

CURRENT TRENDS IN ATHLETIC TRAINING

CIF-SS ATHLETIC ADMINISTRATOR'S SUMMIT

OCTOBER 7TH, 2019



INTRODUCTIONS

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WHY WE'RE HERE

2019 HIGH SCHOOL SPORTS SAFETY POLICY RANKINGS

RANK	STATE	SCORE (%)
1	New Jersey	83.40
2	Massachusetts	79.4
3	North Carolina	79.38
4	Kentucky	71.13
5	Georgia	70.2

47	Iowa	37
47	Wyoming	37
49	Montana	33.25
50	California	30.8
51	Colorado	28

updated 8.12.19

OBJECTIVES

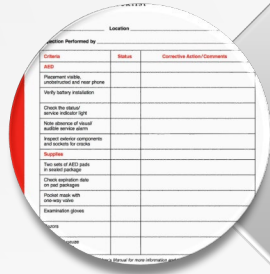


Review



Advocate

- Safety, health, wellbeing of every student athlete
- Athletic trainers



Provide

- Resources for compliance
- Examples of guidelines
- Updates on wrestling assessments

REVIEW LAWS AND GUIDELINES

- Concussion (Interscholastic and Youth Programs)
- Emergency Action Plans and AEDs
- Sudden Cardiac Arrest
- Heat Illness and Heat Illness Education
- Opioids

The background of the slide features a photograph of the lower legs and feet of several football players standing on a green grass field. They are wearing white socks and various styles of grey and black athletic shoes. A brown football with white laces lies on the grass in the center. The bottom of the slide has a horizontal band with a wood-grain texture.

Current Concussion Law

- **California Ed Code 49475**
 - **AB 25 and AB 2127**
 - **Removal from play**
 - **Gradual return to play**

NEW Concussion Law

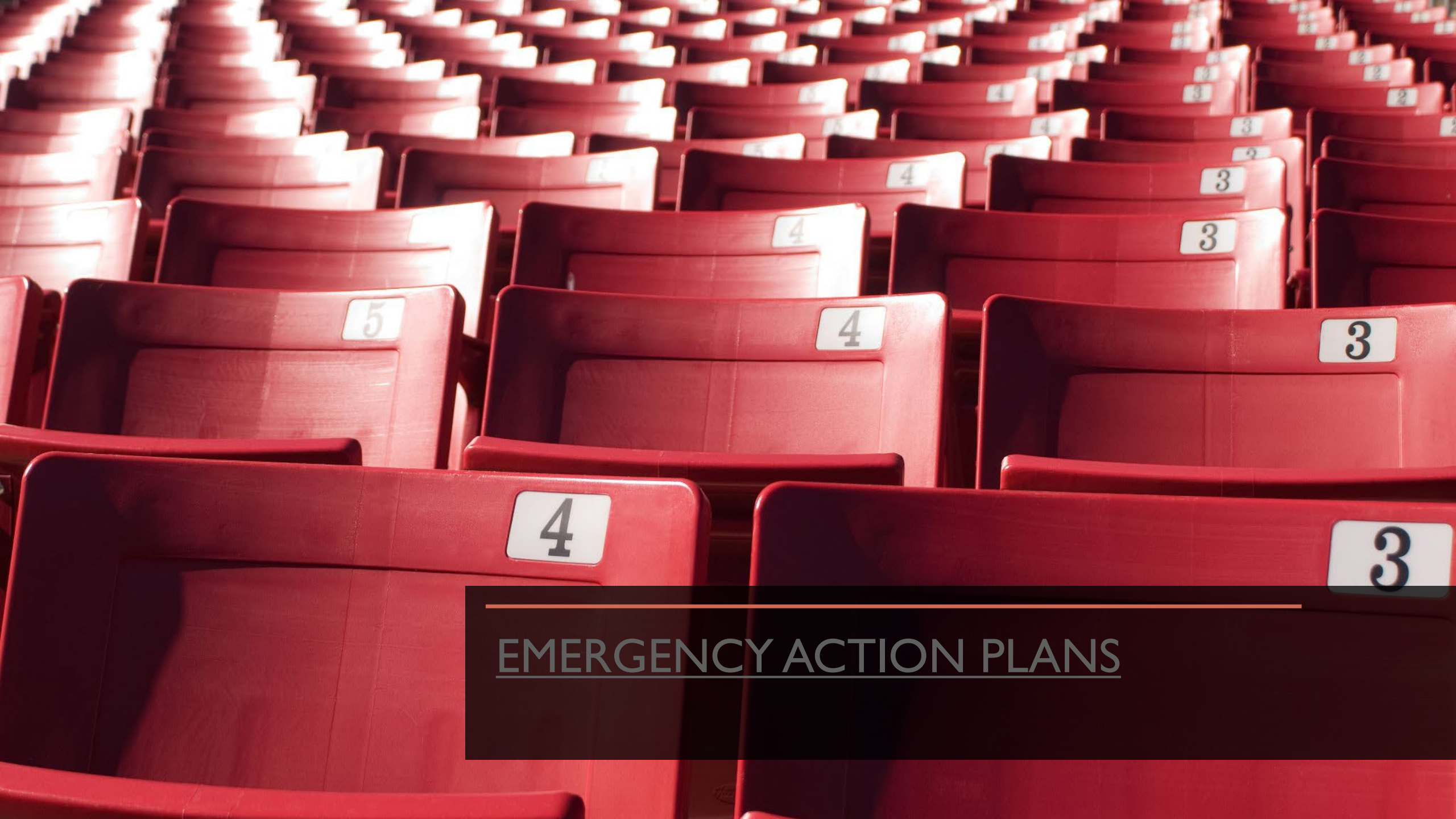
- **Health Safety Code 124235**
 - **AB 379**
 - **Mimics the high school laws with education, removal from play, evaluation by MD/DO for concussion AND sudden cardiac arrest**

