions.

# Club Physical Therapy Services

BRSC athletes will receive rehabilitation and various therapeutic modality treatments from BROC physical therapists if given a referral from a BROC physician.

* An athlete’s Return to Play (RTP) date from an injury will be decided by one of the club physician’s, or the athlete’s primary care physician (PCP).
* Once clearance has been given by the club physician/PCP, the final RTP will be implemented by the BRSC Director of Sports Medicine before athletes fully participate without restriction in trainings and competition.

BRSC Sports Medicine also refers athletes to Elite PT for physical therapy consultations, treatments, etc.

# Athletic Trainer Coverage

The Director of Sports Medicine will hire athletic trainers (ATCs) as necessary for BRSC events. These events include BRSC tournaments, LSA events being hosted by BRSC, any BRSC special events, and in the absence of the Director of Sports Medicine. This is done to help the Director of Sports Medicine ensure there will be sufficient medical coverage at all BRSC events, and ensure BRSC athletes are appropriately and adequately taken care of. All ATCs that work BRSC events must adhere to BRSC’s Sports Medicine Policy and Procedures that are detailed in this manual.

ATCs are not responsible for the supervision of the athletic training students/interns during normal coverage of the sports medicine trailer/ATR. The hired ATCs are not responsible for the education of the athletic training students/interns or providing them learning opportunities. However, in the event that the Director of Sports Medicine is unable to directly supervise the athletic training students/interns due to responding to an injury or emergency on the field, the hired ATCs are expected to handle any and all injuries that may come up while the Director of Sports Medicine is in the field. The hired ATCs are also expected to intervene in the event the athletic training students/interns are acting out of their scope/abilities as an athletic training student/intern with a BRSC athlete or injured/ill person in order to ensure the safety and wellbeing of the athlete or injured/ill person.

# Athletic Training Students/Interns

## Expectations

All athletic training students/interns are expected to follow BRSC’s Sports Medicine Policy and Procedures that are detailed in this manual. Interns/students are viewed as an extension of the Director of Sports Medicine and any other ATCs that are working any BRSC event, and as such, they represent BRSC Sports Medicine as a whole. Interns/students are expected to act professionally while working, including maintaining athlete confidentiality. Violating confidentiality is grounds for dismissal from the Sports Medicine Trailer/ATR. Students will also be on time for all scheduled hours. They should also take initiative in the Sports Medicine Trailer/ATR with regards to their student/intern duties. Interns/students are always encouraged to continually look for ways to improve.

No athletic training student/intern will perform out of their scope/ability if the Director of Sports Medicine is not present. In the event of an injury or any situation that the athletic training student/intern is not permitted to act, they are to immediately refer to the ATC on hand, or contact the Director of Sports Medicine. If it is a life-threatening emergency, the athletic training student/intern shall conduct themselves as a first-aid rescuer and care for the athlete/injured person to the best of their abilities. The student/intern will immediately contact emergency medical services (EMS), and then immediately contact the Director of Sports Medicine to return to take over care for the injured/ill person.

**Duties**

BRSC Sports Medicine provides students/interns the opportunity for observation of, and direct involvement in emergency care and immediate management of injuries/illnesses associated with athletes while supervised by the Director of Sports Medicine. The Director of Sports Medicine is responsible for the direct supervision, immediate intervention/direction/advising, and evaluation of the student/intern. While a student/intern is with BRSC, there will be opportunities to work on their skills in the areas of

* Practice/game preparation.
* Evaluation of musculoskeletal injury and illness with regard to the physically active/athletic population.
* Immediate treatment, first aid, and emergency care.
* Rehabilitation/conditioning of injuries.
* Documentation and patient tracking.
* Administrative services related to Athletic Training

## Scheduling

All scheduling will be handled by the Director of Sports Medicine, and will be done on a weekly basis. The intern/student will not work more than 20 hours in a week during the academic year. Schedules will be emailed prior to the work week. Each student/intern must provide a copy of their class schedule prior to the start of each academic year, and must notify the Director of Sports Medicine of any changes in writing. Required work in the Sports Medicine Trailer/ATR will never conflict with a student’s/intern’s scheduled classes. Requests for time off must be made in writing (electronic or hand) at least one week prior to the need. Requests will be handled on a first come, first serve basis, with priority given to class/schoolwork related requests. In case of emergency, the student must give every effort to notify the Director of Sports Medicine of their absence prior to the start of their shift.

# Medical Records and Documentation

## Confidentiality of Medical Records/HIPAA Compliance

Confidentiality of the athletes’ medical records must be maintained, as these are considered legal documents. Records are not permitted to leave the BRSC office where all Sports Medicine documents are kept. Any questions, inquiries, or concerns from the press, professional scouts, parents, or others MUST be directed to the Director of Sports Medicine. If medical records are needed for a case study, then an Athlete Medical Records Release Form must be completed and approved by both the athlete (and parent if athlete is under the age of 18) and the Director of Sports Medicine prior to using ANY information obtained from such records. This form provides the Athletic Trainer access to the medical records of only the athlete noted on the form. The records still may not be taken out of the facility or photocopied under ANY circumstances.

**Anyone associated with access to documents that are the property of the BRSC Sports Medicine will fully comply with all regulations set forth by the Health Information Portability and Accountability Act (HIPAA).** Sports Medicine Staff members must remember that discussing the status of an athlete with other athletes is forbidden. This is considered a breach of confidentiality. The staff member must be aware of his/her surroundings at all times when discussing the health status of an athlete. This is perhaps one of the most serious violations that can occur and WILL result in circumstances that may not only warrant removal from the clinical environment, but could ultimately result in a suspension or dismissal from his/her position.

## Confidentiality

The BRSC Sports Medicine staff and it’s Sports Medicine Program are committed to safeguarding the confidentiality of protected health information and other confidential information which is, or may be contained in the Sports Medicine records, and to ensuring that protected health information and other confidential information is used and/or disclosed only in accordance with the BRSC Sports Medicine’s policies and procedures and applicable state and federal law.

**All Baton Rouge Soccer Club employees must hold confidential information used or obtained in the course of their duties in confidence. All protected health information and other individually identifiable health information must be treated as confidential in accordance with professional ethics and legal requirements.**

## Medical Charts

All current BRSC competitive athletes and the BRSC’s WPSL Women’s Team will have a medical chart created that contains all required pre-participation forms and physical examination records. It will also contain any information with regards to their medical care provided or coordinated by the Sports Medicine Trailer which may include daily treatment and progress notes, injury evaluations, as well as any other medical record that involved the Sports Medicine staff. These records will be updated as needed and kept in a private storage container through the entire athletic career of the BRSC player/athlete. After an athlete is no longer a current member of a BRSC competitive team or the WPSL Women’s Team, the medical file will be moved to long term storage for a minimum of seven (7) years following their last season of participation or treatment.

* Injury Examination Form
  + New injury examinations will be taken in the S.O.A.P. note format and signed by the athletic trainer. It will contain a clear history, patient testing, assessment, short term plan, long term plan, criteria for participation, and criteria for referral if necessary.
* Daily Reporting/Treatment Form
  + All medical treatments provided by the BRSC Sports Medicine staff is to be recorded in the Sports Medicine Trailer spread sheet/SWOL database. This includes examinations, any form of treatment (stretching, icing, modality, etc.), physician referrals, rehabilitation, illness or injury, surgery, and medical communications or consultations. Following each completed month, all documented treatment will be printed, reviewed, signed, and placed in the corresponding athlete medical chart.

## Privacy Requirements

* Everyone with access to health information and other confidential information is responsible for safeguarding its confidentiality. Health information and other confidential information may be in paper, electronic, verbal, video, oral, or any other form, and must be protected regardless of form.
* Access to health information, in any format, must be limited to those persons who have a valid business or medical need for the information; or otherwise have a right to know the information. Individuals who access clinical records from other organizations are expected to follow that organization’s requirements.
* Any knowledge of a violation of this confidentiality policy MUST be reported to the Director of Sports Medicine immediately.

## Policy Elements

* Discuss patient/athlete information with authorized personnel only, and only in a private location where unauthorized persons cannot overhear.
* Keep medical records and other confidential information secure and unavailable to persons not authorized to review or obtain those records or information.
* Omit the patient’s/athlete’s name and other unique identifiers when using case reports or hypotheticals for educational or training purposes.
* Verify with the patient’s/athlete’s family and friends with the patient’s/athlete’s knowledge and permission.
* Screen requests for access to all patient/athlete and other confidential information so that the minimum necessary amount of information is made available and made available only to those persons who are legitimately involved in patient care, billing or administrative operations.
* Release patient/athlete medical records and other confidential information to external sources only upon receipt of written authorization from the patient/athlete.
* Use appropriate information security procedures for users of electronic information systems.

