

# CONSENSUS STATEMENT

## ***Mission Statement***

Establish recommendations for the prevention, care and appropriate management of athletic-related injury and illness specific to the secondary school-aged individual.

## **Consensus Statement**

### ***Athletic Health Care Team***

The athletic health care team may be comprised of appropriate health care professionals in consultation with administrators, coaches, parents and participants. Appropriate health care professionals could be: certified athletic trainers\*, team physicians\*\*, consulting physicians, school nurses, physical therapists, emergency medical services (EMS) personnel, dentists and other allied health care professionals.

### ***Recommendations for Appropriate Medical Care***

Appropriate medical care of the secondary school-aged individual involves more than basic emergency care during sports participation. It encompasses the provision of many other health care services. While emergency medical care and event coverage are critical, appropriate medical care also includes activities of ongoing daily athletic health care.

The athletic health care team should have a designated athletic health care provider(s) who is educated and qualified to:

1. Determine the individual's readiness to participate.
2. Promote safe and appropriate practice, competition and treatment facilities.
3. Advise on the selection, fit, function and maintenance of athletic equipment.
4. Develop and implement a comprehensive emergency action plan.

5. Establish protocols regarding environmental conditions.
6. Develop injury and illness prevention strategies.
7. Provide for on-site recognition, evaluation and immediate treatment of injury and illness, with appropriate referrals.
8. Facilitate rehabilitation and reconditioning.
9. Provide for psychosocial consultation and referral.
10. Provide scientifically sound nutritional counseling and education.
11. Participate in the development and implementation of a comprehensive athletic health care administrative system (e.g. personal health information, policies and procedures, insurance, referrals).

### ***Education***

Designated athletic health care providers shall maintain expertise through continuing education and professional development.

All coaches should be trained in first aid, CPR and AED, utilization of athletic health care team professionals, injury prevention and modification of training in response to injury and illness.

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*The provision of appropriate medical care should be based on local needs and resources, with consideration of available personnel, state and local statutes, risk and type of activity.*

## DEFINITIONS

*\*Certified Athletic Trainer:* An allied health care professional who, upon graduation from an accredited college or university, and after successfully passing the NATABOC certification examination, is qualified and appropriately credentialed according to state regulations to work with individuals engaged in physical activity in the prevention of injuries and illnesses, the recognition, evaluation and immediate care of injuries and illnesses, the rehabilitation and reconditioning of injuries and illnesses, and the administration of this health care system. This individual must have current certification in CPR and be qualified in first aid and blood borne pathogens. Other health care professionals with equivalent certification and/or licensure would also meet this standard.

*\*\*Team Physician:* The team physician must have an unrestricted medical license and be an MD or a DO who is responsible for treating and coordinating the medical care of athletic team members. The principal responsibility of the team physician is to provide for the well being of individual athletes - enabling each to realize his or her full potential. The team physician should possess special proficiency in the care of musculoskeletal injuries and medical conditions encountered in sports. The team physician also must actively integrate medical expertise with other health care providers, including medical specialists, athletic trainers and allied health professionals. The team physician must ultimately assume responsibility within the team structure for making medical decisions that affect the athlete's safe participation. (Reference: Team Physician Consensus Statement, [www.acsm.org](http://www.acsm.org))

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