UCCS Club Sports

Athletic Training Manual
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PURPOSE
The following UCCS Club Sports Athletic Training manual has been established with a purpose to create a safe environment for all UCCS Club Sport participants and to establish accessible, exceptional healthcare. All Club athletes, coaches, and involved parties are expected to read, understand, and adhere to the content within this manual.

MISSION STATEMENT
The mission of the UCCS Club Sports Athletic Training aligns with Campus Recreation’s mission to inspire lifelong wellness by providing transformative educational and recreational opportunities that enhance the UCCS experience.

Additionally, UCCS Club Sports Athletic Training strives to fulfill this mission by preventing, managing, and rehabilitating athletic injuries to allow Club Sport athletes to remain healthy during and outside of their sport.

GENERAL INFORMATION
An Athletic Trainer (AT) is a health care professional who collaborates with physicians to provide preventative services, emergency care, clinical and diagnosis, therapeutic intervention and rehabilitation of injuries and medical injuries.

Centura Health has a partnership with UCCS Campus Recreation to provide Athletic Training services to all Club Sport athletes at no cost. The Club Sports Athletic Trainer may refer an athlete for further evaluation, testing, or imaging to the UCCS Wellness Center, Centura facilities, or other healthcare facilities. Club Sport athletes are responsible for costs associated to such services.

CONTACT INFORMATION
Christina Lorete, MSAT, ATC
UCCS Club Sports Athletic Trainer
christinalorete@centura.org
(w): 719-255-5260
Fax: 719-255-4446, Attention: Club Sports

ACCESSING CLUB SPORTS ATHLETIC TRAINING FACILITY
Location
The Club Sports Athletic Training Facility, Office 201, is located on Alpine Field on F1 of the Alpine Garage and Field. The facility entrance is on the east side of the field next garage door.

Hours
Hours of the Club Sport Athletic Training Facility will vary throughout the school year. Open hours will be determined at the beginning of each semester and will be set according to Club Sport practice and competition schedules. Hours will be posted on the Athletic Training Facility door and UCCS Club Sports Athletic Training website.

Appointments
Walk-in appointments are available to Club Sport athletes, however making an appointment is strongly encouraged. Appointments can be made by:
1. Direct message through Healthy Roster
2. Call 719-255-5260
Visiting Teams

Athletic Training services will be provided to all visiting teams during UCCS home events and competitions. Visiting teams are permitted to utilize the Club Sports Athletic Training Facility on Alpine Field while the Club Sports Athletic Trainer is on-site. Visiting teams should travel with taping supplies as preventative taping will not be provided. Taping will be provided for any injuries occurring during the event/competition. Injuries sustained by visiting team Club Sport athletes requiring additional follow-up care by a healthcare provider shall be reported to the point of contact from the Club Sport athlete’s university/college.

Event Coverage

The Club Sports Athletic Trainer will be present for all home games and competitions for those Club Sports with a Risk Ranking of 3 or higher. Please refer to the Risk Ranking Assessment from the Club Sports Manual, seen below. Additional Athletic Training coverage can be requested and will be determined upon availability. Club Sport officers must submit request for Athletic Training coverage for home game/competition through the Club Sports Webpage, Officer Resource tab. Requests for Athletic Training home game/competition covered must be submitted at least 2 weeks prior to the event. Home tournaments/more extensive events require requests to be submitted at least 4 weeks prior to the event.

<table>
<thead>
<tr>
<th>Club Sport</th>
<th>Risk Level</th>
<th>Safety Officers Required?</th>
<th>Athlete Baseline Concussion Test Required</th>
<th>Athlete Physical and Medical Clearance Required</th>
<th>Club Sport Supervisor Required at Events</th>
<th>EMS Required at Events</th>
<th>Certified Athletic Trainer Required at Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archery</td>
<td>1</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Baseball, Men's</td>
<td>2*</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Baseball, Women's</td>
<td>2*</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Barbell</td>
<td>1</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Climbing</td>
<td>1</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td>Cycling</td>
<td>2</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td>Equestrian</td>
<td>2</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-NGB</td>
</tr>
<tr>
<td>Fencing</td>
<td>1</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Figure Skating</td>
<td>2</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-NGB</td>
</tr>
<tr>
<td>Football</td>
<td>4</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-League</td>
</tr>
<tr>
<td>Ice Hockey, Men's</td>
<td>4</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-NGB</td>
</tr>
<tr>
<td>Lacrosse, Men's</td>
<td>3</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-NGB</td>
</tr>
<tr>
<td>Ping Pong</td>
<td>1</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Rugby, Men's</td>
<td>3</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-NGB</td>
</tr>
<tr>
<td>Soccer, Men's</td>
<td>3</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-League</td>
</tr>
<tr>
<td>Soccer, Women's</td>
<td>3</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-League</td>
</tr>
<tr>
<td>Swimming</td>
<td>1</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>1</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Ultimate Frisbee</td>
<td>Y</td>
<td>If we can accommodate</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>Volleyball, Men's</td>
<td>1</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-League</td>
</tr>
<tr>
<td>Volleyball, Women's</td>
<td>1</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-League</td>
</tr>
<tr>
<td>Wrestling</td>
<td>4</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y-NGB</td>
</tr>
</tbody>
</table>

Note: Clubs may still request a higher level of coverage for their events

1 - If in a Staff Supervised UCCS/Campus Recreation Facility
2 - If in a non-Campus Recreation Facility
* - Based on club sport standards, physicals and/or concussion tests may be required

Define number of people when event would be covered
*If trainer is available we want a trainer there
Scope of event and what is necessary