## De-Identification of health information

Health information is considered de-identified, and therefore not subject to the rules for protected health information, only if all the following information has been removed:

* Names including patient, family, employer, and attending physician.
* Geographic subdivisions smaller than a state including street address, city, county, precinct, zip-code**.**

# Sports Medicine Budget

It is the responsibility of the Director of Sports Medicine to maintain a fiscally responsible budget as outline by the Executive Director of BRSC. This budget will include funds spent in the following areas of the Sports Medicine Trailer/ATR and BRSC office. Expenditures in any other area not listed below will require the approval of the Executive Director of BRSC

* Hiring of independently contracted ATCs/staff recruitment
* Printing and duplication (on and off campus of office)
* Sports Medicine Trailer/ATR supplies
* Apparel
* Equipment
* Postage/Mailing
* Pre-participation Examinations
* Baseline Concussion Testing

Sports Medicine Trailer/ATR supplies are for the purpose of providing medical care to the BRSC Competitive Program athletes, and BRSC WPSL Women’s Team. Any Sports Medicine Trailer/ATR supplies may not be provided to an athlete if it does not pertain directly to their medical health or participation as a Competitive Program or WPSL Women’s Team athlete.

# Blood Borne Pathogen/Exposure Control Plan

The Occupational Safety & Health Administration (OSHA) requires employers ensure their employees are safe with regards to occupational exposure to blood borne pathogens. BRSC’s Blood Borne Pathogen (BBP) exposure control plan (ECP) is in accordance with OSHA standard 29 *CFR* 1910.1030. BRSC’s ECP entails:

* Determination of employee exposure
* Implementation of various methods of exposure control, including:
  + Universal precautions
  + Engineering and work practice controls
  + Personal protective equipment
  + Housekeeping
* Hepatitis B Vaccination
* Post-exposure evaluation and follow-up
* Communication of hazards to employees and training
* Recordkeeping
* Procedures for evaluating circumstances surrounding exposure incidents

## Employee Exposure Determination

Detailed below are all positions at BRSC that have an occupational exposure to blood and potentially infectious body fluids and other materials.

* Director of Sports Medicine at soccer fields and in Sports Medicine Trailer/Athletic Training Room (ATR)
* BRSC Coaches at soccer fields
* Certified Athletic Trainers (ATCs) that are independently contracted to work sanctioned BRSC events
* Interns/Athletic Training Students (ATSs) at soccer fields and in Sports Medicine Trailer/ATR

## Compliance and Control Methods

Employees, ATCs, and interns/ATSs will utilize universal precautions and personal protective equipment (PPE) so that contact with blood and other potentially infectious body fluids and/or materials can be prevented. BRSC’s ECP can be reviewed online at the BRSC website, and a physical copy of the ECP can be supplied to employees, ATCs, and interns/ATSs by contacting the Director of Sports Medicine.

* All BRSC athletes are presumed to be infectious with HIV and/or other BBP therefore all employees, ATCs, and interns/ATSs should adhere to infection control precautions in order to reduce the risk of exposure.
* Gloves should be worn at all times due to a high risk of coming into contact with blood and other bodily fluids (even sweat) and coming into contact with materials that have been soiled with blood and/or other potentially infectious bodily fluid and/or other materials. After coming into contact with an athlete, gloves should be thrown away, and a new pair should be put on when you intend to interact with another athlete or potentially infectious fluid and/or material. Staff, interns/ATSs, and ATCs will wash their hands and any other areas of themselves that is potentially contaminated immediately or as soon as possible with soap and running water after they have removed their PPE such as gloves.
* If there is the possibility of droplets of blood or other potentially infectious bodily fluids being exposed to mucous membranes of the eyes, nose, and mouth employees and interns/ATSs should wear a mask, shield, and/or eye protection.
* If there is unexpected exposure to blood and/or other potentially infectious bodily fluids and/or materials, remove contaminated substances, taking care to avoid contact between fluids/materials and your skins, nose, eyes, mouth, etc. Immediately wash hands and other skin surfaces with soap and running water. If potentially infectious fluid and/or material made contact with the eyes, nose, or mouth, flush the affected area with water. Be sure to notify the Director of Sports Medicine.
* Regulated waster is to be disposed of in a biohazard containers using red biohazard labeled bags that should be reinforced in order to prevent leakage or a break in the bag. Double bag waste or the container if necessary in order to prevent a leak/spill.
* Only EPA approved cleaning agents are permitted to be used on blood, body fluids, and all areas and surfaces of the Sports Medicine Trailer/ATR and its contents.

## Work Practices

Works surfaces such as examination tables and countertops that are potentially contaminated by potentially infectious blood, bodily fluid, and/or other materials will be decontaminated after completion of procedures and immediately after any spill of blood or other potentially infected bodily fluid and/or materials using an EPA approved cleaning agent/disinfectant. This function will also be performed at the end of the work day, as well.

There will be no food or beverages permitted on or in areas where blood exposure or other potentially infected bodily fluids and/or materials are likely to occur. There will be no eating, drinking, applying cosmetics, lip balm, or handling contact lenses in or on areas where there is the possibility of blood, bodily fluid, and/or other potentially infected materials exposure.

## PPE

All interns/ATSs and ATCs are expected to follow Universal Precautions and use the PPE that is provided in the Sports Medicine Trailer/ATR. Gloves must be worn at all times when interacting with athletes due to the high risk of coming into contact with blood and other potentially infectious bodily fluids. If gloves become contaminated, tear, are punctured, or are unable to continue to function as a barrier device, they must be disposed of and replaced. Disposable gloves should never reused, washed, or decontaminated in order to be reused. Gloves are to be changed after contact with each athlete.

Barriers such as face shields and/or CPR masks are to be used in the event of an emergency that requires rescue breathing and/or CPR.

## Housekeeping

Liquid or semi-liquid blood, bodily fluids and/or other potentially infectious materials, contaminated items that are soaked and/or caked with blood or other potentially infectious materials, and contaminated sharps are considered regulated waste. Regulated waste is placed in containers that are closable, constructed to contain all contents, prevent leakage, appropriately labeled or color-coded, and closed prior to removal to prevent spilling and/or protrusion of contents during handling. Contaminated waste bins are provided in the Sports Medicine Trailer/ATR.

## Hepatitis B Vaccination

All ATCs and interns/ATSs should already have received their Hepatitis B Vaccination as well as all vaccinations consistent with Center for Disease Control guidelines prior to beginning work with BRSC/BRSC Sports Medicine.

## Post-Exposure Evaluation and Follow-up

Any incidents of exposure should be reported to the Director of Sports Medicine. A medical evaluation and follow-up should be performed immediately, or as soon as possible, with the individual’s PCP or at the nearest medical facility capable of such medical evaluations. Immediate examination is strongly encouraged due to the fact that prophylactic medication might be indicated.

## Evaluation of Circumstances Surrounding Exposure Incidents

The Director of Sports Medicine will review the circumstances of all exposure incidents to determine whether or not the ECP was adhered to or not. What will be assessed:

* Work practices were followed
* A description of any device or procedure being used or performed at the time of exposure/that caused exposure
* PPE that was used at the time of exposure
* Location of the incident
* Individual’s training.

## Training

All employees must receive BBP training conducted by the Director of Sports Medicine on an annual basis. Any ATCs and interns/ATSs should have already received BBP training prior to their start at BRSC.

## Record Keeping

BBP training records and vaccination information will be kept by the Director of Sports Medicine in a secured location for three (3) years. Training records include:

* Dates of training sessions
* Contents/summary of the training sessions
* Names and qualifications of persons conducting the training
* Names and job titles of all persons attending the training sessions

# Environmental Conditions

If inclement weather is present, a consensus will be reached between the Director of Sports Medicine, Executive Director, and the Director of Coaching to determine the status of postponements or cancellations. BRSC always errs on the side of caution when deciding environmental safety for playing and reserves the right to suspend any event due to unsafe environmental conditions whether the lightning detection system has sounded an alert or not. BRSC also supports the decisions of the referees as the FIFA Appointment Authority of the Game with regard to suspending or abandoning a match due to an unsafe environment.

## Lightning

The following policy is to help reduce the risk of injury from lightning strike to the BRSC athletes, coaches, competitors, staff, and spectators.

