

Westfield High School Athletic Training Program

**MY PATIENT'S WELL-BEING IS MY FIRST PRIORITY.
I PROVIDE THOUGHTFUL, COMPASSIONATE
HEALTH CARE, ALWAYS RESPECTING THE
RIGHTS, WELFARE & DIGNITY OF OTHERS.**

**I AM AN
ATHLETIC
TRAINER**

**AS THE ADVOCATE FOR MY PATIENT'S BEST
MEDICAL INTEREST, I MAKE COMPETENT DECISIONS
BASED ON EVIDENCE-BASED PRACTICE.**

**I ACT WITH
INTEGRITY.**

**I FULLY UNDERSTAND
AND UPHOLD THE NATA
CODE OF ETHICS, PROVIDING
THE BEST
POSSIBLE
PATIENT CARE
AT ALL TIMES.**

**I COMPLY WITH THE
LAWS AND REGULATIONS
GOVERNING THE PRACTICE OF
ATHLETIC TRAINING,
AND I PLEDGE TO MAINTAIN
AND PROMOTE THE
HIGHEST QUALITY
OF HEALTH CARE.**



Westfield Athletic Training Staff

Head Athletic Trainer:

Shandi Partner, VATL, ATC
slpartner@fcps.edu

Clinic Hours:
Mon - Fri 2:55pm-7:00pm

Associate Athletic Trainer:

Becky Hartnett, VATL, ATC
rahartnett@fcps.edu

Team Physician

Dr. Rob Dombrowski
The Centers for Advanced Orthopedics
3650 Joseph Siewick Dr, Suite 300
Fairfax, VA 22033
(703) 393-1667



Athletic Training Clinic: 703-488-6413
Athletic Trainer Mobile: 703-585-7399

Others You May See

The following may also be working with us throughout the season. These students assist us as they learn more about the athletic training profession. Although they work with us, any questions or concerns should be directed towards one of the Licensed Athletic Trainers.

Athletic Training Students

- Name, School Affiliation

Athletic Training Student Aides

- AT1 & AT2 happily welcome any high school students that wish to help in the athletic training room and learn more about the athletic training profession. Varsity Letters may be awarded to students at the discretion of the Athletic Training Staff and the Director of Student Activities.

Assumption Of Risk

- Not all injuries can be prevented
- Catastrophic injuries can occur in any sport
- FCPS's comprehensive Athletic Training Program statistics have proven to influence a reduction in the severity of injury.

Responsibilities of the Athletic Trainer

- PREVENTION of injuries/re-injury
- RECOGNITION, EVALUATION and ASSESSMENT of injuries and conditions
- IMMEDIATE CARE of injuries
- REHABILITATION and reconditioning of injuries
- Organization and administration
- Professional development and responsibility



Athletic Training Coverage Policy

Athletic Training Clinic

- The AT will be available for evaluations, treatments, rehabilitation, and questions after school each day.
- At a minimum, ATs are on-site until the start of the last practice or end of competition.
- Outside of those hours, questions/concerns can be addressed via email or phone.

Athletic Training Coverage Policy

Athletic Contests

Most contests are covered by the home athletic trainer, exceptions include:

- Fall
 - An AT is at all Football Practices and Games.
 - XC will be covered by an assigned AT
 - Golf does not have an AT on site, but AT is available by phone
- Winter
 - Indoor Track is covered by an assigned AT
 - Regular season Swim & Dive does not have on site coverage, but the post-season does
- Spring
 - All spring sports are covered by the home AT, although we often have multiple activities running simultaneously, so you may or may not see us at your event, but we're on campus.

Injury Reporting

- All injuries & illnesses must be reported to the Athletic Trainers prior to return to activity regardless of severity or physician consultation
- Our philosophy is to return injured athletes to participation in the quickest and SAFEST manner possible using a progressive return to activity

Care of Injuries

Injuries can be treated in different ways depending on the severity. Methods may also be combined to best suit the athlete.

RICE

- Rest
- Ice –
“Cold”/Freezer vs “Warm”/Ice Machine- yes, it really is a thing!
- Compression
- Elevation – Above the Heart

MEAT

- Movement - pain-free
- Exercise
- Analgesics - If cleared by parent/guardian
- Treatment - various modalities

When in doubt- RICE is always a safe bet

Think you need a brace?

See your AT to help pick the one that's right for your issue!