REVIEW LAWS AND GUIDELINES

- CIF Concussion Return to Play Protocol
 - Updated February 2019
 - “You must be symptom-free prior to beginning Stage III”
 - Before Stage IV (full return to play), “You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice.”

REVIEW LAWS AND GUIDELINES

- Emergency Action Plans and AEDs (Ed Code 35179.4 and 35179.6)
 - AB 2009
 - Written and posted plan that describes location and procedures to be followed in the case of sudden cardiac arrest or other medical emergency
 - Acquire at least one AED to be available on campus
 - AED(s) are available for the purpose of rendering emergency care
 - Ensure their availability to ATs, coaches, authorized persons
 - Maintained and regularly tested



EMERGENCY ACTION PLANS

VENUE SPECIFIC EAP

- Updated AND practiced annually
- Posted where student athletes, coaches, and/or administrators can see it

ALL STAR HIGH SCHOOL ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN: EMERGENCY/CARDIAC EMERGENCY RESPONSE		
Facility: _____ Athletic Director: _____ Athletic Trainer: _____		
Before each season, designate Athletics' staff members to each team to delineate roles and ensure quick emergency response. Call 911/local EMS for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.		
ACTIVATING EMS TEAM	CPR TEAM	AED TEAM
CALL 911. Explain emergency. Provide location and victim's information.	START CPR. ACTIVATE AED TEAM.	GET THE AED KIT.
Local EMS Number: _____	1. Position person on his/her back.	Nearest AED: _____ Practices _____ Events _____
EMS Access Point: _____	2. Put one hand on top of the other on middle of person's chest. Push hard and fast, (AT LEAST 100 compressions/minute.) Let chest completely recoil after each compression.	Staff Member: _____
Cross Streets: _____	3. Take turns as needed.	REMINDER, GET THE ATHLETIC TRAINER.
Staff Member 1: _____	GET THE ATHLETIC TRAINER.	Athletic Trainer: _____
MEET AMBULANCE at EMS Access Point. Take to victim.	Staff Member 1: _____	Contact: _____
EMS Access Point: _____ Practices _____ Events _____	Staff Member 2: _____	Typical location: _____
Cross Streets: _____	WHEN AED ARRIVES, AED TEAM TURNS IT ON AND FOLLOW VOICE PROMPTS. CPR TEAM DOES NOT STOP CPR.	Staff Member to Alert AT: _____
Staff Member 1: _____	1. Remove or cut clothing from chest.	
CALL CONTACTS. Provide location and victim's name.	2. Attach electrode pads as directed by voice prompts.	
Athletic Director: _____ Contact: _____	3. Stand clear while AED analyzes heart rhythm.	
Principal: _____ Contact: _____	4. Keep area clear if AED advises a shock.	
Security: _____ Contact: _____	5. Follow device prompts for further action.	