### Burbank Soccer Complex

Burbank Soccer Complex has installed a state-of-the art lightning detection system. In the event lightning is detected within an unsafe mileage (10 mile range) from the complex, a long and sustained horn will sound, along with a flashing light that can be seen atop the pavilion by field six (6). If the system sounds, referees will end games, coaches will end trainings, and both will send athletes, fans, and coaching staff off the playing fields to the pavilions and/or their respective vehicles. All pavilions at Burbank Soccer Complex are lightning proof, therefore it is safe to wait under the pavilion until it is deemed safe to leave shelter. Everyone is encourage to wait inside their vehicles, especially since there is limited space under the pavilions at the complex.

The lightning system at Burbank Soccer Complex is not on a timer. It will only sound the “All Clear” signal when the threat of lightning has moved a safe distance (greater than 10 miles) from the complex. The all-clear signal consists of three (3) short horn bursts. After the all-clear signal sounds, you may re-enter the playing field.

**VISIBLE BLUE SKY OR ABSENCE OF RAIN DOES NOT INDICATE THAT THE AREA IS SAFE, OR FREE OF LIGHTNING.**

### Independence Park

All lightning/inclement weather decisions will be made by the referees in accordance with the Director of Sports Medicine’s recommendations and the Director of Recreation. The Director of Sports Medicine and the Director of Recreation have access to a lightning detection radar system that has Independence Park on the radar. They receive texts and emails to their phones alerting them when lightning is within a dangerous distance to Independence Park. When applicable, the athletic trainer on-site will carry a personal lightning detection system, and also use the Flash Bang method to advise the referees. If lightning withing a dangerous range of the park (10 miles), all games and practices will end and referees and coaches will send athletes, fans, and coaching staff to their vehicles for shelter. THERE ARE NO LIGHTNING SAFE BUILDINGS AT INDEPENDENCE PARK.

### Central Soccer Complex

All lightning/inclement weather decisions will be made by the referees in accordance with the Director of Sports Medicine’s recommendations, and the Director of Recreation and the Central Campus Director as well. The Director of Sports Medicine, Director of Recreation, and the Central Campus Director have access to a lightning detection radar system that has Independence Park on the radar. They receive texts and emails to their phones alerting them when lightning is within a dangerous distance to Independence Park. When applicable, the athletic trainer on-site will carry a personal lightning detection system, and also use the Flash Bang method to advise the referees. If lightning within a dangerous range of the park (10 miles), all games and practices will end and referees and coaches will send athletes, fans, and coaching staff to their vehicles for shelter. THERE ARE NO LIGHTNING SAFE BUILDINGS AT CENTRAL SOCCER COMPLEX.

### Flanacher Park

All lightning/inclement weather decisions will be made by the referees in accordance with the Director of Sports Medicine’s recommendations, and the Director of Recreation and the Zachary Campus Director as well. The Director of Sports Medicine, Director of Recreation, and the Zachary Campus Director have access to a lightning detection radar system that has Independence Park on the radar. They receive texts and emails to their phones alerting them when lightning is within a dangerous distance to Independence Park. When applicable, the athletic trainer on-site will carry a personal lightning detection system, and also use the Flash Bang method to advise the referees. If lightning within a dangerous range of the park (10 miles), all games and practices will end and referees and coaches will send athletes, fans, and coaching staff to their vehicles for shelter. THERE ARE NO LIGHTNING SAFE BUILDINGS AT ZACHARY CAMPUS.

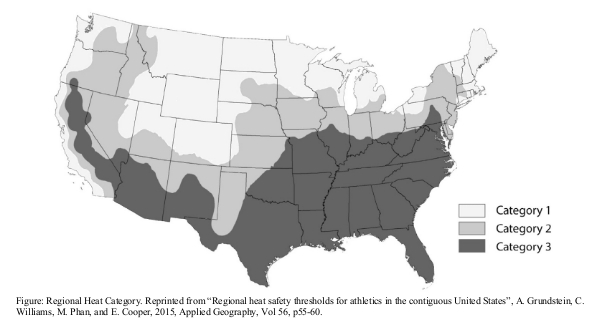
West Baton Rouge

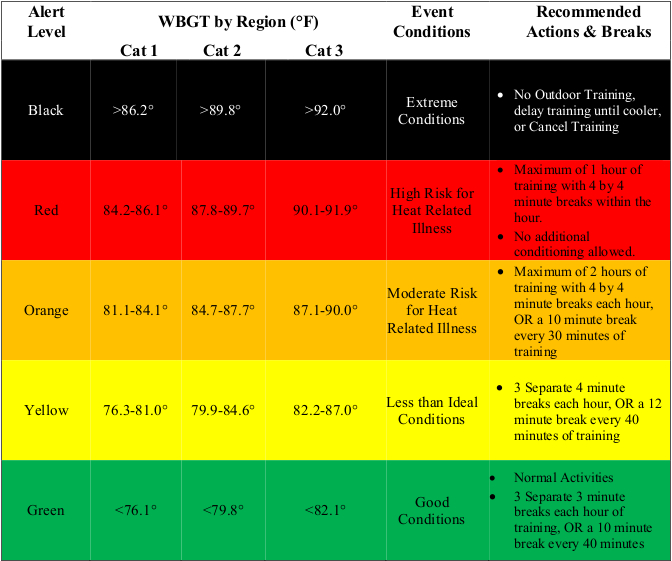
All lightning/inclement weather decisions will be made by the referees in accordance with the Director of Sports Medicine’s recommendations, and the Director of Recreation and West Baton Rouge Campus Director as well. The Director of Sports Medicine, Director of Recreation, and West Baton Rouge Campus Director have access to a lightning detection radar system that has Independence Park on the radar. They receive texts and emails to their phones alerting them when lightning is within a dangerous distance to Independence Park. When applicable, the athletic trainer on-site will carry a personal lightning detection system, and also use the Flash Bang method to advise the referees. If lightning within a dangerous range of the park (10 miles), all games and practices will end and referees and coaches will send athletes, fans, and coaching staff to their vehicles for shelter. THERE ARE NO LIGHTNING SAFE BUILDINGS AT WEST BATON ROUGE CAMPUS.

## Heat and Humidity

The following heat policy is to help minimize the risk of injury due to heat illness to BRSC athletes, coaches, competitors, staff, and spectators.

BRSC defers to United States Soccer Federation (USSF) and its Heat Guidelines since BRSC is governed by US Youth Club Soccer, which is governed by the USSF’s policies and procedures. Per USSF Heat Guidelines, the Wet Bulb Globe Temperature (WBGT) must be determined. In order to do this, either a WBG Thermometer is utilized, or the temperature and humidity are measured on-site and then compared to a WBGT chart. Next, Louisiana falls into regional category three (3)





The chart shows recommended actions and breaks for trainings and match play. BRSC Sports Medicine will defer to these recommendation actions and breaks for all BRSC sponsored activity at all BRSC campuses.

## Heat Illness

Heat-related illnesses like heat stroke and heat exhaustion are potentially life-threatening conditions. They are caused and/or intensified by physical activity. Due to our climate and seasons of competition, recognizing the signs and symptoms as early as possible is imperative for treatment and rapid recovery with hydration and cooling down the athlete in order to avoid a potentially life-threatening situation. The following steps can be taken by BRSC and its athletes in order to ensure the safety of all athletes:

* BRSC screens for high risk factors for heat illness such as previous history of heat illness in the PPE.
* BRSC takes heat acclimatization steps at the beginning of each athletic season.
* BRSC educates coaches and athletes on prevention, recognition, and treatment of heat illnesses.
* Fluid replacement recommendations to athletes by BRSC coaches and the Director of Sports Medicine.
* Director of Sports Medicine monitors environmental conditions prior to and during activity.
* Breaks and cancelations during games and practices should be based off WBGT recommendations.
* Athletes should bring ample amounts of water and a drink such a Pedialyte available during activity.
* Cold water immersion receptacles should be available in the event a severe case of heat illness occurs.
* Local hospitals and emergency facilities should be notified in advance of tournaments that may have the potential for heat-related illnesses.