Care of Injuries

- We encourage you to see the AT before heading to the doctor
 - Athletic injuries are our specialty- we can care for many of them on site- saving you time, the hassle of making an appointment, and money!
 - We work with our team physician and often communicate questions/issues we can solve on site
- We do refer to physicians when we feel necessary and can gladly guide you to the proper specialist if needed. In this case, we'll often provide a form to be completed so we can work cooperatively with the physician.
- If you see a physician on your own, please report any findings and share the documentation they may have provided.

Rehabilitation Programs

- Rehabilitation and reconditioning is a primary role of the Certified Athletic Trainers
- From sprains and strains to post-surgical, we have the tools and time to work with your athlete.
- Every injury requires some form of rehabilitation



Return To Play

- A Parent, Coach, Family Physician, Athlete, Administrator, AT, or Team Physician can exclude an athlete from participation.
- Depending on the injury, it is possible the athlete will be guided through a limited participation phase before a full return to play.
- The role of the Athletic Trainer is to make sure your athlete is safe to return to play.
 - We cannot shorten the length of rest stated on a doctor's note.
 - We may extend the return date on a note if we feel that the athlete can not return to play SAFELY after a sport-specific evaluation.

Nutrition

Make NUTRITION a priority!

- Nutritional balance and meal timing are important.
- Proper hydration is essential!
- There are no quick fixes! Real food is far better for the body than any pill or supplement.
- Supplements often aren't worth the risks.



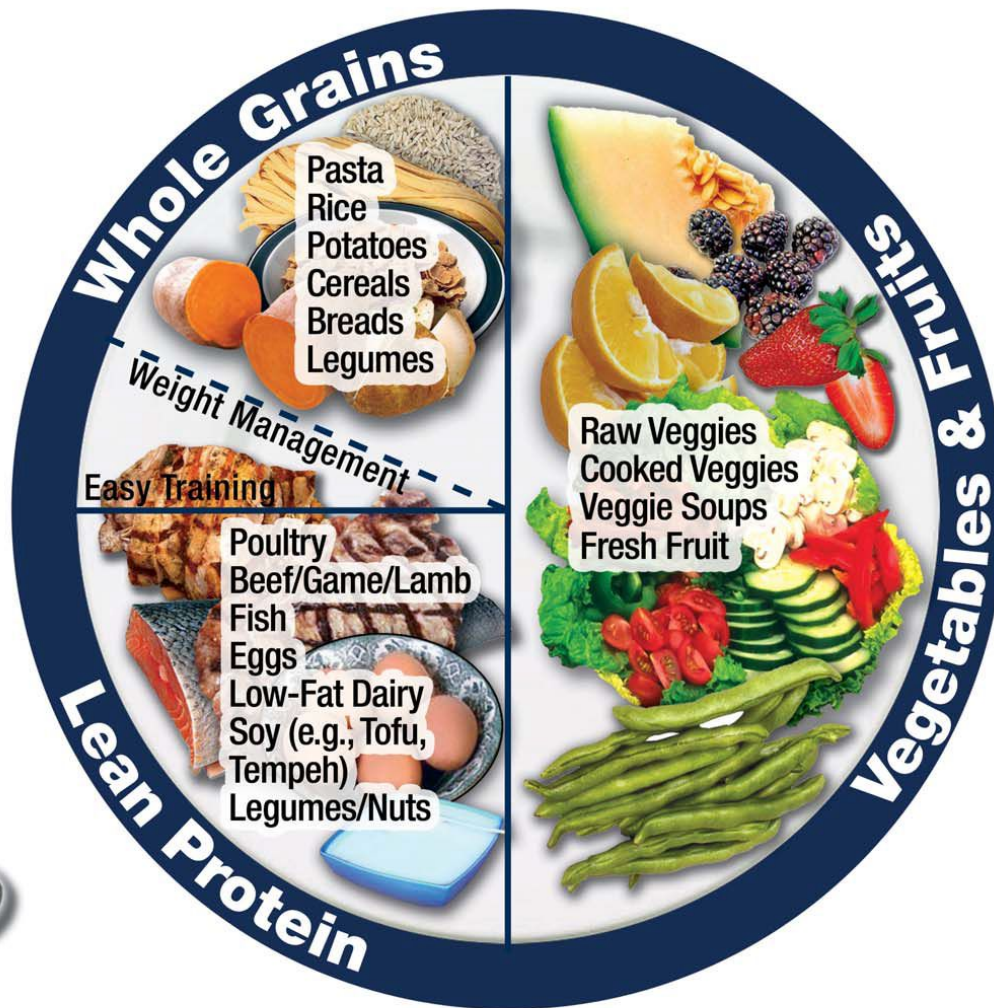
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



