

Leesville Road High School Sports Medicine Program

What is athletic training?

Certified athletic trainers are health care professionals who specialize in preventing, recognizing, managing and rehabilitating injuries that result from physical activity. As part of a complete health care team, the certified athletic trainer works under the direction of a licensed physician and in cooperation with other health care professionals, athletics administrators, coaches, and parents.

Important Information to Know:

- 1) Physicals are good for 365 days. If your son/daughter's physical expires, then they are ineligible and cannot play or practice until they receive a new physical and turn in a new permission to treat form.
- 2) If your son/daughter visits a doctor's office for an injury or illness, we need a doctor's note on file. If they miss 5 days of participation from your sport, a doctor's note is required to return them to play.
- 3) Athletic Trainers and/or Coaches are not allowed to dispense medicine unless it is your child's prescription. If your child has a medical condition (contacts, asthma, allergies, etc.), coaches need access to materials (inhalers, epi-pens, benadryl, etc.) to handle any medical situations.
- 4) Do not go to the EMERGENCY ROOM or URGENT CARE unless it is life-threatening. Our team doctors below have after hours and weekend care. Also we encourage that you do not see a PEDIATRICIAN for sports injuries.

The Sports Medicine Team

- 1) Head Athletic Trainer

Susan Pridgen, ATC, LAT

Cell #(919) 868-8638 or (919) 247-1213

Work: #(919) 870-4273

spridgen@wcpss.net

- 2) Assistant First Responder

Mike Kral, LMBT

Cell #(919) 796-0930

- 3) Team Physicians

- a) **Dr. Bill Hage**

Triangle Orthopaedic Associates

3633 Harden Road Suite 102

Raleigh, NC 27607

(919) 788-8797

Triangle Orthopaedic Urgent Care

3100 Duraleigh Road Suite 202

Raleigh, NC 27612

(919) 866-4242

Office Hours: Monday-Friday 8am -5pm

Office Hours: Monday-Friday 5-9:30 pm

Saturday 9am-2pm

- b) **Dr. Brett Foreman**

Carolina Family Practice & Sports Medicine

North Raleigh Location

8300 Health Park Suite 107

Raleigh, NC 27615

(919) 238-2000

Office Hours: Monday-Friday 9am-4:30pm

Saturday: by appointment

- 4) **Sports Medicine Student Assistants**- students generated by Sports Medicine classes. All students are certified in CPR for the Professional Rescuer and Community First Aid and Safety.

Risk of Injury is involved in athletic participation. The student-athlete will be under the supervision and direction of a WCPSS athletic coach. It is important at all times that our athletes follow the rules of the sport and the instructions of the coach in order to reduce the risk of injury to themselves and other athletes. However, injuries may and do occur. Sports injuries can be severe and in some cases may result in permanent disability or even death.

However, most injuries are preventable. Here are a few take home points: 1) Stay hydrated and eat a well balanced diet, 2) Check your sports equipment regularly, 3) Practice good sanitary habits and try to get plenty of sleep, 4) Don't be afraid to tell someone you are hurting and do not feel right.

To Prevent Heat Related Injuries

Recommendations for Fluid Replacement

- Hydrating is a 24 hour process. It MUST be achieved prior to competition.
- Before exercise:
 - Drink 17-20 oz of water 2-3 hours before exercise
 - Drink an additional 7-10 oz of water 10-20 minutes before exercise
- During exercise:
 - Drink water or sports drinks during all water breaks, even if you are not thirsty.
- After exercise:
 - Drink enough fluids to replace any weight loss within two hours of completion of activity.
 - Fluid replacement should be at a rate of 24 oz for every pound of body weight lost after exercise.
- Urine color is an easy method to determine hydration status. Light yellow to clear urine indicates a well-hydrated athlete.

Signs and Symptoms of Heat Problems

Early Stages, sometimes called heat illness

- Cool, moist, pale, ashen, or flushed skin
- Headache, nausea, dizziness
- Weakness, exhaustion
- Heavy sweating

Late Stages, sometimes called heat stroke

- Red, hot, dry skin
- Changes in level of consciousness
- Vomiting

Care of Heat Problems

The athletic trainer should be contacted immediately when an athlete exhibits signs and symptoms of heat illness. The following care is recommended for an athlete exhibiting signs and symptoms of heat illness.