Emergency Rooms and Urgent Care

Urgent Care v. Emergency Department

Urgent Care should be utilized for injuries or illnesses that do not appear to be serious or life-threatening but cannot wait until the morning. Urgent Care facilities are usually not open 24 hours, whereas Emergency Departments are open 24/7. Emergency Departments are for injuries and illnesses with life threatening needs. In case of an emergency
occurring on campus, UCCS Public Safety should be contacted immediately at 719-255-3111. Refer to the chart below to determine whether a visit to Urgent Care or the Emergency Department is the most appropriate:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Urgent Care</th>
<th>Emergency Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Animal bites</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Asthma attack (minor)</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Asthma attack (severe)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bleeding that won’t stop</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Broken bone (not bent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broken bone (bent, curved, or looks deformed)</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Bronchitis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Burn (minor)</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Burn (severe)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cold</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Cut (minor)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cut (severe)</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Dehydration</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Diarrhea</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Dizziness</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Earache/Ear Infection</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fainting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fever</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Headache</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Head injury/Concussion (minor and without loss of</td>
<td></td>
<td></td>
</tr>
<tr>
<td>consciousness)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head injury/Concussion (with loss of consciousness or</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>from extreme impact)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Insect bite</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Mental health concerns</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Nausea</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Pink Eye</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Pneumonia</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Poisoning</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Rash</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Seizure</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Sore throat</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Sprain or strain</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Stitches (minor without sedation)</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Stitches (deep wound or needing sedation)</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Stomach pain (mild)</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Stomach pain (severe)</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Swallowed object</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Trouble breathing</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Ultrasound, CT scan, or MRI</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Urinary infection</td>
<td></td>
<td>x</td>
</tr>
</tbody>
</table>

**NEARBY EMERGENCY ROOMS**
1. UC Health Hospital Grandview (1.6mi) 
   5623 Pit Peak View 
   Colorado Springs, CO 80918
2. UC Health Memorial Hospital Central (5.6mi) 
   1400 Boulder Street 
   Colorado Springs, CO 80909
3. Penrose Hospital (2.4mi) 
   2222 N. Nevada Avenue 
   Colorado Springs, CO 80907
4. St. Francis Medical Center (8.8mi) 
   6001 E. Woodman Road 
   Colorado Springs, CO 80923

NEARBY URGENT CARES

1. Concentra Urgent Care (1.9mi) 
   5320 Dabling Blvd. Bldg. 7 Suite 100 
   Colorado Springs, CO 80918
2. UC Health Garden of the Gods (2.2mi) 
   1035 Garden of Fids Rd., #120 
   Colorado Springs, CO 80907
3. Penrose-St. Francis Urgent Care (3.1mi) 
   3027 N Circle Dr 
   Colorado Springs, CO 80909
4. Centura Health Broadmoor Urgent Care (10mi) 
   1263 Lake Plaza Dr., #120 
   Colorado Springs, CO 80906

INSURANCE

It is strongly recommended that each participant secure her/his own Accident and Health Insurance. Campus Recreation and UCCS do not provide insurance coverage for accident or illness incurred while participating in Club Sports.

Note: Participants must understand the risks involved with participation, and will not hold UCCS liable for injury, damage, or loss arising from participation in all Club Sport activities.

PRE-PARTICIPATION REQUIREMENTS

All Club Sport athletes must complete a Player Registration Waiver prior to any participation in callouts or practice. Each Club Sport athlete has a 2-week grace period where they may take part in team activity under the signed player registration waiver. By the end of this 2-week period the member must be on team roster and complete items 1-3 below (4. Baseline Concussion test only applicable if participating in high risk sport) if they wish to continue their participation. New participants joining a Club Sport team at any time during the season other than callouts are subject to the 2-week grace period or required to complete all items 1-4 prior to participation in competition/game.

The following forms must be completed prior to the first competition OR before the 2-week grace period ends:

1. Club Sports Pre-Participation Physical* 
   *Only applicable to the certain sports.
2. Concussion Protocol Agreement 
   • Required to read prior to signing Concussion Agreement within Player Registration Waiver
3. Healthy Roster
4. Baseline Concussion Testing*

*Only applicable to the certain sports. See Baseline Concussion Testing section below.

PRE-PARTICIPATION PHYSICALS

Club athletes (based on risk ranking) are required to complete a sports physical before participating in any club activity, including practices and games. The Physical Examination and Medical Clearance form will be available for download on the Club Sports webpage under the Player Physical PDF link. Pre-participation physica ls are valid for 2 years. The following sports are required to have a physical on file with the Club Sports Athletic Trainer:

- Baseball
- Football
- Lacrosse
- Soccer
- Basketball
- Ice Hockey
- Rugby

The Wellness Center will be able to provide sports physicals for club athletes who do not wish to seek off-campus care. An appointment must be scheduled. Call (719) 255-4444 to make an appointment for those choosing to get their physical exam through the Wellness Center. Print and bring the Physical Examination and Medical Clearance form available for download on the Club Sports webpage under Player Physical PDF link to your appointment. Upon completing physical exam, all forms must be turned into the front desk of the Wellness Center OR they may be physically turned into Club Sports Athletic Trainer. Physicals will no longer be turned into the Competitive Sports desk.

If physical exam is conducted by an off-campus provider, club athletes must still use forms located on Club Sports webpage under the Player Physical PDF link. Those students who had their exam completed on a non-UCCS Physical form will need to contact the healthcare provider who performed the exam and have their information copied and faxed back on the proper forms. All forms can be faxed to the Wellness Center: (719) 255-4446, Attention: Club Sports OR turned into the front desk of the Wellness Center OR they may be physically turned into Club Sports Athletic Trainer.

Physicals submitted to any other location other than the Wellness Center or Club Sports Athletic Trainer will be at risk of being lost or misplaced. Once cleared, the club athlete will be able to participate in competition and travel.

MEDICAL CLEARANCE NOTES

Any injury and/or illnesses sustained by Club Sport athletes which requires any referral to a Physician will require a clearance note from the Physician’s office. This applies to any illness/injury which causes Club Sport athlete to miss time from practice or competition or affects their sport participation. All clearance notes must be submitted directly to Club Sports Athletic Trainer, submitted on Healthy Roster, or faxed to 719-255-4446, Attention: Club Sports. The following information should be included in the Physician’s clearance note:

- Body part evaluated and diagnosis
- The date Club Sport Athlete can return to activity
- State any restrictions, limitations, and/or recommendations
- Signature and/or stamp of Physician

CONCUSSION BASELINE TESTING

The following sports, based on risk rating, require baseline concussion testing:

- Baseball
- Football
- Lacrosse
- Basketball
- Ice Hockey
- Rugby
Soccer
Baseline concussion tests are valid for 2 years. Testing must be completed prior to any game/competition participation or no later than 2 weeks following callouts. If a Club Sports athlete sustains a concussion, the Club Sport athlete will be required to complete a new baseline concussion test prior to participation. All baseline concussion testing will be administered by the Club Sports Athletic Trainer. The Club Sport Officer(s) will contact Club Sports Athletic Trainer to schedule appointments for testing their team.

