

## Protective Care Guidelines?

1. No member of the athletic training staff or coaching staff may clear an athlete to participate if a physician has removed the athlete from activity.
2. No member of the coaching staff can clear an athlete to participate if the athletic trainer has removed the athlete from activity.
3. It is the responsibility of the athletic training staff to protect the health of the athlete. Following a physician's clearance for return to activity and rehabilitation progression, new injury information could indicate the athlete is at continued risk for injury. Therefore, the athlete could be held from activity and referred back to the family physician or referred to the team physician for further advisement.
4. The team physician, attending physician, athletic trainer, coach or parent may withhold an athlete from re-entering activity if it is considered to be in the best interest of the individual's health. This acts as a safety net, thereby optimizing the protection afforded the individual adolescent athlete.

## Administration of Medications

The regulation and administration of prescription and OTC medications during extra-curricular/ athletic activities is to follow district and school procedures. Written request must be obtained from the physician and/ or parent/guardian. Forms are available in the school nurses office. This procedure applies to any medication that may be self administered or any medication administered under the supervision of school personnel. Self administration of medication by inhaler requires completion of the appropriate forms.

## Sport Medicine Staff

Dr. Jim Sturmi  
Team Physician

Dr. Randy Wroble  
Orthopedic Consultant

For further information,  
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## Olentangy Orange High School Athletic Department

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## Orange Athletic Training



## Athletic Injury

## Procedures

## Olentangy Orange Sports Medicine

## What happens if an injury occurs?

1. In the event an injury occurs, the athlete should report it to the athletic trainer. If injuries occur during an away contest or practice the coach should be notified first. All injuries and health concerns must be reported to the athletic trainer. Medical referral will be coordinated through the athletic training staff.
2. In the absence of the athletic trainer, the coach should be notified and will initiate first aid care. The coach will then notify the athletic trainer of the injury incident.
3. Injured athletes are expected to continue attending practices and games during the treatment and recovery period.
4. Parents are encouraged to contact the athletic training staff with any questions or concerns related to their child's injury and care.
5. All athletes missing practice(s) and/or game(s) due to injury or illness must notify the coach or athletic training staff *prior* to that practice or game.

## What are the Taping/Bracing Policies?

1. Tape is a medical treatment tool with a specific therapeutic purpose. Appropriate use of tape for injury care will be determined by the athletic trainer and/ or physician. Tape will not be given out for non injury use.
2. Taping may occur following an acute injury. As the rehabilitation progresses, it will be recommended that the athlete purchase a commercial brace for ongoing injury management and prevention.

## When the athlete needs to see a physician.

1. The athletic training department is not designed to replace the family physician or dictate medical care. The choice of health care provider and initiation of medical referral always remains at the discretion of the parents.
2. A physician should be contacted if: problems develop with an injury, the condition worsens, or the condition persists for an extended period of time. It is important that the injured athlete return to the athletic training room for re-evaluation and report any new or remaining problems.
3. Parents will have access to the services of the Olentangy Orange High School physicians who supervise all care provided by the athletic training staff.

Head Team Physician: Jim Sturmi, M.D.

Orthopedic Consultant: Randy Wroble, M.D.

Physician: Rob Perkins MD.

4. All athletes and families who choose to be evaluated by their family physician, urgent care, etc, **MUST** provide a note from the physician indicating the type of injury, course of treatment, and participation status. The note should be given to the athletic trainer promptly upon return from the physician visit.
5. All significant head injuries **MUST** be evaluated by a physician prior to clearance for participation. A note indicating participation status is required for practice re-entry.

## After an Injury, what must I do to Return to Activity?

1. All athletes who have been removed from activity by the athletic trainer and referred for physician evaluation **MUST** provide a note from the consulting physician prior to re-entry into the activity.
2. All athletes who have been removed from activity, or placed on limited activity by a physician **MUST** present a current note from the physician clearing the athlete to re-enter activity
3. A physician's note "clearing the athlete to full go" is recognized **ONLY** as a release to begin a gradual transition period back to full game activity. This transition time period is designed to monitor the existing condition and assure safe return to intense and demanding game situations.
4. Injured athletes are expected to continue a rehabilitation and maintenance program on the injured area following return to play to reduce the chances of re-injury. This is also required if the athlete is to continue to practice. These programs will be coordinated through the athletic training room.
5. The athletic trainer determines Return to Activity Status using specific protocols established by the supervising team physician and staff.



National Athletic  
Trainers' Association