In the event an athlete suffers from heat illness, the athlete will immediately be removed form play and the emergency action plan (EAP) below will be activated:

* Remove athlete from play and move to a cool, shaded or air conditioned area
* Check vital signs and cognitive function
* Cool athlete by removing excess equipment and clothing, applying fans, cold towels, ice bags, and cold water immersion if necessary in a cooling tub or wading pool
* Encourage athlete to replace lost fluids and electrolytes
* If available, have a physician administer an IV
* If emergency continues, activate EMS and follow the venue’s posted EAP

**In the event an athlete suffers Exertional Heat Stroke, immediately call EMS and prepare hospital for heat related emergency. The athlete may have confusion or altered mental status and a rectal temperature of >104°F. Remove excess clothing/equipment and immediately begin cooling athlete by placing them in an ice-water-tub/bath/pool. If no tub is present, rotate cold wet ice towels (every 2-3 minutes) over the entire surface of the body or as much as possible.**

Heat Stroke occurs when the body becomes unable to control its temperature. Next, the body’s temperature rises rapidly, the sweating mechanism fails and the body is unable to cool off. This rise in temperature happens incredibly quickly (within 10-15 minutes). Heat Stroke can cause death or permanent disability if emergency treatment is not given. An athlete suffering heat stroke will be dizzy and confused. They may slur their speech, have hallucinations, or complain of a throbbing headache. Their skin may be warm to the touch, they may complain of chills. If Heat Stroke is suspected, the athlete will be treated by the BRSC Director of Sports Medicine, or available ATC, and EMS will be activated.

## Exertional Sickling

Exertional Sickling is a medical emergency. Screening for Sickle Cell Trait (SCT) results are included in BRSC’s Pre-participation Examination (PPE). Athletes with SCT shall not be denied participation on any BRSC teams or events. Athletes with Sickle Cell Trait will undergo an education program on signs, symptoms, prevention, and immediate treatment of Exertional Sickling. Coaches will be educated in the signs, symptoms, prevention, and treatment of Exertional Sickling. Coaches will also be told which of their athletes have SCT and be able to make adjustments accordingly.

In the case of Exertional Sickling the athlete will immediately be removed from play and the EAP below will be followed:

* Remove athlete from play
* Check vital signs
* Activate EMS
* Cool Athlete
* If available administer high-flow oxygen, 15 lpm with a non-rebreather face mask
* Apply and activate AED, and monitor for metabolic complications

# Emergency Action Plan

## Burbank Soccer Complex

**Emergency Personnel**

* Individual in charge is the Certified Athletic Trainer on-site. Team Physician on-call (on-site limited basis).
* Other personnel may also include BRSC & Administrators, team managers, and emergency medical technicians.

**Emergency Communications**

* Cellular phones will be used by emergency personnel.

**AED/Emergency Equipment**

* AED and CPR kit at Pavilion 6. All emergency equipment in BRSC Sports Medicine Trailer and/or on sideline.

**Role of first Responders**

* Immediate care for the injured or ill athlete.
* Emergency equipment retrieval.
* Activate emergency medical system (EMS) and give:
  + Name, title, address, phone number
  + Nature of the emergency/injury, sex, approximate age of injured
  + Condition of the injured and care being administered to the injured
  + Specific directions to the location of the injured (refer to venue map) and other information as requested.
  + DO NOT HANG UP UNTIL INSTRUCTED TO DO SO BY EMERGENCY DISPATCH
  + RETURN TO COLLAPSED ATHLETE, AWAIT FURTHER INSTRUCTIONS BY ATTENDING ATC
* Direct EMS to the scene
  + Coaching staff and BRSC Admin staff will open appropriate gates
  + Designate individual to meet EMS and direct them to the scene
  + Scene control: limit scene to first-aid providers and move by-standers and athletes away from area.
  + The person calling EMS should inform the Director of Sports Medicine of the incident if they are not on-scene/on-site.

**Location**

12400 Burbank Drive, Baton Rouge, LA 70810. EMS should enter the complex through the main entrance on the northeast side of the complex along Burbank Drive. If the emergency is located on fields 1-12, EMS should enter the complex through the first entrance as you approach the complex from Bluebonnet Blvd., or the second entrance if approaching the complex from Siegen Lane, and pull into the first parking lot on the left. Directly ahead there is an emergency gate allowing field access. Once on the field, directions to the specific location will be given to EMS by the individual designated to meet EMS. If the emergency is located on fields 13-22, EMS will enter through the main gate, the first entrance if approaching from Siegen Lane or the second entrance if approaching from Bluebonnet Blvd., and drive to the back of the complex to the parking lot next to Field 17 (2nd parking lot on right). There is an emergency gate allowing field access. Once on the field, directions to the specific location will be given to EMS by the individual designated to meet EMS.

**Emergency Phone Numbers**

EMS: 911

BRSC Sports Medicine: 225-238-7155

BRSC Director of Sports Medicine: 256-479-4906

Our Lady of the Lake: 225-765-8826

Baton Rouge Orthopedic Clinic: 225-408-7859

## Independence Soccer Complex

**Emergency Personnel**

* BRSC coaches, BRSC Administrators, team managers, emergency medical technicians, and possibly by-standers.

**Emergency Communications**

* Cellular phones will be used by emergency personnel.

**Emergency Equipment**

* Currently no AED is mounted at this facility.

**Role of first Responders**

* Immediate care for the injured or ill athlete.
* Emergency equipment retrieval.
* Activate emergency medical system (EMS) and give:
  + Name, title, address, phone number
  + Nature of the emergency/injury
  + Number of individuals injured, name, sex, approximate age of injured
  + Condition of the injured
  + Care being given to the injured
  + Specific directions to the location of the injured (refer to venue map)
  + Other information as requested
  + DO NOT HANG UP UNTIL INSTRUCTED TO DO SO BY EMERGENCY DISPATCH
  + RETURN TO COLLAPSED ATHLETE AND AWAIT FURTHER INSTRUCTIONS BY ATTENDING FIRST-AID PROVIDER.
* Direct EMS to the scene
  + Coaching staff and BRSC Admin staff will open appropriate gates
  + Designate individual to meet EMS and direct them to the scene
  + Scene control: limit scene to first-aid providers and move by-standers and athletes away from area.
  + The person calling EMS should inform the Director of Sports Medicine of the incident if they are not on-scene/on-site.

**Location**

Independence Park is located at 7800 Independence Boulevard, Baton Rouge, LA 70806.

If the emergency is located on fields 2 through 5, EMS should enter the complex through the parking lot off Independence Blvd. Field access is closest to the theater on premises. Once on the field, directions to the specific location will be given to EMS by the individual designated to meet EMS.

If the emergency is located on fields 6 through 8, EMS will enter through the parking lot off East Airport Ave. Once in the parking lot, directions to the specific location will be given to EMS by the individual designated to meet EMS.

**Emergency Phone Numbers**

EMS: 911

BRSC Sports Medicine: 225-238-7155

BRSC Director of Sports Medicine: 256-479-4906

Our Lady of the Lake: 225-765-8826

Baton Rouge Orthopedic Clinic: 225-408-7859

## Central Sports Park

**Emergency Personnel**

* BRSC coaches, team managers, emergency medical technicians, and possibly by-standers.

**Emergency Communications**

* Cellular phones will be used by emergency personnel.

**Emergency Equipment**

* AED located at Concessions Building/ restrooms by soccer field 2 (has not been mounted, yet).

**Role of first Responders**

* Immediate care for the injured or ill athlete.
* Emergency equipment retrieval.
* Activate emergency medical system (EMS) and give:
  + Name, title, address, phone number
  + Nature of the emergency/injury
  + Number of individuals injured, name, sex, and approximate age of injured
  + Condition of the injured
  + Care being given to the injured
  + Specific directions to the location of the injured (refer to venue map)
  + Other information as requested
  + DO NOT HANG UP UNTIL INSTRUCTED TO DO SO BY EMERGENCY DISPATCH
  + RETURN TO COLLAPSED ATHLETE AND AWAIT FURTHER INSTRUCTIONS BY ATTENDING FIRST-AID PROVIDER.
* Direct EMS to the scene
  + BRSC coaching staff and BRSC Admin staff will open appropriate gates
  + Designate individual to meet EMS and direct them to the scene
  + Scene control: limit scene to first-aid providers and move by-standers away from area.
  + The person calling EMS should inform the Director of Sports Medicine of the incident if they are not on-scene/on-site.

**Location**

10501 Lovett Road Central, LA 70818

In the event of an emergency, EMS should enter the Central Sports Park through the entrance off Hooper Road. Field access is closest to the parking lot off Hooper Road. Once on the field, directions to the specific location will be given to EMS by the individual designated to meet EMS.

**Emergency Phone Numbers**

EMS: 911

BRSC Sports Medicine: 225-238-7155

BRSC Director of Sports Medicine: 256-479-4906

Our Lady of the Lake: 225-765-8826

Baton Rouge Orthopedic Clinic: 225-408-7859

## Flanacher (Zachary)

**Emergency Personnel**

* BRSC coaches, team managers, emergency medical technicians, and possibly by-standers.