**CONCUSSION PROTOCOL & RETURN TO ACTIVITY**

**WHAT IS A CONCUSSION?**
A concussion is a type of traumatic brain injury – or TBI – caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells (Center for Disease Control and Prevention).

The signs and symptoms of a TBI or concussion may include:

<table>
<thead>
<tr>
<th>Signs</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disorientation, confusion</td>
<td>Headache</td>
</tr>
<tr>
<td>Retrograde/anterograde amnesia</td>
<td>Nausea</td>
</tr>
<tr>
<td>Loss of consciousness</td>
<td>Balance issues/dizziness</td>
</tr>
<tr>
<td>Automatism</td>
<td>Tinnitus (ringing in the ears)</td>
</tr>
<tr>
<td>Unequal pupil size</td>
<td>Diplopia (double vision)</td>
</tr>
<tr>
<td>Combativeness</td>
<td>Blurred vision</td>
</tr>
<tr>
<td>Slowness to answer questions</td>
<td>Trouble sleeping</td>
</tr>
<tr>
<td>Loss of balance</td>
<td>Trouble concentrating</td>
</tr>
<tr>
<td>Atypical behavior/personality changes</td>
<td>Memory issue</td>
</tr>
<tr>
<td>Vacant stare</td>
<td>Irritability, sadness</td>
</tr>
<tr>
<td>Nystagmus</td>
<td>Sensitivity to light or noise</td>
</tr>
</tbody>
</table>

**CONCUSSION PROTOCOL**
When suffering from a concussion or other head injury, Club Sport athletes must follow the protocol outlined below:

1. Any athlete suspected of a concussion will be removed from play immediately and evaluated by the Club Sports Athletic Trainer or a *Qualified Healthcare Provider* who is trained in the evaluation and management of concussions
2. Any athlete presenting with symptoms of a concussion is not permitted to return to activity on the same day as injury
3. Recognition and diagnosis of a concussion should be driven by the initial signs and symptoms, cognitive assessment (using SCAT5), balance assessment, and further neuropsychological testing
4. Cognitive assessment, using the SCAT5 will include assessment of the Glasgow coma scale, Maddocks Score, Standardized Assessment of Concussion (SAC): immediate memory, concentration, and delayed recall, balance testing, and coordination test
5. Continued monitoring of an athlete evaluated for having a concussion is necessary in order to observe any deterioration of physical or mental status
6. The athlete will be provided with educational materials in the management and care of concussions
7. Club Sports athlete and Club Sports Athletic Trainer will contact the Student Wellness Center or other healthcare provider to schedule follow-up cognitive exam if:
   i) Signs and symptoms are not improving
   ii) Disability Services is needed to assist with academic accommodations
   iii) Additional post-concussion care/rehabilitation is needed
8. A medical clearance note must be completed by a *Qualified Healthcare Provider* and given to the Club Sports Athletic Trainer before returning to play

*Qualified Healthcare Providers include and only include: Doctor of Medicine, Doctor of Osteopathic Medicine, Licensed Nurse Practitioner, Licensed Physician Assistant, or Licensed Doctor of Psychology with training in neuropsychology or concussion evaluation and management.

When a Concussion occurs when the *Club Sports Athletic Trainer is not present*:

1. Club Safety Officer/Coach will immediately remove athlete from play
2. The Club Safety Officer will notify the Club Sports Athletic Trainer and complete an Injury Report via Healthy Roster as soon as possible
3. The Club Safety Officer will refer to Emergency Services if the athlete experiences any of the following signs or symptoms:
   • Loss of Consciousness
   • Amnesia lasting longer than 15 minutes
   • CNS dysfunction
   • Increasing LOC
   • Decrease/irregularity in pulse and/or respirations
   • Unequal, dilated, or unreactive pupils
   • Seizure activity
   • Mental status change
   • Vomiting

**RETURN TO ACTIVITY PROGRESSION**

Return to play following a concussion should follow a graded return to play protocol. This protocol should consist of 6 stages and take 5-7 days to complete (if there is no recurrence of symptoms). The graded return to play protocol should begin once the athlete has a cessation of symptoms for at least 24 hours. An athlete must be largely free of concussion related symptoms before initiating the graduated return to play protocol. The goal of the return to play protocol is to progressively increase the duration and intensity of exercise to ensure that there is no return of symptoms with physical exertion. The table below is an example of a 6-stage return to play protocol.

<table>
<thead>
<tr>
<th>Rehabilitation Stage</th>
<th>Functional Exercise at Each Stage of Rehabilitation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1: No activity</td>
<td>Complete physical and cognitive rest</td>
</tr>
<tr>
<td>Day 2: Light aerobic exercise</td>
<td>Walking, swimming, or stationary cycling keeping intensity &lt;70%; No resistance training</td>
</tr>
<tr>
<td>Day 3: Sport-specific exercise</td>
<td>(Ex.) Skating skills in hockey, running drills in soccer, dribbling drills in basketball; No head impact activity</td>
</tr>
<tr>
<td>Day 4: Non-contact training drills</td>
<td>Progression to more complex training drills (Ex.) Passing drills in football or ice hockey</td>
</tr>
<tr>
<td>Day 5: Full-contact practice</td>
<td>Following medical clearance from qualified healthcare provider, athlete may participate in normal training activities</td>
</tr>
<tr>
<td>Day 6: Return to Play</td>
<td>Normal game play</td>
</tr>
</tbody>
</table>
If at any point during the return to play protocol the athlete experiences a return of any symptoms, that stage should be terminated, and the athlete should regress to the previous asymptomatic stage the following day and then work forward.