This sample EAP is based upon an original document produced by Anyone Can Save a Life®

**ALL STAR HIGH SCHOOL
1234 CHAMPION
AVENUE
BIG CITY, CA 01234**

CATA
CALIFORNIA ATHLETIC TRAINERS' ASSOCIATION

AED MAINTENANCE



AED Monthly Checklist

[illegible]

REVIEW LAWS AND GUIDELINES

- Eric Paredes Sudden Cardiac Arrest Prevention Act (AB 1639)
 - Signed information sheet and coaches training
 - Requires a student athlete who passes out or faints while participating in or immediately following an athletic activity, or who is known to have passed out or fainted while participating or immediately following an athletic activity, to be removed from participation
 - A student athlete exhibiting any other warning signs of sudden cardiac arrest (unexplained shortness of breath, chest pains, dizziness, racing heart, extreme fatigue) during athletic activities may be removed from participation if it's reasonably believed that it's cardiac related

REVIEW LAWS AND GUIDELINES

- Heat Illness and Heat Illness Education
 - Ed Code 35179 (AB 2800): California High School Coaching Education and Training Program: Heat Illness
 - Bylaw 503.K (Approved Federated Council January 31, 2019)
 - Requires a student athlete who has been removed from practice or play after displaying signs and symptoms associated with heat illness must receive a written note from a licensed health care provider before returning to practice
 - Before an athlete can start the season and begin practice in a sport, a Heat Illness information sheet must be signed and returned to the school by the athlete and the parent or guardian

REVIEW LAWS AND GUIDELINES

- Opioids
 - Ed Code 49476 (SB 1109): Controlled Substances: Schedule II Drugs: Opioids
 - If a school has interscholastic sports, the school district, charter school, or private school shall annually give the Opioid Factsheet for Patients published by the Centers for Disease Control and Prevention to each athlete
 - The athlete and parent or guardian shall sign a document acknowledging receipt of the Opioid Factsheet for Patients and return that document to the school district, charter school, or private school before the athlete initiates practice or competition

ADVOCATE



- The secondary school athletic population leads the nation in athletic-related deaths
- Among children, those ages 15 to 17 experience the highest rate of emergency room visits for sports injuries
- Korey Stringer Institute places California second to last in their high school sport safety ranking

ATHLETIC TRAINERS



"Coaches don't need to be diagnosing. They need to be coaching. Our athletic trainer knows what to do."

- TOM HOPKINS, ATHLETIC DIRECTOR AND COACH

- Your biggest resource on campus for keeping your student athletes healthy and safe
- “The advent of increasing policy mandates and legislative efforts has resulted in a greater need to have a medical gatekeeper who can properly supervise the sports health of the secondary school athletes.”