**Emergency Communications**

* Cellular phones will be used by emergency personnel.

**Emergency Equipment**

* AED located at Concessions/pavilion/restrooms by soccer fields 1 & 2 (not mounted, yet)

**Role of first Responders**

* Immediate care for the injured or ill athlete.
* Emergency equipment retrieval.
* Activate emergency medical system (EMS) and give:
  + Name, title, address, phone number
  + Nature of the emergency/injury
  + Number of individuals inured, name, sex, and approximate age of injured
  + Condition of the injured
  + Care being given to the injured
  + Specific directions to the location of the injured (refer to venue map)
  + Other information as requested
  + DO NOT HANG UP UNTIL INSTRUCTED TO DO SO BY EMERGENCY DISPATCH
  + RETURN TO COLLAPSED ATHLETE AND AWAIT FURTHER INSTRUCTIONS BY ATTENDING FIRST-AID PROVIDER.
* Direct EMS to the scene
  + BRSC coaching staff and BRSC Admin staff will open appropriate gates
  + Designate individual to meet EMS and direct them to the scene
  + Scene control: limit scene to first-aid providers and move by-standers away from area.
  + The person calling EMS should inform the Director of Sports Medicine of the incident if they are not on-scene/on-site.

**Location**

864 East Flanacher Road, Zachary, LA 70791

In the event of an emergency, EMS will enter Flanacher Road Park through the first entrance off Flanacher Road heading to highway 964, or the second entrance off Flanacher Road heading towards highway 61. If the emergency is on fields 1 - 2, field access is closest through the parking lot off Flanacher Road. Once on the field, directions to the specific location will be given to EMS by the individual designated to meet EMS.

If the emergency is located on fields 3,4,5, or 6, field access is closest through the parking lot between the soccer fields and the multi-use fields.

**Emergency Phone Numbers**

EMS: 911

BRSC Sports Medicine: 225-238-7155

BRSC Director of Sports Medicine: 256-479-4906

Our Lady of the Lake: 225-765-8826

Baton Rouge Orthopedic Clinic: 225-408-7859

## West Baton Rouge

**Emergency Personnel**

* BRSC coaches, team managers, emergency medical technicians, and possibly by-standers.

**Emergency Communications**

* Cellular phones will be used by emergency personnel.

**Emergency Equipment**

* AEDs located at main concessions/pavilion and pavilion by fields 10 and 11 (not mounted, yet)

**Role of first Responders**

* Immediate care for the injured or ill athlete.
* Emergency equipment retrieval.
* Activate emergency medical system (EMS) and give:
  + Name, title, address, phone number
  + Nature of the emergency/injury
  + Number of individuals inured, name, sex, and approximate age of injured
  + Condition of the injured
  + Care being given to the injured
  + Specific directions to the location of the injured (refer to venue map)
  + Other information as requested
  + DO NOT HANG UP UNTIL INSTRUCTED TO DO SO BY EMERGENCY DISPATCH
  + RETURN TO COLLAPSED ATHLETE AND AWAIT FURTHER INSTRUCTIONS BY ATTENDING FIRST-AID PROVIDER.
* Direct EMS to the scene
  + BRSC coaching staff and BRSC Admin staff will open appropriate gates
  + Designate individual to meet EMS and direct them to the scene
  + Scene control: limit scene to first-aid providers and move by-standers away from area.
  + The person calling EMS should inform the Director of Sports Medicine of the incident if they are not on-scene/on-site.

**Location**

3383 Rosedale Road, Port Allen, LA 70767

EMS access is only possible from the main entrance off Rosedale Road.

**Emergency Phone Numbers**

EMS: 911

BRSC Sports Medicine: 225-238-7155

BRSC Director of Sports Medicine: 256-479-4906

Our Lady of the Lake: 225-765-8826

Baton Rouge Orthopedic Clinic: 225-408-7859

## Sudden Cardiac Arrest

During all athletic events an Automated External Defibrillator (AED) must be on site and able to access within 3 minutes of recognizing its need. All coaches and administrative personnel must be educated on the location, function, and the use of an AED. Sudden Cardiac Arrest (SCA) is the leading cause of death for youth and teen athletes during exercise. There is no warning. SCA is often due to a cardiovascular disorder causing the heart to unexpectedly and suddenly stop beating. Warning symptoms of a pre-existing heart condition include chest pain and/or passing out with exercise, racing heart, and/or a family member who died suddenly from a heart condition or suffered cardiac arrest before the age of 50. Risk factors for SCA include smoking, obesity, diabetes, sedentary lifestyle, and drug abuse. Males and African-Americans are more likely to suffer from sudden cardiac arrest.

Any athlete who has collapsed and is unresponsive should be assumed to be in SCA unless another cause is identified. Management of SCA is as follows:

* Identifying the individual is in SCA
* Immediately Activate EMS
* Start CPR beginning with chest compressions
* Activate the AED; if no AED is available, continue chest compressions or CPR until emergency personnel arrive. Switch with another person if you get tired.
* Transport to an emergency care facility once EMS has arrived

## Catastrophic Brain and Neck Injuries

Head and neck injuries are common in soccer. It is imperative prevention, recognition, and appropriate treatment of these injuries be administered in order to properly manage any catastrophic event. Preventative measures include education courses for coaches, staff, parents, and athletes on the causes, signs and symptoms, treatment, and return to play process for concussed athletes. Coaches should remind athletes throughout the season of proper heading techniques to prevent head and/or neck injury.

The Sport Concussion Assessment Tool3 (SCAT3) or SCAT 5 will be used to assess all athletes who are suspected of having a concussion. All athletes who have sustained a concussion will be referred to BROC physicians or their Primary Care Physician (PCP) unless emergency treatment and transportation is deemed necessary. If further treatment is necessary once seen by a BROC physician or their PCP, referral to a sports medicine neuropsychologist will be initiated.

If an athlete, coach/staff, or spectator presents with obvious deformity, bilateral neurologic concerns, substantial spinal pain with or without palpation, altered level of consciousness, or is unconscious, the following procedure will be immediately implemented:

* Recognition of head or neck injury
* Assessment of cognitive function
* Stabilize the patient, spine, board, and activate EMS
* If the patient begins to suffer cardiac problems and CPR is deemed necessary, begin CPR immediately and activate the AED
* Transport to an emergency care facility once EMS has arrived

When a trained medical professional is not present, the patient should be withheld from activity, and the coach, parent, or responsible adult should initiate a referral to the patient’s PCP or emergency department for a timely medical evaluation. **NO BRSC athlete with a suspected concussion will be permitted to return to a practice, game, or activity on the same day.**

**Food Allergy & Anaphylaxis Emergency Action Plan**

**Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.**

**SEVERE SYMPTOMS**

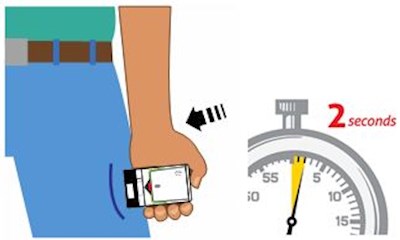
|  |
| --- |
| C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\ICBOL38P\175721522[1].jpg C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\ICBOL38P\16126-illustration-of-a-red-heart-pv[1].png C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\G1ZSNGDM\Throat_Diagram.svg[1].png C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\ICBOL38P\Blausen_0653_MouthAnatomy[1].png  LUNG HEART THROAT MOUTH  Shortness of breath, Pale or bluish Tight or hoarse Significant swelling  Wheezing, repetitive skin, faintness, throat, trouble of the tongue or lips  Cough weak pulse, breathing or  Dizziness swallowing  C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\D8ZH2B7X\126732518[1].jpg C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\G1ZSNGDM\stomach-293928_640[1].png C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\D8ZH2B7X\Metacognition[1].png **OR A COMBINATION**  SKIN GUT/STOMACH OTHER **of symptoms from**  Many hives over Repetitive vomiting, Feeling something **different body areas**  Body, widespread severe diarrhea bad is about to happen  Redness anxiety, confusion   1. **INJECT EPINEPHRINE IMMEDIATELY.** 2. **CALL 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive. 3. Consider giving additional medications following epinephrine: antihistamine, inhaler (bronchodialator) if wheezing. 4. Lay the person flat, raise legs, and keep warm. If breathing is difficult, or they are vomiting, let them sit up or lie on their side. 5. If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose. 6. Alert emergency contacts. 7. Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return. |