If an athlete experiences an increase in symptoms with the increased cognitive stress associated with school, the athlete may be considered for academic accommodations, which may include:

- Reduced workload
- Extended test-taking times
- Shortened school day

Club Sport athletes will work with Club Sport Athletic Trainer to schedule appointment with UCCS Disability Services (719)255-3354 to request for academic accommodations. Disability Service is located on the first floor of Main Hall, room 105.

**HEALTHY ROSTER**

All Club Sport athletes are required to download Healthy Roster to their smartphone or utilize the Healthy Roster website on their desktop. Healthy Roster is a free program to all Club Sport athletes and will serve as a Health Insurance Portability and Accountability Act (HIPAA) Compliant medium for participants to contact the Club Sports Athletic Trainer, track their injuries, and receive updates throughout the season. All Club Sport athletes and potential participants will be granted access to Healthy Roster upon electronically signing the Player Registration Wavier.

**CREATING AN ACCOUNT**

1. Check your UCCS account within 24 hours of signing Player Registration Wavier for an e-mail from Healthy Roster
   *If you did not receive an e-mail, check you Spam mailbox. Contact the Club Sports Athletic Trainer if e-mail is not received.

2. Open e-mail from Healthy Roster and select ‘Create Your Free Account’

3. Download app if you are using smartphone

4. Enter invitation code

5. Create security questions and password
You will now be able to utilize all Healthy Roster features.

All injuries sustained during Club Sport participation, must be reported to the Club Sport Athletic Trainer immediately utilizing Healthy Roster. Coaches, Club Sport Officers, and Safety Officers will utilize Healthy Roster to check the status of players on their roster.

**REPORTING INJURIES**

**Using the desktop version:**

1. Select ‘Injuries’

2. Select ‘Report New Injury’

3. Select drop down choices including affected area, body part, injury or condition, side, and date of injury

4. Select ‘Waiting for Assessment’ under Player Status until injury has been evaluated by the Club Sports Athletic Trainer

5. Attached any pictures or documentation using the ‘Add Attachment’ button

6. The Club Sports Athletic Trainer will receive all information immediately and will contact athlete with an appointment time

**Using the mobile app:**

1. Select View ‘Athlete’s Name’
2. Select Add New Injury

3. Select drop down choices including affected area, body part, injury or condition, side, and date of injury

4. Select ‘Waiting for Assessment’ under Player Status until injury has been evaluated by the Club Sports Athletic Trainer

5. Attach any pictures or documentation using the ‘Add Attachment’ button

6. Select Save

7. The Club Sports Athletic Trainer will receive all information immediately and will contact athlete with an appointment time

**MESSENGER FEATURE**

Utilizing the Healthy Roster app will allow Club Sport athletes to direct message the Sports Athletic Trainer. This feature can be used to schedule appointments, report cancellations/changes to appointments, and provide updates.

*(Note: This feature can only be utilized in the mobile app)*

**To message the Club Sports Athletics Trainer:**

1. Open Healthy Roster app on your smartphone
2. Select Contact ‘Athlete’s Name’ Athletic Trainer
3. Input your message and select Send
4. If you would like to include a picture or attachment, select the three dots to the left of the text box

The following video provides more information about utilizing Healthy Roster and is recommended to be viewed by all Club Sport athletes, coaches, and involved parties:

[https://youtu.be/uHSyc84_cYo](https://youtu.be/uHSyc84_cYo)
SAFETY OFFICERS

ROLE AND RESPONSIBILITIES

Every Club Sport is required to certify at minimum two Student Safety Officers. One Safety Officer must be present at every practice, game or event. Club Safety Officer responsibilities include:

1. Communicates all injuries of team/teammates immediately to Club Sports Athletic Trainer
2. Administers CPR & First Aid Care within the scope of their training
3. Maintains and stocks travel First Aid Kit throughout the season
4. Inspects fields and facilities prior to every practice session, game, or special event and reports unsafe conditions to the Campus Recreation Building Manager immediately by calling 719-255-7515
5. Enforces UCCS Campus Recreation severe weather policies
6. Reviews and administers Emergency Action Plans when appropriate
7. Promotes and exhibits safe habits and participation during all Club Sport events
8. Trains other members of all the above duties if unable to attend game or practice

REQUIREMENTS

Each Safety Officer must complete the following prior to any organized Club Sport practice, game, or competition:

1. Complete online Safety Officer training
2. Complete Safety Officer Application on the UCCS Club Sports website and attach copy of current CPR/First Aid Certification

FIRST AID KITS AND TRAVEL FOLDER

First Aid Kits

Club Safety Officers are responsible for checking-out a First Aid Kit for their team. First Aid kits should be brought to every practice, competition, and travel event when the Club Sports Athletic Trainer is not present. First Aid kits can be checked out from the Club Sports Athletic Trainer. Club Sport Officers will communicate with the Club Sports Athletic Trainer to maintain and restock any needed items. All First Aid Kits must be returned at the end of the competitive season. Failure to return a First Aid Kit will result in minor infraction and a fee to recoup the value of the kit.

Travel Folder

The Travel Folder is a resource for the Club Safety Officers to utilize as reference on topics pertaining towards basic First Aid Care. The Athletic Training Manual including Emergency Action Plans will also be included.

EMERGENCY ACTION PLANS

Emergency preparedness is essential to deliver an effective and timely response during accidents and natural disasters. All Club Sport Officers, Safety Officers, and coaches should read and understand the Emergency Action Plan for the sites and facilities in which they are practicing and/or competing in.
Alpine Field Emergency Action Plan

Emergency Personnel: In most emergency situations a certified athletic trainer (ATC) is on-site for all competitive events, however if not accessible within a timely manner, any Safety Officer, Coach and/or student with first responder training that has been certified in “Lay Person” CPR / First Aid / AED by nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

Emergency Communication: Cellular Phone, Alpine Office 201 landline, Public Safety phone is located in the following area:
• Ground level, northeast corner of Alpine Field and Garage on pedestrian sidewalk

Public Safety Phone – Each phone has a blue and red button on the panel. Each button is associated with specific emergency dispatch. The red button will link you directly to 911 dispatches for an emergency (a patch will be made to our campus dispatch also). The blue button is for direct communication to campus dispatch (x3111 from a campus landline).