MODERATE TRAINING:

FATS

1 Tablespoon

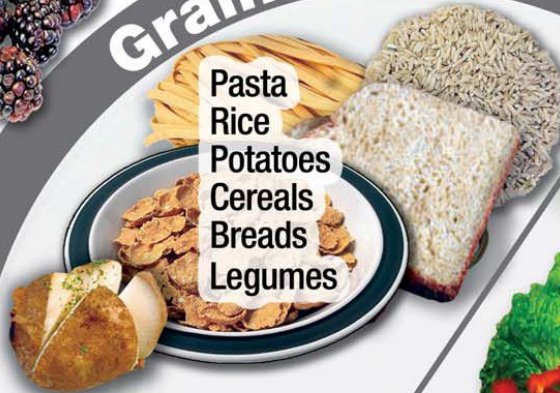


Avocado
Oils
Nuts
Seeds
Cheese
Butter

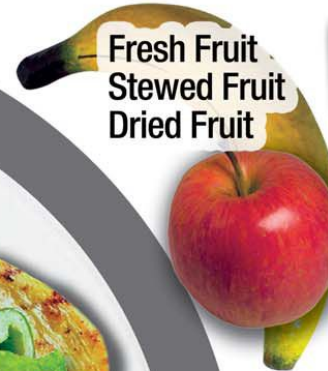


Grains

Pasta
Rice
Potatoes
Cereals
Breads
Legumes



Fresh Fruit
Stewed Fruit
Dried Fruit



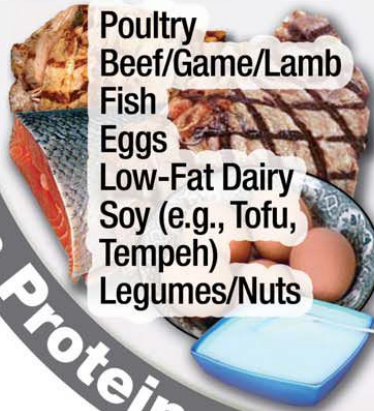
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

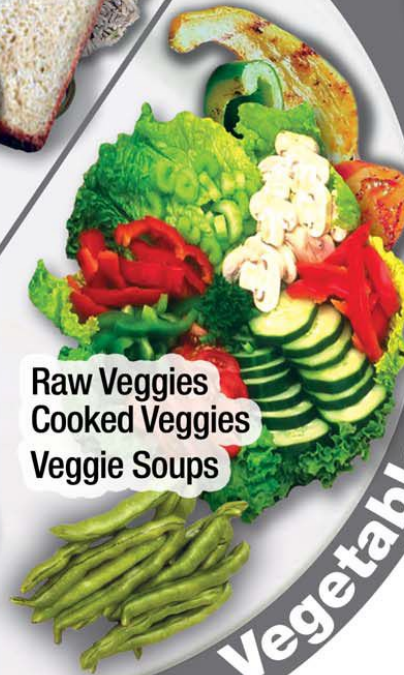


Lean Protein

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu,
Tempeh)
Legumes/Nuts



Raw Veggies
Cooked Veggies
Veggie Soups



Vegetables

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



HARD TRAINING / RACE DAY:

FATS

2 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Grains

Pasta
Rice
Potatoes
Cereals
Breads



Fresh Fruit
Stewed Fruit
Dried Fruit



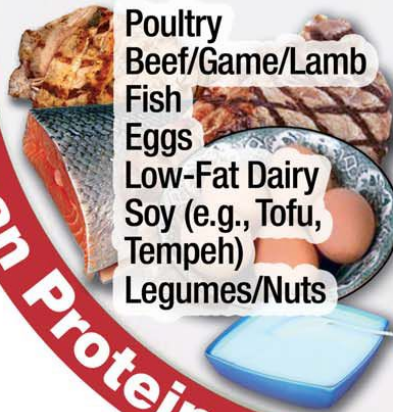
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



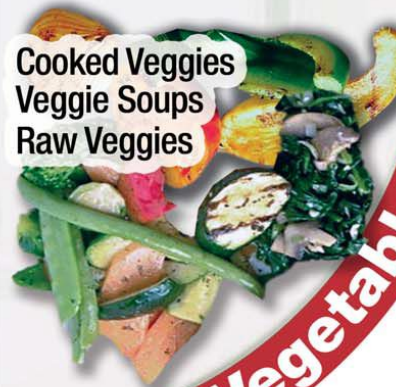
Coffee
Tea

Lean Protein

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu,
Tempeh)
Legumes/Nuts



Cooked Veggies
Veggie Soups
Raw Veggies



Vegetables

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



Meal Timing

AN ATHLETE'S GUIDE TO EVERYDAY NUTRIENT TIMING

Pre-Workout Fueling

WHY

To fuel up for the body's next challenge.