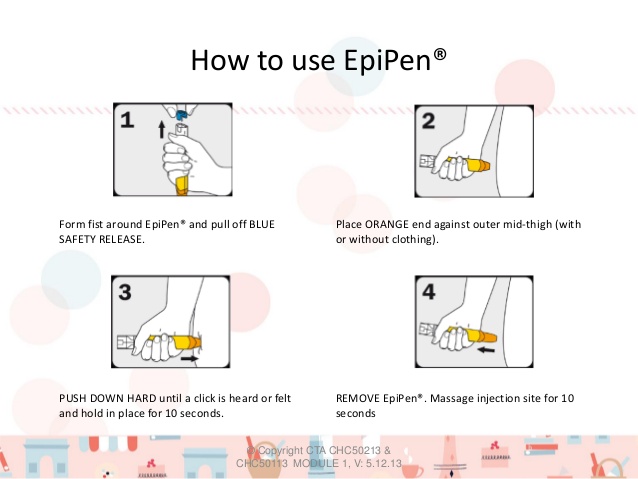
|  |
| --- |
| C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\78ENR7OJ\nose_PNG4[1].png C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\ICBOL38P\Blausen_0653_MouthAnatomy[1].png C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\D8ZH2B7X\126732518[1].jpg C:\Users\sruiz\AppData\Local\Microsoft\Windows\INetCache\IE\G1ZSNGDM\stomach-293928_640[1].png  NOSE MOUTH SKIN GUT/STOMACH  Itchy or runny Itchy mouth A few hives, mild itch Mild nausea or discomfort  Nose, sneezing  **FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.**  FOR **MILD SYMPTOMS** FROM **A SINGLE SYSTEM** AREA, FOLLOW THE DIRECTIONS BELOW:   1. Antihistamines may be given, if ordered by a healthcare provider. 2. Stay with the person; alert emergency contacts. 3. Watch closely for changes. If symptoms worsen, give epinephrine. |

|  |
| --- |
| **ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:**   1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room. 2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries. 3. Epinephrine can be injected through clothing if needed. 4. Call 911 immediately after injection. |

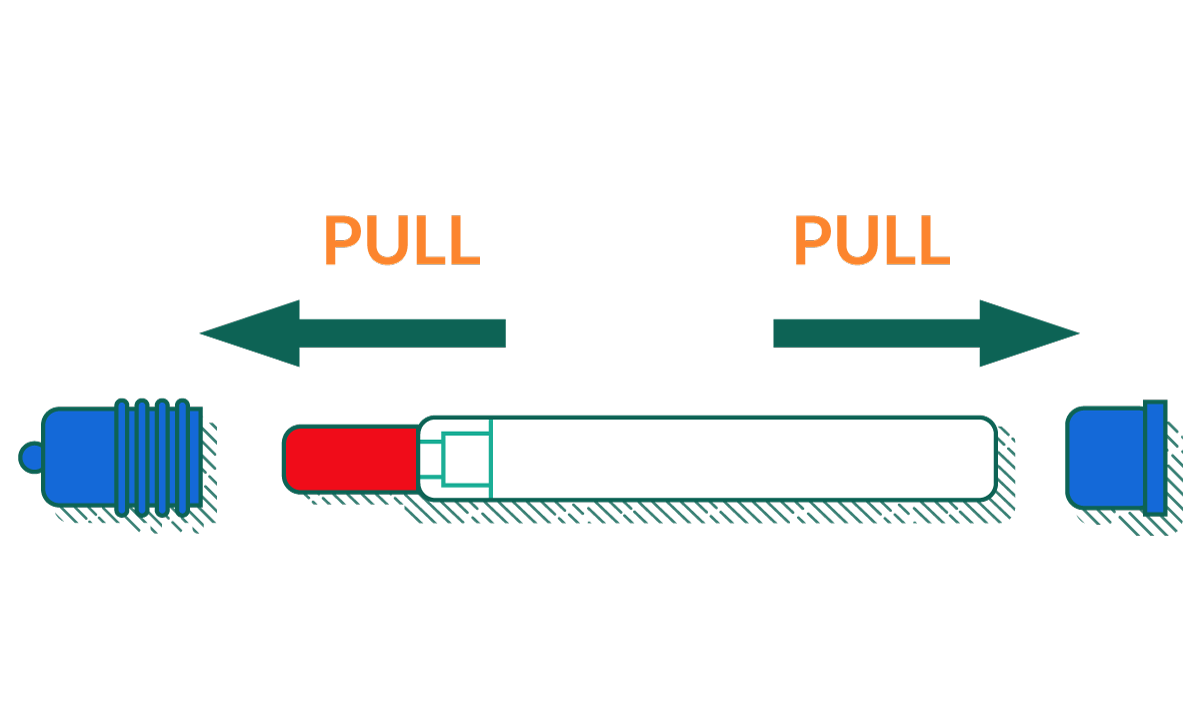
|  |
| --- |
| **HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO**     1. Remove Auvi-Q from the outer case. 2. Pull off red safety guard. 3. Place black end of Auvi-Q against the middle of the outer thigh. 4. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds. 5. Call 911 and get emergency medical help right away. |

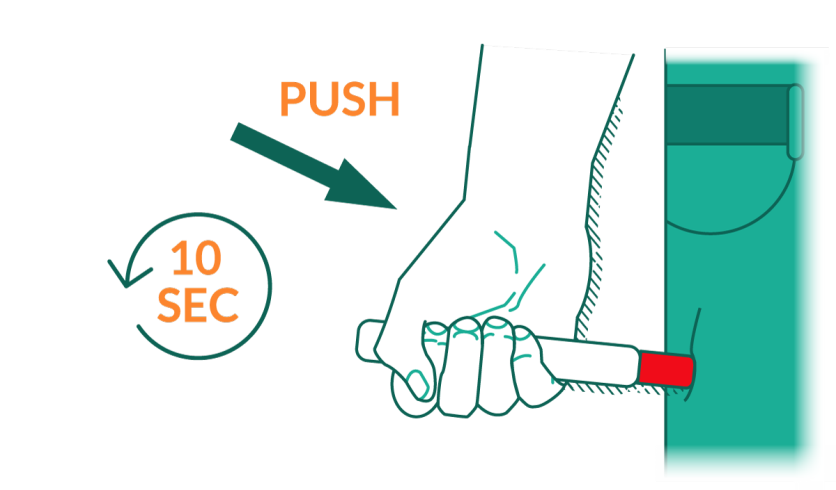
|  |
| --- |
| **HOW TO USE EPIPEN® AND EPIPEN JR® (EPINEPHRINE) AUTO-INECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN AUTO-INJECTOR, MYLAN**   1. Remove the EpiPen® or epiPen Jr® Auto-Injector form the clear carrier tube. 2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. 3. With your other hand, remove the blue safety release by pulling straight up. 4. Swing and push the auto-injector firmly into the middle of the outer thigh until it “clicks”. 5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3). 6. Remove and massage the injection area for 10 seconds. 7. Call 911 and get emergency medical help right away. |





|  |
| --- |
| **HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENACLICK®), USP AUTO-INJECTOR, IMPAX LABORATORIES**   1. Remove epinephrine autho-injector from its protective carrying case. 2. Pull off both blue end caps: you will now see a red tip. 3. Grasp the auto-injector in your fist with the red tip pointing downward. 4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thing. 5. Press down hard and hold firmly against the thigh for approximately 10 seconds. 6. Remove and massage the area for 10 seconds. 7. Call 911 and get emergency medical help right away. |





**BRSC Concussion Policy & Protocol**

BRSC has a full-time, certified Athletic Trainer on staff that provides immediate care for concussed athletes. BRSC also requires coaches at our competitive and recreational levels, parents, and officials to complete a concussion education course focused on recognizing a concussion. This education enables all members of our organization to identify and reduce the harmful effects caused by concussions.

BRSC follows United States Soccer Federation (USSF) protocols and guidelines on concussions. BRSC falls under United States Youth Club Soccer, which must abide by USSF policies, procedures, and protocols. The United States Soccer Federation’s website, [www.recognizetorecover.org/head-and-brain/#concussions](http://www.recognizetorecover.org/head-and-brain/#concussions), details concussion education and provides links to the USSF concussion recommendations, evaluation, testing, and management protocols.

Concussions are defined as a mild traumatic brain injury (MTBI) that alters the function of the brain. A MTBI can occur at any point during trainings or games as a direct force/blow to the head or body from contact with the ground, the ball, or another player that causes a force to the head that bounces the brain uncontrollably inside of the skull. A fall where the player lands on his/her head can result in a MTBI, as well. If at any time a BRSC player suffers a blow to the head or body, they should be immediately removed from play and should not return to play until s/he is evaluated by and ATC or other appropriate health care provider. If there is no health care professional present and there is uncertainty about if the player has suffered a concussion, the player should be held out until they can be evaluated by an appropriate health care professional.