Role of First Responders:
1. First Responder (Most medically qualified person)
   Evaluate injury:
   • Determine the nature and severity of the injury
   • Provide appropriate medical aid
   • Calm and reassure the athlete (Never leave injured athlete/person alone)
   • Assign the roles 2-5 to bystanders
2. Emergency Medical Assistance Contact (Coach, Safety Officer, Club Sport Officer)
   • Contact Club Sports Athletic Trainer (719) 255-5260
   • If the situation is life threatening call public safety (719) 255-3111 to request EMS

Call public safety at x3111 from campus landline phone or (719)-255-3111 from cell phone
Caller: Hello, my name is ______________________ I am calling from Alpine Field at UCCS. We have a person who has suffered from a possible type of injury (head, neck, leg, etc). The person is (conscious/unconscious – state one). First aid treatment (CPR, control bleeding, etc.) is currently being rendered. We need an ambulance at Alpine Field at UCCS, the Emergency Vehicle should enter the field via the sidewalk ramp on the northeast side of Alpine Field accessible via Stanton St. Someone will meet the EMS at the northeast gate on Alpine Field.

*Meet EMS at the northeast gate entrance and bring them to the injured athlete. Be the last to hang up the phone*

3. Equipment retrieval (Club Sports Supervisor, Safety Officer, Student)
   • Equipment: Located on home bench and/or Athletic Training Office
   • AED – mounted to wall inside Athletic Training Office, additional AED kept on home bench
   • Splints etc. – home bench
4. Scene Controller (Safety officer, Club Sport Officer, Coach)
   • Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury
5. Emergency Vehicle Escort (Nearby responsible person)
   • Go to designated location to flag down EMS (gate in northwest corner)
   • Direct EMS to injury site (be certain to have a key and unlock gate)
6. First Responder:
   • Explain nature and severity of injury to EMS personnel upon arrival
   • Release athlete to EMS, if necessary, for transport
**Venue Directions:** Alpine Field is located on the 5th level of Alpine Garage & Field. On field access for Emergency Medical Services is through the northeast gate on Alpine Field (See red arrow on map below) via Stanton St. The gate shall remain unlocked during all Club Sport competitions. If gate, is locked the Club Sports Athletic Trainer and Rec Center Building Manager will have key to unlock gate.

**Storm Safety Location and Severe Weather Protocol:** In the event of lightning or a severe storm, visitors and visiting team members will hear an alarm from Alpine Field’s Weather Sentry system and a verbal announcement to clear the field. All team members, officials, and spectators should be directed off the field and bleachers and into the storage garage (with the roll down door closed), the bathrooms (with doors closed), the Recreation and Wellness Center, or into personal vehicles in the garage. *No individuals may wait in the stairwell as this is not an enclosed area.*

Weather Sentry, the lightning detection system, is located on the east wall between bathroom facilities and Athletic Training Office.

When a lightning strike is detected within 10 miles, the unit’s strobe will begin flashing. This is considered a “warning zone”. Participation may continue and the storm should be monitored by Athletic Trainer or supervising staff.

When a lightning strike is detected within 8 miles, the unit will issue a loud siren and the strobe will begin flashing. When this warning is issued, all individuals must be cleared from the field and sent to one of the safe locations mentioned above. When the threat of lightning is passed (30 minutes of no strikes in the 8 mile radius) an “all clear” siren of three short blasts will be issued and the strobe will turn off. At this point, participation on the field may resume.
Mountain Lion Stadium Emergency Action Plan

Emergency Personnel: In most emergency situations a certified athletic trainer (ATC) is on-site for all competitive events, however if not accessible within a timely manner, any Safety Officer, Coach, and/or student with first responder training that has been certified in “Lay Person” CPR / First Aid / AED by nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

Emergency Communication: Cellular Phone, Public Safety phones located in the following spots at Eagle Rock area:

- North side of parking lot 576
- Southwest side of parking lot 576
- Northwest Side of Eagle Rock Building 201 (next to parking lot 173)
- Middle of parking lot 573

Public Safety Phone – Each phone has a blue and red button on the panel. Each button is associated with specific emergency dispatch. The red button will link you directly to 911 dispatches for an emergency (a patch will also be made to our campus dispatch). The blue button is for direct communication to campus dispatch (x3111 from a campus landline).

Role of First Responders:

1. First Responder (Most medically qualified person)
   - Evaluate injury:
     - Determine the nature and severity of the injury
     - Provide appropriate medical aid
     - Calm and reassure the athlete (Never leave injured athlete/person alone)
     - Assign the roles #2-5 below to bystanders

2. Emergency Medical Assistance Contact (Coach, Safety Officer, Club Sports Officer)
   - Contact Athletic medicine staff (719) 255-4029
   - If the situation is life threatening call UCCS Public Safety (719) 255-3111 to request EMS

   Call public safety at x3111 from campus phone or (719)-255-3111 from cell phone

   Caller: Hello, my name is ______________________ I am calling from Mountain Lion Stadium at UCCS. We have a person who has suffered from a possible type of injury (head, neck, leg, etc). The person is conscious/unconscious (state one). First aid treatment (CPR, control bleeding, etc.) is currently being rendered. We need an ambulance at Mountain Lion Stadium at UCCS. Emergency vehicles should enter the field via the southeast gate of Mountain Lion Stadium off of Eagle Rock Rd. Someone will meet the EMS at the southeast gate of Mountain Lion Stadium.

   *Meet EMS at the entrance and bring them to the injured athlete. Be the last to hang up the phone*

3. Equipment retrieval (Club Sports Supervisor, Safety Officer, Student)
   - Equipment: Located by the home sideline (AED, splints, etc.)

4. Scene Controller (Safety Officer, Club Sports Officer, Coach)
   - Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury

5. Emergency Vehicle Escort (Nearby responsible person)
   - Go to designated location to flag down EMS (gate in southeast corner)
   - Direct EMS to injury site
6. **First Responder**
   - Explain nature and severity of injury to EMS personnel upon arrival
   - Release athlete to EMS, if necessary, for transport

**Venue Directions**: Mountain Lion Stadium is located east on Eagle Rock Rd. off Nevada Ave. Go straight through the traffic circle continuing on Eagle Rock Rd and the southeast gate of the stadium that EMS can access will be on the left.