ATHLETIC TRAINERS

ATs are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations

ATHLETIC TRAINERS



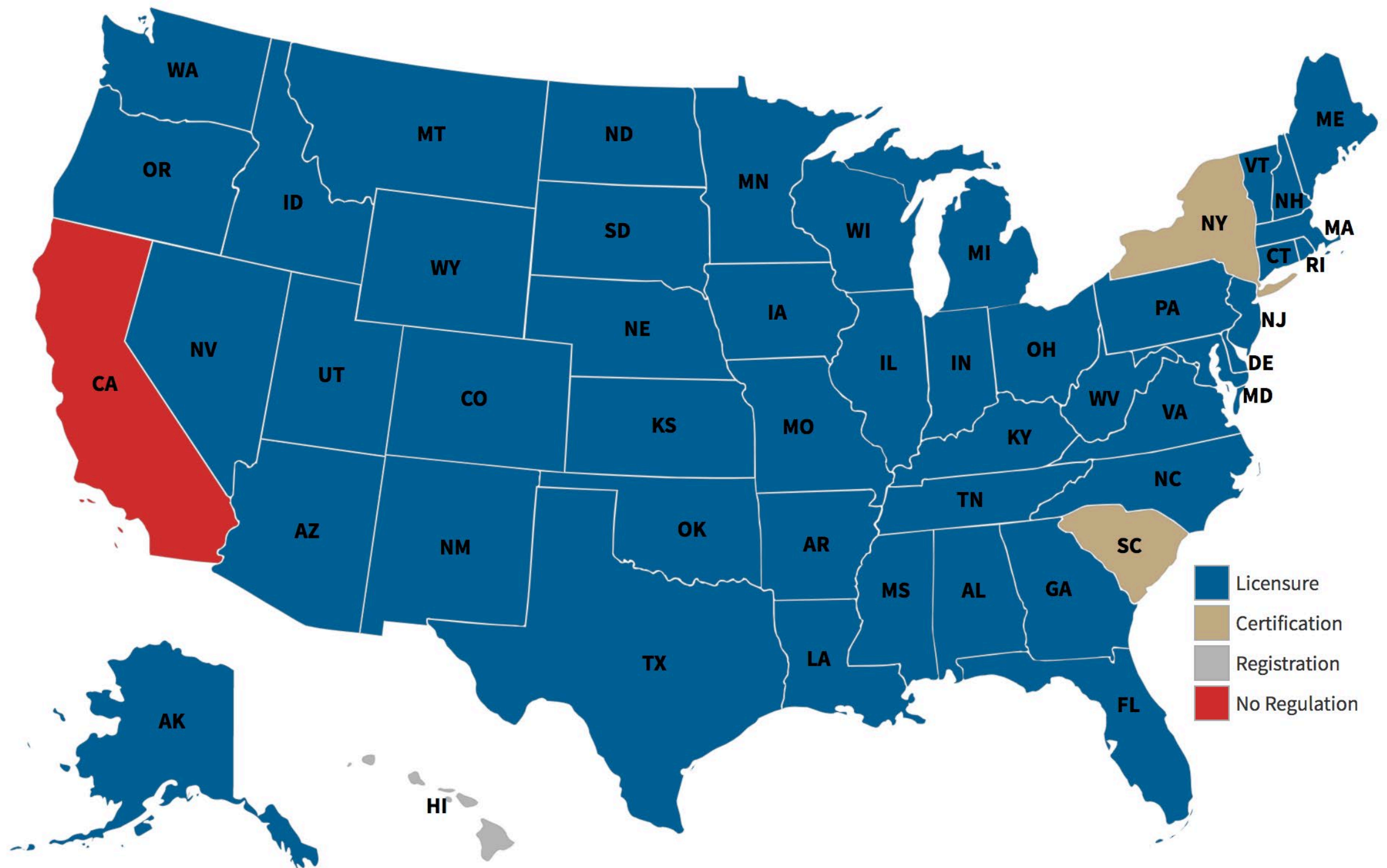
Did you know...



Athletic trainers are required to complete 50 hours of continuing education every two years to maintain their certification



By 2022, accredited professional athletic training programs must result in the granting of a Master's Degree in Athletic Training



HISTORY OF ATHLETIC TRAINING REGULATION IN CALIFORNIA

1986

- Governor Deukmejian vetoed a bill that would have licensed athletic trainers

2006 and 2007

- SB 1397 (Lowenthal) would have provided for registration of ATs
- Vetoed by Governor Schwarzenegger

2010

- AB 1647 (Hayashi) was initially a comprehensive student athlete safety bill but was amended to solely extend title protection to athletic trainers
- Vetoed by Governor Schwarzenegger



HISTORY OF ATHLETIC TRAINING REGULATION IN CALIFORNIA, CONT.

2011-2013, 2017

- Held in committee

2014-15

- AB 1890 (Chau), would have established title protection for athletic trainers
- Vetoed by Governor Brown

2018

- AB 3110 (Mullin), would have established the Athletic Training Practice Act to license and regulate ATs
- Passed through Assembly Arts, Entertainment, Sports, Tourism, & Internet Media Committee
- Amended to be a hybrid licensure/registration bill in Assembly B&P
- Passed through the Assembly floor and Senate B&P before being held in suspense in Appropriations

CURRENT AT REGULATION BILL

- AB 1592- Athletic Trainers (Bonta)
 - Licensure
 - CA Board of Athletic Training under the Department of Consumer Affairs
 - Introduced in February 2019 (two-year bill)

CURRENT AT REGULATION BILL



California Interscholastic Federation Sports Medicine Advisory Committee Position Statement on Athletic Trainers in High Schools

The California Interscholastic Federation Sports Medicine Advisory Committee (CIF-SMAC) is dedicated to reducing risks, minimizing injuries and the health and safety of the student-athletes in California. The CIF-SMAC is convinced that the best way to reduce risks and minimize injuries to our student-athletes is for athletic programs to allow only Board of Certification (BOC) certified athletic trainers to evaluate, treat and prevent athletic injuries on school campuses. **Further, the CIF-SMAC recognizes the importance and encourages the enactment of regulation for the athletic training profession in the form of licensure in California.**