## Initial Evaluation/Management

When a BRSC athlete is suspected of having sustained a concussion, they will be removed from play immediately, and evaluated by BRSC medical staff (e.g. ATC and/or a BROC physician, if available). A loss of consciousness is not necessary for the player to be concussed. The concussion evaluation will consist of a standardized acute concussion evaluation tool such as the SCAT3 or SCAT5. All players suspected of having suffered a concussion must be seen by a physician. All assessments, including daily assessments once a diagnosis of concussion has been made, and all components of the Return to Play (RTP) protocol, should be documented and included in the player’s medical record. Once the player has been initially evaluated, and the player is diagnosed with a concussion, he or she will not be permitted to return to play on the same day. If a concomitant cervical spine injury or more serious brain injury is suspected, the athlete will be immobilized and transported to the nearest emergency department according to the BRSC Emergency Action Plan (EAP) for that venue. If the player is medically stable and additional testing is unnecessary, initial concussion management should detail patient education/home care instructions, physical rest, and cognitive rest.

## Post-Evaluation/Management

Once the BRSC player has returned to a baseline level of symptoms, or a physician/appropriate health care provider has deemed the player fit enough, the player will undergo post-injury testing. Once the athlete has been asymptomatic 24-48 hours, s/he will be allowed to return to class/academic activities and/or work. The graded RTP will be individualized to each player. Any BRSC player that suffers a concussion must have a physician/approved healthcare provider clearance prior to starting the graded RTP, and must have a written physician/approved healthcare provider clearance prior to being permitted for full competitive play without restriction. Per Louisiana state law, an appropriate health care provider is defined as a physician (MD or DO as defined in LS 37:1262(2)), a licensed nurse practitioner, licensed physician assistant, or a licensed psychologist who is trained in neuropsychology or concussion evaluation and management.

Once the player has been cleared by the appropriate health care provider, the player may begin the graded RTP protocol detailed below. There is no mandatory period of time that a player is withheld from play/activity after suffering a concussion, or how long each step in the RTP protocol should take. Each decision is individualized to the player as they progress through the healing process, and varies due to several factors including: the nature of the injury, the player’s age, concussion history, and psychological status. Players under the age of 18 should be managed more conservatively than older players. Graded RTP protocols should not be rushed because the player will be at a significantly higher risk for future problems in the RTP and future concussions.

## Graded RTP Protocol

**Step 1 Rest:** Athlete must be asymptomatic for at least 24-48 hours after participating in school while remaining asymptomatic.

**Step 2 Light aerobic exercise:** Twenty minutes of cardio activity; walking or stationary bike. NO resistance training. Light activity; <70% of Heart Rate Max (HRM).

**Step 3 Moderate aerobic exercise:** Twenty to thirty minutes of cardio activity; elliptical, stationary bike, jogging at a medium pace. Light resistance training can begin; body weight resistance exercise (push-ups, lunges) with minimal head rotation. Moderate activity;<85% HRM.

**Step 4 Sport-specific, non-contact drills, exercise:** Individual sport-specific drills WITHOUT contact, agility drills; NO head impact activities; continue LIGHT resistance training. High activity HRM reached.

**Step 5 Non-contact training session:** Progression to more complex, sport-specific training drills with NO defensive pressure. Progressive return to normal resistance training.

**Step 6 Full contact training session:** Participate in full, normal training session with contact.

**Step 7 full competitive return to play:** Return to full sports participation as tolerated pending clearance form physician (MD or DO) or appropriate health care provider; monitor recurrence of symptoms.

# Forms and Resources

## Baton Rouge Soccer Club Acknowledgement of Risk

All players and parents must understand that sports and athletics involve some level of risk. When a player participates in an athletic sport, s/he must understand that due to the nature of sports and athletics, all injuries cannot be completely prevented. Rule changes, protective equipment, and proper use of techniques cannot prevent all injuries. When players play within the rules, wear proper fitting equipment, and properly perform sports playing techniques, we hope to reduce the number and severity of injuries.

The parent must understand that sports and athletic participation involves various levels of risk, and be aware that there is a possibility that the player may receive an injury. These injuries may range from a simple bruise to a sprain, strain, injuries that may require surgery, injuries such as severe head or spinal cord damage, and, in some cases, even death.

With the player’s participation in an athletic sport, s/he will be required to follow three basic guidelines:

1. Follow the rules of soccer
2. Always appropriately wear proper fitting equipment that is issued to you
3. Always use proper technique

The player must assume the responsibility to follow these guidelines. The coaches and medical personnel working in the Baton Rouge Soccer Club are here to assist the player in learning the proper techniques and rules of soccer in order to help minimize the possibility of injuries.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, ACKNOWLEDGE THAT I HAVE READ THE ABOVE STATEMENTS

(Print Name)

AND UNDERSTAND THE ASSUMED RISKS INVOLVING INJURIES IN SPORTS AND ATHLETIC PARTICIPATION.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature (if 18 years of age or older) Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BRSC Team

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature (if under 18 years of age) Date

## Athlete Emergency Card

Player name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**IN CASE OF EMERGENCY NOTIFY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do the player have any allergies and/or allergies to medications? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is the Player covered by any personal health insurance? **YES NO**

If so, by whom\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Policy#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby state that I DO/DO NOT have medical coverage at this time.**

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(if player is 18 years of age or older)

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/guardian if player is under the age of 18)

## Head Injury Home Instructions

I believe that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may have/has sustained a concussion on \_\_\_\_\_\_\_\_\_\_\_\_. To make sure s/he recovers, please adhere to the following important recommendations:

1. Please **remind** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to report to the athletic trainer for a follow-up evaluation.
2. Set an appointment for the athlete to be seen by a physician.
3. If any of the symptoms below develop or worsen before doctor visit, please contact your local emergency medical system or your family physician.
   1. Vomiting
   2. Unequal pupils
   3. Restlessness
   4. Inability to move limbs equally
   5. Temperature above 100 degrees Fahrenheit
   6. Severe headache
   7. Unstable or stumbling walking patterns
   8. Mental confusion
   9. Drainage of blood or fluid from ears or nose
   10. Forgetfulness
   11. Acting out of character
4. If these symptoms do not develop or worsen, you can follow the instructions outlined below until the physician’s visit.

**It is OK to:**

* Use acetaminophen (Tylenol) for headaches
* Use ice pack on head and neck for comfort
* Follow a light nutritional intake
* Return to school
* Go to sleep
* Rest (no strenuous activity or sports)

**There is NO need to:**

* Check eyes with flashlight
* Wake up every hour
* Test reflexes
* Stay in bed

**Do NOT:**

* Eat spicy foods
* Practice sport/exercise (until cleared by physician)

1. Athlete is not eligible to practice or play any sport or physical activity until cleared by a physician.

Recommendations provided by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Physician Clearance Form

This form must be completed and signed by the athlete’s treating physician or appropriate health care provider pursuant to Louisiana State Law that specializes in concussion management. This signed form must be on file with the Director of Sports Medicine in order to begin and complete the BRSC Concussion Return-to-Play protocol.

Name of Athlete: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of birth: \_\_\_\_\_\_\_\_\_\_ Date of Concussion:\_\_\_\_\_\_\_\_\_\_

The above named athlete was referred due to having signs and/or symptoms of a concussion/mild traumatic brain injury (MTBI). It is in my professional judgment:

\_\_\_\_\_\_ the athlete **IS** **CONCUSSED**.