**Storm Safety Location**: In the event of lightning or severe storm warning, all team members, officials, and spectators should be directed off the field and bleachers and into their personal vehicles.

The “Flash-to-Bang” method will be used for lightning detection at Mountain Lion Stadium. To use the Flash-to-Bang method:

- Count the seconds from the time lightning is sighted to when the clap of thunder is heard
- Divide this number by five (5) to obtain how far away in miles the lightning is occurring

For example, if 30 seconds are counted between seeing the flash and hearing the bang, 30 divided by 5 equals 6; therefore, the lightning flash is approximately 6 miles away.

When a lightning strike is detected within 8 miles **ALL** participants, spectators, and officials must be cleared from the courts and directed to a safe, enclosed shelters. A safe shelter includes enclosed bathroom facilities or a personal vehicle. *Picnic areas, bleachers, or any structured without enclosed walls is NOT considered a safe location.*

Thirty minutes must pass once lightning is outside of the 8-mile radius before activity can resume. If another strike is heard within the 8-mile radius, the thirty minutes wait time will start over.
Mountain Lion Park Emergency Action Plan

Emergency Personnel: In most emergency situations a certified athletic trainer (ATC) is on-site for all competitive events, however if not accessible within a timely manner, any Safety Officer, Coach and/or student with first responder training that has been certified in “Lay Person” CPR / First Aid / AED by nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

Emergency Communication: Cellular Phone, Public Safety phones located in the following area:
- Lot 580, centrally
- Walking path between Lot 580 and Lot 576

Public Safety Phone – Each phone has a blue and red button on the panel. Each button is associated with specific emergency dispatch. The red button will link you directly to 911 dispatches for an emergency (a patch will be made to our campus dispatch also). The blue button is for direct communication to campus dispatch (x3111 from a campus landline).

Role of First Responders:
1. First Responder (Most medically qualified person)
   - Evaluate injury:
     - Determine the nature and severity of the injury
     - Provide appropriate medical aid
     - Calm and reassure the athlete (Never leave injured athlete/person alone)
     - Assign the roles 2-5 to bystanders
2. Emergency Medical Assistance Contact (Coach, Safety Officer, Club Sport Officer)
   - Contact Club Sports Athletic Trainer (719) 255-5260
   - If the situation is life threatening call public safety (719) 255-3111 to request EMS

   Call public safety at x3111 from campus phone or (719)-255-3111 from cell phone

   Caller: Hello, my name is ______________________ I am calling from Mountain Lion Park at UCCS. We have a person who has suffered from a possible type of injury (head, neck, leg, etc.). The person is conscious/unconscious (state one). Current first aid treatment rendered (CPR, control bleeding, etc.) We need an ambulance at Mountain Lion Baseball Park at UCCS, the Emergency Vehicle should enter the park via the left field entrance gate accessible via 5600 North Nevada. Someone will meet the EMS at the southeast gate on Mountain Lion Park.

   *Meet EMS at the street entrance and bring them to the injured athlete. Be the last to hang up the phone.

3. Equipment retrieval (Club Sports Supervisor, Safety Officer, Student)
   - Equipment: Located in or next to the home dugout
   - AED, splints, etc.
4. Scene Controller (Safety officer, Club Sport Officer, Coach)
   - Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury
5. Emergency Vehicle Escort (Nearby responsible person)
   - Go to designated location to flag down EMS (gate in northwest corner)
   - Direct EMS to injury site (be certain to have a key and unlock gate)
6. First Responder:
   - Explain nature and severity of injury to EMS personnel upon arrival
   - Release athlete to EMS, if necessary, for transport

Venue Directions: Mountain Lion Park address is 660 North Campus Heights. On field access for Emergency Medical Services is only through the left field entrance gate accessible via 5600 North Nevada Avenue. This is one stop light north of the physical address.
Storm Safety Location and Severe Weather Protocol:

In the event of lightning or a severe storm, visitors and visiting team members will receive informed through PA announcement to go to return to their cars or bus until the storm passes.

The “Flash-to-Bang” method will be used for lightning detection at Memorial Park. To use the Flash-to-Bang method:

- Count the seconds from the time lightning is sighted to when the clap of thunder is heard
- Divide this number by five (5) to obtain how far away in miles the lightning is occurring
  - For example, if 30 seconds are counted between seeing the flash and hearing the bang, 30 divided by 5 equals 6; therefore, the lightning flash is approximately 6 miles away

When a lightning strike is detected within 8 miles ALL participants, spectators, and officials must be cleared from the courts and directed to a safe, enclosed shelters. A safe shelter includes enclosed bathroom facilities or a personal vehicle. *Picnic areas, bleachers, or any structured without enclosed walls is NOT considered a safe location. (Note: Bathroom facilities are currently under construction at Mountain Lion Park and may not be utilizes as safe shelter.)

Thirty minutes must pass once lightning is outside of the 8-mile radius before activity can resume. If another strike is heard within the 8-mile radius, the thirty minutes wait time will start over.
Memorial Park Emergency Action Plan

Emergency Personnel: If medical personal including an Athletic Trainer is not accessible within a timely manner, any Safety Officer, Coach and/or student with first responder training that has been certified in “Lay Person” CPR / First Aid / AED by nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

Emergency Communication: Cellular Phone

Role of First Responders:
1. **First Responder** (Most medically qualified person)
   - Evaluate injury:
     - Determine the nature and severity of the injury
     - Provide appropriate medical aid
     - Calm and reassure the athlete (Never leave injured athlete/person alone)
     - Assign the roles 2-5 to bystanders

2. **Emergency Medical Assistance Contact** (Coach, Safety Officer, Club Sport Officer)
   - Contact Club Sports Athletic Trainer (719) 255-5260
   - If the situation is life threatening call 911

Caller: Hello, my name is ______________________ I am calling from Memorial Park. We have a person (male/female and approximate age) who has suffered from a possible type of injury (head, neck, leg, etc). The person is (conscious/unconscious - state one). First aid treatment (CPR, control bleeding, etc. – state all applicable) is currently being rendered. We need an ambulance to the Memorial Park tennis courts at 1315 E Pikes Peak Ave. The Emergency Vehicle should enter the courts (describe closest gate entrance) via Farragut Ave. Someone will meet the EMS at the entrance of the courts off Farragut Ave.