The CIF-SMAC concurs with the American Medical Society for Sports Medicine (AMSSM) that *"has long recognized the value and role of athletic trainers within a Sports Medicine care team. Athletic trainers undergo accredited undergraduate and/or graduate training programs, with 70% of all athletic trainers obtaining a master's degree. Athletic trainers play an essential role as the front-line healthcare professional for a well-functioning, multi-disciplinary Sports Medicine care team. Athletic trainers interact on a daily basis with the athletes for whom they are caring, are well trained in acute injury and illness evaluation and management, facilitate care from other clinicians when needed, and work closely with team physicians to provide comprehensive care for athletes. Indeed, it is difficult to imagine an optimal Sports Medicine care team functioning without the involvement of athletic trainers."*

- Support
 - Thank you!



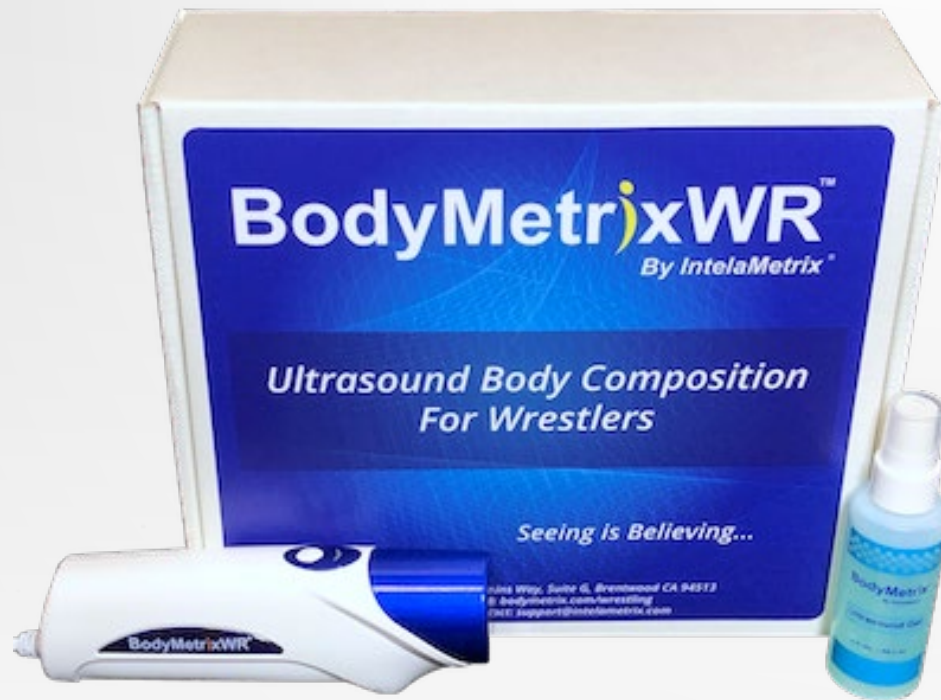
Appropriate Medical Care Standards for Organizations Sponsoring Athletic Activity for the Secondary School Age Athlete

*An evaluation and empowerment tool to improve the overall
health and safety of athletes.*

WRESTLING UPDATES

- Weight assessments begin October 15th and end January 15th
- Assessors have been completing the annual recertification since mid-September
- Appeals
 - Same assessor or Section Master Assessor
 - Same procedures (Tanita/Ultrasound)
 - Same form as Initial Assessment

NEW DEVICE AND PROCEDURE



- BodyMetrix UltraSound Wand
 - Only approved method by the 2020-2021 Wrestling season
 - Does not required hydration assessment!
 - Utilizes a three-point (males) and two-point (females) analysis of subcutaneous body fat
 - Will allocate wrestlers into the appropriate weight class
 - Ensures athletes are cutting weight safely without crash dehydration or other unsafe methods



Guidelines for Developing a Team Physician Services Agreement in the Secondary School

The following document has been developed by the NATA Secondary School Athletic Trainers' Committee in an effort to assist secondary school athletic trainers in strengthening and formalizing the relationship with a team physician. The included components for such an agreement have been suggested by the American College of Sports Medicine (ACSM) and NATA (see resources). *Guidelines for Developing a Team Physician Agreement in the Secondary School* is intended to serve as an overview of those key components as they apply to the secondary school setting. It should be noted that while all components cited have merit, not all may be practical for all situations. Variability with state and local regulations must also be considered.

THANK YOU!