\_\_\_\_\_\_ the athlete **IS NOT CONCUSSED.**

\_\_\_\_\_\_ the athlete **IS NOT PERMITTED** at this time to participate in sports/activity or the BRSC Concussion Return-to-Play protocol. Athlete is to return to physician for further evaluation on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ the athlete **IS PERMITTED** to begin the required BRSC Concussion Return-to-Play Protocol under the supervision of the Athletic Trainer**. \*\***Once the athlete completes the protocol successfully, s/he **MUST RETURN FOR RE-EVALUATION** **BEFORE BEING CLEARED FOR FULL, UNRESTRICTED SPORTS PARTICIPATION.\*\***

Physician notes:

Physician signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physician Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physician Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Physician Fax: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Graded Return-to-Play Protocol (Athlete will only advance ONE step per day):** |
| The athlete should be held out of all activities until asymptomatic at rest for at 24-48 hours. This asymptomatic period includes mental exertion in school to help reduce the re-emergence of symptoms once initiating the return-to-play protocol.  **If any concussive symptoms occur while performing the return-to-play protocol, the athlete will stop all activity until asymptomatic for another 24-48 hours. Once symptoms resolve, resume with the step in which the athlete was previously asymptomatic (back to the previous successful step).**  **Step 1** Rest.  **Step 2** Light aerobic exercise. 20 mins. of cardio activity, NO resistance training.  **Step 3** Moderate aerobic exercise. 20-30 mins. of cardio activity, light resistance training/body weight resistance exercise with minimal head rotation.  **Step 4** Sport-specific, non-contact drills, exercise. Agility drills, NO head impact activities, continue light resistance training.  **Step 5** Non-contact training session. Complex sport-specific training drills with NO defensive pressure, progressive return to normal resistance training.  **Step 6** Full contact training session. Normal training session with contact. No games or competition play.  **Step 7** Full return to competitive play |

## Gradual Return-to-Play Protocol

Name of athlete:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of injury:\_\_\_\_\_\_\_\_\_\_ Date asymptomatic: \_\_\_\_\_\_\_\_\_\_\_\_

**DO NOT PROGRESS MORE THAN ONE STEP PER DAY. Each step should take a minimum of ONE day (24 hour period) to complete in order to evaluate for any post-concussion symptoms that may occur during aerobic activity or between exertional sessions. Proceed to the next level ONLY if asymptomatic at the current level AND throughout the recovery period. If symptoms return, the athlete must go back to the previous step in the protocol.**

|  |  |  |
| --- | --- | --- |
| Step | Description/Objective | Date completed & AT Initials and Comments |
| 1  Rest | Athlete must be asymptomatic for at least 24-48 hours, and participating in school before beginning the RTP |  |
| 2  Light aerobic exercise | 20 minutes of cardio activity; walking or stationary bike. NO resistance training. Light activity; <70% of HR Max. Increase HR. |  |
| 3  Moderate aerobic exercise | 20-30 minutes of cardio activity; elliptical, stationary bike, jogging at medium pace. Light resistance training can begin; body weight resistance exercise (push-ups, lunges) with minimal head rotation. Moderate activity; <85% HR Max. Increase HR, cardiovascular endurance. |  |
| 4  Sport-specific, non-contact drills, exercise | Individual sport-specific drills WITHOUT contact, agility drills; NO head impact activities; continue LIGHT resistance training. High activity; HR Max reached. Add movement, change of direction. |  |
| 5  Non-contact training session | Progression to more complex, sport-specific training drills with NO defensive pressure. Progressive return to normal resistance training. Exercise, coordination, and cognitive load |  |
| 6  Full contact training session | Participate in full, normal training session with contact. Restore confidence, increase cognitive load, increase physical activity, and assess functional skills |  |
| 7  Full competitive return to play | Return to full sports participation as tolerated pending clearance from physician (MD or DO) or appropriate health care provider; monitor for recurrence of symptoms |  |

**The athlete may not return to play until evaluated by an appropriate health care provider and receives a written medical clearance for an unconditional return to play.** Louisiana law defines an appropriate health care provider as a physician (MD or DO as defined in LS 37:1262(2)), a licensed nurse practitioner, licensed physician assistant, or a licensed psychologist who is trained in neuropsychology or concussion evaluation and management. **The health care provider must not be related to the athlete.** Prior to being cleared, the athlete must be asymptomatic both at rest and with full cognitive stress, AND with full physical exertional stress (i.e. completed the Return-to-Play Protocol).

**By signing below, I attest that the above named athlete has completed the Gradual Return-to-Play Protocol**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Athletic Trainer Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name

**By signing below, I am aware that my child has completed the Gradual Return-to-Play Protocol.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Legal Guardian Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name

**By signing below, the athlete has been evaluated by an appropriate health care provider, pursuant to Louisiana state law, and is deemed medically cleared by such provider for full, competitive sports participation without ANY restriction.**

­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Health Care Provider Date

## BRSC Injury Report

***LAST NAME***: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ***FIRST NAME***: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ***RECORD DATE:*** \_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

***STATUS :*** FULL GO LIMITED OUT: DAYS\_\_\_\_\_ ***INJURY DATE***: \_\_\_\_/\_\_\_\_/\_\_\_\_\_\_

***EVALUATING ATC***: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ***HOSPITALIZED***: YES NO

***ACTION:***TREATED BY STAFF CONSULT, NO TX PRIMARY CARE DOCTOR SENT HOME SENT TO HOSPITAL

***BODY AREA:*** HEAD TORSO UPPER EXTREMITY GENERAL MEDICAL NECK GENITALIA LOWER EXTREMITY

***PRIMARY INJURY:*** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ***SECONDARY INJURY & SEVERITY***: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***PRIMARY INJURY SITE:*** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ***SECONDARY INJURY SITE***: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***SEVERITY:*** GRADE 1 GRADE 2 GRADE 3 MILD MODERATE SEVERE

***INJURY BACKGROUND***: **MECHANISM OF INJURY (KINESIOLOGICAL):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CONTACT NON-CONTACT

***ONSET:*** ACUTE SUBACUTE CHRONIC ACUTE-REINJURY CHRONIC-REINJURY

***LEVEL:*** U10 U11 U12 U13 U114 U15 U16 U17

U18 U19 WPSL Women’s Team

***POSITION****:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ***SEASON:*** IN POST PRE

***ACTIVITY*:** PRACTICE GAME/COMPETITION CONDITIONING NON-SPORT RELATED

***LOCATION:*** PRACTICE FIELD: \_\_\_\_\_\_ OFF SITE AWAY @: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***ENVIRONMENT:*** HOT/DRY COLD HUMID FACILITY CONTROLLED SUNNY RAIN/WET NIGHT CLOUDY

***SURFACE:*** GRASS TURF

***HAVE YOU EXPERIENCED THIS TYPE OF INJURY?*** YES NO ***WHEN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***IMMEDIATE TREATMENT:*** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***NOTES:*** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of ATC/HealthCare Provider Date

## BRSC Treatmeant/Progress Notes

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Diagnosis:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date**

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## BRSC Functional Tests to RTP

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Injury:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1) Range of Motion [ ] Equal bilaterally [ ] Not Equal bilaterally

2) Strength [ ] Equal bilaterally [ ] Not equal bilaterally

:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Functional tests

a. Straight ahead jogging 100 yards [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. Straight ahead running 100 yards [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. Straight ahead sprint (75%) 100 yards [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. Straight ahead sprint (100%) 100 yards [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e. Backwards running [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

f. High knees running [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g. High skipping [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

h. Balance on one leg for 60” [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

i. Balance on one leg, eyes closed 30” [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

j. Jumping on one foot 20x [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

k. Jumping on both feet 20x [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

l. Running in a zig-zag for 20 yrds. [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

m. Sprinting in a zig-zag for 20 yrds. [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

n. T-Test [ ] Pass [ ] Not pass

Why?:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Hospitals and Urgent Care Facilities

**Hospitals:**

1. Our Lady Of the Lake Regional Medical Center

5000 Hennessy Blvd.

Baton Rouge, LA 70808

225-765-6565

1. Baton Rouge General Medical Center

8585 Picardy Ave.

Baton Rouge, LA 70809

225-763-4000

**Urgent Cares:**

1. Baton Rouge Orthopaedic Clinic

8080 Bluebonnet Blvd.

Baton Rouge, LA 70810

Hours: M-F 5 PM-10 PM

Saturday 10 AM-8 PM

Sunday 12 PM-6 PM

Phone: 225-924-2424

1. Lake After Hours-Perkins

12525 Perkins Rd.

Baton Rouge, LA. 70810

Hours: 9 AM-9 PM

Phone: 225-765-5437

1. Coastal Urgent Care

9808 Bluebonnet Blvd.

Baton Rouge, LA 70810

Hours: 8 AM-8 PM

Phone: 225-761-5200

## Resources

<https://www.osha.gov/Publications/osha3186.pdf>

<http://www.recognizetorecover.org/#us-soccers-comprehensive-player-health-and-safety-program>

<https://www.cdc.gov/headsup/youthsports/training/index.html>

<https://www.cdc.gov/concussion/HeadsUp/clinicians/index.html>

<http://www.playlouisianasoccer.org/ad/concussion_resources_/>

<http://latainc.org/>

<http://lern.la.gov/resources/concussion-act/>

<https://www.nata.org/sites/default/files/preventing-sudden-death.pdf>

<https://nfhslearn.com/courses/61064/concussion-in-sports>