- 1) Cessation of the activity
- 2) Move the athlete to a cool place
- 3) Loosen tight clothing
- 4) Remove perspiration-soaked clothing
- 5) Apply cool, wet cloths to the skin
- 6) Fan the athlete
- 7) If conscious, give cool water to drink

If at any time the athlete exhibits the following signs and symptoms:

- refuses water
- vomits
- skin is unusually red, hot, and dry
- loses consciousness

****CALL 911 and immediately seek medical care****

Preventing Head Injuries

It is important that athletes check their equipment daily to make sure it fits properly and is in good working condition. Please encourage your child to inspect their athletic equipment EVERYDAY.

Also it is important for athletes to participate by the rules and regulations of the sport.

What is a concussion?

A concussion is a brain injury that:

- ✓ Is caused by a bump, blow, or jolt to the head
- ✓ Can change the way your brain normally works
- ✓ Can range from mild to severe
- ✓ Can occur during practices or games in any sport
- ✓ Can happen even if you haven't been knocked out
- ✓ Can be serious even if you've just been "dinged" or had your "bell rung"

What are the symptoms of a concussion?

Nausea (feeling that you might vomit)	Balance problems or dizziness
Double or fuzzy vision	Sensitivity to light or noise
Headache	Feeling sluggish
Feeling foggy or groggy	Confusion
Concentration or memory problems (forgetting game plays)	

Any athlete with a suspected concussion must see a physician for return to play clearance.

The NCHSAA has a concussion release form that needs to be completed before participation.

I prefer if an athlete receives a concussion that they be seen by Dr. Brett Foreman at Carolina Family Practice and Sports Medicine or Dr. John D. Wooten at Raleigh Neurology Associates.

Dr. Brett Foreman
Carolina Family Practice & Sports Medicine
8300 Health Park Suite 107
Raleigh, NC 27615
(919) 238-2000
Office Hours: Monday-Friday 9am-4:30pm
Saturday: by appointment

Dr. John D. Wooten
Raleigh Neurology Associates
1520 Sunday Drive
Raleigh, NC 27607-6000
(919) 420-1682
Office Hours: Monday-Friday 8am – 5pm

Preventing Skin Conditions Staph Infections (MRSA)

- Skin infections are common in contact sports.
- Most skin infections are spread by skin to skin contact and by sharing pads/equipment/work out gear
- Any boils, bumps, or abscess need medical evaluation. Please report these to the coach or athletic trainer as soon as possible.

The vast majority of skin infections can be prevented by practicing good hygiene.

- Shower right after every practice and/or game
- Do not share equipment, pads, towels, or clothes
- Wash hands frequently with soap and water
- Wash equipment, clothes, and towels regularly

Athletic Insurance Policy

All athletes in Wake County are covered under an Athletic Insurance Policy with United Healthcare. This plan is a Limited Benefit Secondary Policy. This means the policy has maximum amounts on benefit categories and it becomes effective only after any Primary Insurance coverage. This plan may not pay 100% of the medical bills for an athletic injury or even the balance after your primary insurance pays.

For best insurance coverage, you may purchase additional student insurance through our school's voluntary plan. You may purchase the student insurance online at www.k12studentinsurance.com or by brochure that can be picked up in the main office at Leesville Road High School.

In order to take advantage of Wake County's Athletic Insurance Policy, the following steps must be taken after your child's injury.

- 1) Download the insurance claim form at www.k12studentinsurance.com. A school official must sign this form. As the athletic trainer, I will complete the claim form by parental request ONLY.
- 2) The student athlete MUST see a doctor within 60 days of the injury.
- 3) The claim form must be received by the insurance company within 90 days of the injury.

If you have questions or concerns, please contact Susan Pridgen at spridgen@wcpss.net or (919) 870-4273 .

However, if your questions are directly related to the insurance coverage contact Carolyn Smith or Steve Leonard with American Advantage Marketing Group at 1-800-232-9601.