   *Meet EMS at the gate and bring them to the injured athlete. Be the last to hang up the phone*

3. **Equipment retrieval** (Club Sports Supervisor, Safety Officer, Student)
   - There is no AED present at tennis courts in Memorial Park
   - Retrieve First Aid Kit from Safety Officer if needed

4. **Scene Controller** (Safety officer, Club Sport Officer, Coach)
   - Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury

5. **Emergency Vehicle Escort** (Nearby responsible person)
   - Go to designated location to flag down EMS in parking lot off Farragut Ave.
   - Direct EMS to injury site

6. **First Responder**:
   - Explain nature and severity of injury to EMS personnel upon arrival
   - Release athlete to EMS, if necessary, for transport

Venue Directions: Memorial Park Tennis Courts address is 1315 E Pikes Peak Ave, Colorado Springs, CO 80909. If entering from Pikes Peak Ave., take a right to head south on Farragut Ave. The parking lot to the tennis courts will be on the right. If entering from S Hancock Ave., take a left to head northwest on Farragut Ave. The parking lot to the tennis courts will be on the left.

Storm Safety Location and Severe Weather Protocol:
The “Flash-to-Bang” method will be used for lightning detection at Memorial Park. To use the Flash-to-Bang method:

- Count the seconds from the time lightning is sighted to when the clap of thunder is heard
- Divide this number by five (5) to obtain how far away in miles the lightning is occurring
  - For example, if 30 seconds are counted between seeing the flash and hearing the bang, 30 divided by 5 equals 6; therefore, the lightning flash is approximately 6 miles away
When a lightning strike is detected within 8 miles ALL participants, spectators, and officials must be cleared from the courts and directed to a safe, enclosed shelters. A safe shelter includes enclosed bathroom facilities or a personal vehicle. *Picnic areas, bleachers, or any structured without enclosed walls is NOT considered a safe location.

Thirty minutes must pass once lightning is outside of the 8-mile radius before activity can resume. If another strike is heard within the 8-mile radius, the thirty minutes wait time will start over.
Sertich Ice Center Emergency Action Plan

Emergency Personnel: In most emergency situations a certified athletic trainer (ATC) is on-site for all competitive events, however if not accessible within a timely manner, any Coach, Club Sports Safety Officer, or Student with first responder training, that has been certified in CPR / First Aid / AED by nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

Emergency Communication: Cellular Phone

Role of First Responders:

1) First Responder (Most medically qualified person)
   - Evaluate injury
     - Determine the nature and severity of the injury
     - Provide appropriate medical aid
     - Calm and reassure the athlete (Never leave injured athlete/person alone)
     - Assign roles 2-5 to bystanders

2) Emergency Medical Assistance Contact (Coach, Safety Officer, Club Sport Officer)
   - Contact Club Sports Athletic Trainer (719) 255-5260
   - If the situation is life threatening call 911 for EMS

Caller: Hello, my name is ______________________ I am calling from Sertich Ice Center. We have a person (male/female and approximate age) who has suffered from a possible (type of injury (head, neck, leg, etc). The person is (conscious/unconscious - state one). First aid treatment (CPR, control bleeding, etc. – state all applicable) is currently being rendered. We need an ambulance to Sertich Ice Center at 1705 East Pikes Peak Avenue. Someone will meet the EMS at the south end of the building at the Zamboni garage entrance.
   *Meet them at the entrance and they will be escorted to the injured athlete. Be the last to hang up the phone*

3) Equipment retrieval (Coach, Safety Officer, Club Sports Student-Athlete)
   - Equipment:
     - AED located on south wall of building
     - Note: There is not an available spine board on-site; If it is deemed unsafe for the athlete to be removed from ice, the athlete and injury shall be stabilized and maintained on ice until EMS arrives

4) Scene Controller (Coach, Sertich Staff)
   - Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury

5) Emergency Vehicle Escort (Nearby responsible person)
   - Go to south end of building at Zamboni garage entrance
   - Direct EMS to injury site

6) First Responder
   - Explain nature and severity of injury to EMS personnel upon arrival
   - Release athlete to EMS, if necessary, for transport

Venue Directions: Sertich Ice Arena address is 1705 East Pikes Peak Avenue, Colorado Springs, CO 80909. General parking is located on the southwest side of the building, in between the skate park and Sertich Ice Arena. EMS can access the rink through the Zamboni garage entrance on the south end of the ice rink.
RISK MANAGEMENT PROTOCOLS

The following protocols have been developed and adopted from the Centura Athletic Training Policies and Procedures in order to promote a safe environment for all Club Sport participants. Each protocol provides educational information, identification, and appropriate steps to take for various emergent situations. Club Safety Officers should read and understand the content each protocol.

ANAPHYLAXIS

PURPOSE
To describe procedures for identifying and treating anaphylaxis.

STATEMENT
Anaphylaxis should be suspected when any of these three criteria are fulfilled:

1. Quick onset of illness which involves changes to the skin, mucosal tissue (such as the eyes/mouth etc) or both with at least one of the following:
   - Breathing difficulty or breathing complications
   - Reduced blood pressure

2. Two or more of the following occurs rapidly after an exposure to a suspected allergen:
   - Any of the items listed in point 1
   - Persistent gastrointestinal symptoms
   - Reduced blood pressure after exposure to a known allergen for that person

Other signs and symptoms include:

- Sudden and rapid onset of signs and symptoms
- Breathing complications: wheezing, shortness of breath, throat tightness, cough, hoarse voice, chest pain/tightness, trouble swallowing, itchy mouth/throat, nasal stuffiness/congestion
- Circulation compromise: pale/blue color, low pulse, dizziness, lightheadedness/passing out, low blood pressure, shock, loss of consciousness, chest pain, fast beating heart
- Skin reaction (present in 80-90% of all cases): hives, pain/cramps, vomiting, diarrhea
- Other: anxiety, feeling of impending doom, itchy/red/watery eyes, headache

On the field, anaphylaxis is recognized as a disruption in breathing directly caused by a trigger or allergen. Field recognition hinges on knowing that the athlete has an allergy before the reaction ever happens. In some cases, anaphylaxis may mimic an asthma attack, which highlights the importance of having important patient information available at all times.