WHAT

High-carbohydrate snack of 200-300 calories

WHEN

30–60 minutes prior

During Exercise

WHY

To replace sweat loss and provide carbs to maintain blood sugar levels

WHAT

Sports drinks that contain sodium, potassium, glucose, and fructose

WHEN

During exercise up to one hour: 3–8 oz of water every 15–20 min

During exercise longer than one hour: 3–8 oz of sports drinks every 15–20 min

Post-Workout Refueling

WHY

To replenish glycogen, restore electrolytes, replace fluid losses, and repair damaged tissues

WHAT

25–50 grams of carbs
20–25 grams of protein
Plenty of fluids

WHEN

Within 45 minutes after a workout

Daily Fueling

WHY

To support normal activities, repair damaged tissues, and promote muscle growth

WHAT

Meals and snacks that emphasize a balanced diet of carbs, lean protein, healthy fats, and fluids – especially water

WHEN

Throughout the remainder of the day



CREATED BY THE HUMAN PERFORMANCE RESOURCE CENTER / HPRC-ONLINE.ORG

Hydration

Proper hydration improves performance by:

- Enhancing the body's ability to regulate temperature & cool efficiently while avoiding unnecessary elevation in heart rate
- Improving ability to recover quickly from training & competition
- Minimizing muscle cramps
- Enhancing mental function, decision making, concentration & motor control
- Supporting effective immune defenses

How Much Fluid is Enough?

Fluid needs are very individual. These are general guidelines and a starting point.

When	How much
Before training	2-3 hours before: > 16 oz. 15 minutes before: 8 oz.
During training	Enough to limit dehydration to <2% body weight loss
After training	16-24 oz. for every pound lost

Drink Up! Fluid needs are higher during:

Heat

Hard Training

Humidity

Altitude


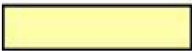



Note: If you are a salty sweater, eat salty foods like pretzels and soup after training to help replace sodium losses.

Dehydration

Monitoring Daily Hydration Status

Use the urine color chart and aim for a morning urine color of 2 - 3 (pale yellow, lemonade color).

Dehydration is indicated by a urine color of ≥ 4 .

	USG Value	Indication
	1 < 1.009	Well-hydrated
	2 1.009 - 1.020	Hydrated
	3 1.021 - 1.025	Minimal dehydration
	4 1.026 - 1.030	Significant dehydration
	5 ≥ 1.031	Severe dehydration

The color of urine is associated with urine specific gravity (USG). USG measures the concentration of particles in the urine with > 1.020 indicating dehydration. USG should be assessed at the first morning urine void.

Signs & Symptoms of Dehydration:

- Lack of concentration
- Early fatigue in training session
- Trouble tolerating heat
- Delayed recovery
- Muscle cramps
- Headaches
- Nausea & vomiting
- Heart rate elevated above normal response

Supplements

Dietary supplements can have a purpose...

Educating yourself before making decisions is important.

- Supplements are not regulated by the FDA, and may contain substances not listed on the label.
- Speak with an informed medical professional
- For more information, visit www.USADA.org

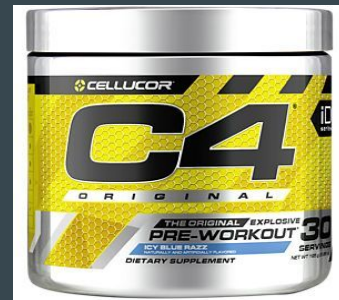


Be Aware

Supplements claiming fat-burning/weight loss, performance gains, and pre-workout mixtures are more likely to be contaminated with anabolic steroids, stimulants, and other banned substances.



Pre-Workout & Energy Supplements



The National Federation of High School Sports **STRONGLY DISCOURAGES** the use of **ENERGY** products

Inherent Risks

- Unnecessarily high amounts of caffeine & other ingredients cause the heart rate to reach dangerous levels
- Any existing medical conditions could increase the dangers of taking a pre-workout supplement
- Athletes with high blood pressure, heart conditions or rhythm irregularities, or diabetes should refrain from using pre-workout
- Positive drug testing due to unreported ingredients

Side Effects

- Increased HR, insomnia, diarrhea, dehydration, headaches, nausea, anxiety, high BP, jitteriness/restlessness

For more information, visit: <https://www.nfhs.org>

Steroids

Health effects of steroids

Men

Baldness

Oily skin, acne

Bigger breasts

Liver cancer

Reduced sperm count, shrinking of the testicles

Symptoms also include rage, mania, delusions and heart attacks in both sexes.

