

NATA Safe School Award

HCHS Athletic Training
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safe sports school

NATIONAL ATHLETIC TRAINERS' ASSOCIATION

1st Team

In order to achieve Safe Sports School status, athletic programs must do the following:

- **Create a comprehensive athletic health care administrative system**
- **Provide or coordinate pre-participation physical examinations**
- **Promote safe and appropriate practice and competition facilities**
- **Plan for selection, fit, function and proper maintenance of athletic equipment**
- **Provide a permanent, appropriately equipped area to evaluate and treat injured athletes**
- **Develop injury and illness prevention strategies, including protocols for environmental conditions**
- **Provide or facilitate injury intervention**
- **Create and rehearse venue-specific Emergency Action Plans**
- **Provide or facilitate psychosocial consultation and nutritional counseling/education**
- **Educate athletes and parents about the potential benefits and risks in sports as well as their responsibilities**

HCHS Established Positives

- **Emergency Action Plan foundations**
- **Compliance with all KHSAA standards**
 - **CPR, First-Aid, and concussion-educated staff**
- **Well-maintenance facilities, appropriate equipment fittings, and willingness of departmental cooperation**
- **A history of excellent care for student-athletes based on industry standards, NATA protocols and position statements, and current research**
 - **Full-time devoted AT coverage, sufficient Athletic Training room(s), supplies, and equipment for student-athlete population**

Improvements made with the Safe School Process

- Finished, published, and disseminated EAP for each athletic location
- Created more formal system for communication with healthcare team members, Athletic Trainers of opposing teams, and plans for allergies, pre-existing conditions, and medications during athletic competitions
- Implemented Athletic Training Consent-to-Treat to educate parents on Athletic Training services and responsibility of parents and student-athletes in Athletic Training program
 - Added lock to Athletic Training medical supply cabinet
- Created Sports Medicine Handbook, outlining all Athletic Training processes and roles of athletic healthcare members
- Designed purpose statements, vision statements, missions statements for the Sports Medicine program
 - Improved education resource availability through Sports Medicine website and posters in Athletic Training room
- Reviewed and reinforced disinfection and cleanliness protocols to decrease spread of disease and infection

Improvements made with the Safe School Process, con't

Implemented the following policies:

1. TimeOut: a brief meeting with visiting teams and possibly officials to quickly outline available Athletic Training resources, EMT availability, weather conditions and who is responsible for monitoring, nearest storm shelter, and any possible hazards or issues to be aware of during play
2. Injury/Illness clearance: if a student-athlete is seen by a physician for a condition, they are to provide athletic clearance by the physician directly to Athletic Training or coaching staff. This may be in written form or verbal if directly from physician to staff
3. Reminders to coaches: student-athlete health information falls under the HIPAA umbrella, and should continue to be protected and kept within necessary staff only. Coaches and staff should leave recommendations for diet and supplements, to the student-athlete's family physician, but are to be advocated for good nutrition and hydration. Coaches, staff, and teammates are responsible for supporting student-athletes' physical and mental health, including referral to appropriate healthcare team member when applicable.

Room for further improvement

- **Inclusion of EMS, Fire, Police department in emergency action plan. Ideally, scheduling a mock emergency situation with HCHS staff and the above departments involved**
- **Continue to improve Sports Medicine website and availability of sporting injury and health information to parents and student-athletes**
- **Continue to unify Athletic Healthcare team for best care for student-athletes**