Women

Hair loss

Deeper voice

Oily skin, acne

Smaller breasts

Liver cancer

Loss of menstrual periods

Excessive growth of body hair

Other Signs & Symptoms of steroid use:

- rapid mood swings
- rapid strength gains
- bad breath
- drastic appetite shifts
- stretch marks
- jaundice

The consequences for being caught using steroids is a 2-year disqualification from sports.

This is a VA state law, so it also applies to Universities

Universal Hygiene

- Clean clothes and equipment daily
- Shower after all practices/competitions
- Assure proper use of water bottles and cleaning them daily

Encouraging these practices are essential to minimizing the risk of communicable diseases including

MRSA and COVID-19

Communicable Illnesses

Prevention is Key!

Athletes should:

- Shower immediately after practice
- Wash Hands often
- Not share water bottles, clothing or personal hygiene items
- Hydrate and get plenty of rest

If your athlete has a rapid onset of: fever, sore throat, chest congestion, and or body aches; they should inform the athletic trainer by phone, stay home and see their family physician.

COVID-19: What Is It?

(Orthocoronavirinae)

The virus that causes COVID-19 is thought to spread mainly from person to person through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

Communicable Illnesses:

What Are We Doing?

- FCPS Certified Athletic Trainers can provide information to all athletes specific to COVID-19 during the athlete meetings at the beginning of each season. Included in this session:
 - Prevention strategies for COVID-19 and other communicable diseases.
 - Importance of proper personal hygiene, distancing and clothes/equipment cleaning.
 - Importance of bringing all questionable symptoms to the attention of the certified athletic trainer immediately.
- The FCPS Athletic Training Program utilizes products approved by FCPS to properly disinfect surfaces and equipment to limit the spread of communicable illnesses. Any open wounds will be cleaned and covered appropriately.
- The FCPS Athletic Training Program includes information on COVID-19 and other communicable illnesses be provided to parents of student athletes who are referred to a physician when an illness is suspected.

What Can You Do?

Help encourage your athlete to:

- use proper hygiene
- wash hands regularly
- shower after each practice
- wash practice uniforms daily
- clean equipment regularly
- be prepared in order to avoid sharing equipment and/or personal items

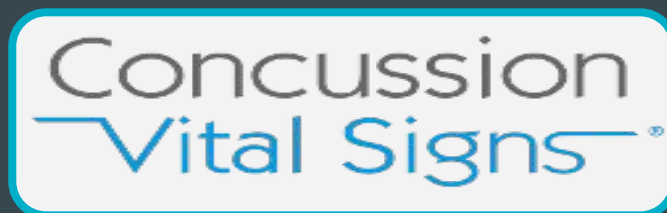
Incorporate the use of anti-microbial treatments for clothes, equipment and skin at home.

Concussion Education Review

- May be caused by a direct blow to the head, face, neck or elsewhere on the body
- Concussion is not usually associated with structural damage to the brain; Routine imaging (CT scans, MRIs, x-rays) likely normal
- Typically features rapid onset of symptoms that may evolve over minutes, hours or days
- Concussion may or may not involve a loss of consciousness (LOC)
- Concussion results in a wide range of symptoms lasting a few minutes, days, weeks, months or longer in some cases

Neurocognitive Assessments

- Computer-based neurocognitive assessment:
 - Is used to examine memory and processing speed
 - Is one of several tools used by athletic trainers to evaluate students with a concussion
 - Does not diagnose or provide clearance for a concussion by itself
- Post-injury neurocognitive assessments are administered as needed during student recovery
- Neurocognitive assessments require students to focus their attention, read instructions and complete various subtests with practice opportunities prior to each task.



Concussion Education Review



- Suspect a concussion if a student:
 - BEHAVES DIFFERENTLY following trauma to the head or body
 - EXPERIENCES SYMPTOMS (headache, light sensitivity, nausea, irritability, depression/anxiety, etc.)
 - HAS TROUBLE CONCENTRATING OR SLEEPING (sleeping too much or not enough)
- Remove from activity and report the injury to the athletic trainer or another adult

WHEN IN DOUBT, SIT IT OUT

Conclusion

- Contact info
- Special Requests
- Thank you



safe sports school

NATIONAL ATHLETIC TRAINERS' ASSOCIATION

1st Team