MANAGEMENT
1. Check for ABC’s (airway, breathing, circulation)
2. Activate Emergency Medical Services (EMS)
3. Remove triggers
4. Administer epinephrine pen (If provided by athlete)
5. Place patient in comfortable position
6. Monitor vitals until advanced medical personnel arrives
BLOOD BORNE PATHOGEN (BBP) EXPOSURE

PURPOSE
In accordance with the OSHA Bloodborne pathogens (BBP) Standard, 29 CFR 1910.1030, the following exposure control plan has been developed to minimize exposure to pathogens found in blood and other bodily fluids.

PROCEDURE

Determination of Exposure
The potential of being exposed to blood borne pathogens exists in the Athletic Training facility, practice venues, and/or competition venues. Individuals at risk include Certified Athletic Trainer, student Athletic Trainers, and/or any individuals rendering First Aid care for any open wound, sore, or body fluid that is present.

Methods of Compliance

• Universal Precautions
  All individuals with the potential for exposure should use universal precautions when coming in contact with blood or body fluids. Universal Precautions is the belief that all blood or other potentially infectious body fluids are considered infectious regardless of the perceived status of the source individual.

• Work Practice Controls
  Handwashing
  - All individuals shall wash hands and any other exposed skin with soap and warm running water for a minimum of 30 seconds after removing gloves. If soap and warm running water are not readily available, an alcohol-based hand sanitizer that contains at least 60% alcohol. When an antiseptic hand sanitizer is used, hands shall be washed with soap and warm running water as soon as feasible. Hands should also be washed between all patient contacts.

  Biohazard bin
  - The biohazard bin is large red bin located in the storage garage connected to the Athletic Training Facility on Alpine Field
  - The following is considered ‘regulated waste’ and should be disposed in biohazard bin:
    - Blood or other potentially infectious material (OPIM)
    - Blood soaked gauze
    - Dried blood-soaked gauze where dried blood could flake off
    - Bloody gloves
    - Contaminated sharps
    - Pathological and microbiological waste containing blood or OPIM

• Personal Protective Equipment (PPE)
  Personal protective equipment includes gloves, CPR masks, gowns, face shields, and eye protection. This equipment will be purchased and maintained by the Club Sports Athletic Training staff. PPE’s shall be used when available and deemed necessary when coming in contact with blood or other body fluids.

All individuals using PPE must observe the following precautions:
  - Wash hands immediately or as soon as feasible after removal of gloves or other PPE
  - Remove PPE after it becomes contaminated
  - Wear appropriate gloves when it can be reasonably anticipated that there may be hand contact with blood and when handling or touching contaminated items or surfaces
  - Replace gloves if torn, punctured, contaminated, or if their ability to function as barrier is compromised.
  - Never wash or decontaminate

• General Housekeeping
  - Club Sport Athletic Training treatment tables and equipment should be cleaned daily with appropriate disinfectant
- Uncontaminated laundry shall be laundered every evening after the athletic training facility closes.
- Contaminated laundry shall be soaked in a 1:10 bleach to water solution for five minutes and then laundered as usual.

**MANAGEMENT**

*Exposure Incidents*

Provide immediate care to the exposure site. If exposure to blood or other bodily fluid occurs, the affected area must be washed immediately with soap and warm water. If affected area is the eye, mouth, or nose, flush area with water for 15 minutes.

Document incident on Healthy Roster and report to Club Sports Athletic Trainer and/or qualified healthcare provider immediately.
CERVICAL SPINE MANAGEMENT
PURPOSE
To describe policy for management of cervical spine injuries

PROCEDURE
Symptoms and or observations when cervical spine injury is suspected:
• Witnessing mechanism of injury – Axial load contact (eg.) Top of head is used to tackle
• Witnessing athlete who remains down or motionless after play
• Unconsciousness or altered level of consciousness
• Abnormal bilateral neurologic findings/complaints
• Loss of motion in extremities
• Significant cervical midline spine pain with or without palpation
• Obvious cervical spine deformity

Determining if incident is a cervical spine injury:
• Assess breathing/circulatory status (Normal 10-30 breaths per minute)
• Assess pulse (quality, rate, and rhythm)
• Assess neurologic status/level of consciousness
• If conscious, ask patient what symptoms they are experiencing
• Feel for cervical spine deformity

Presence of any or all 4 clinical indicators warrants activation of EMS:
• Unconsciousness (or altered consciousness)
• Bilateral neurologic complaints/findings
• Significant cervical spine pain (with or without palpation)
• Obvious spinal column deformity

MANAGEMENT
1. Activate EMS as soon as cervical spine injury is suspected
2. Access & monitor vital signs
3. Apply manual cervical spine stabilization
COLD ILLNESS MANAGEMENT

PURPOSE
To describe policy for identification and management cold illness/injuries

PROCEDURE
Environmental assessment of immediate and projected weather information including air temperature, wind, chance of precipitation, and altitude should be evaluated prior to and during any practice or competition. Resources including Weather Bug and The National Weather Service (719-942-8833) should be utilized to check weather reports.

The following guidelines can be used to determine wind-chill temperature:

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤ 30°F</td>
<td>Be aware of the potential for cold injury and notify appropriate personnel of the potential</td>
</tr>
<tr>
<td>≤ 25°F</td>
<td>Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming</td>
</tr>
<tr>
<td>≤ 15°F</td>
<td>Consider modifying activity to limit exposure or to allow more frequent chances to rewarm</td>
</tr>
<tr>
<td>≤ 0°F</td>
<td>Terminate and/or reschedule activity</td>
</tr>
</tbody>
</table>

Recognition and treatment of early warning signs including shivering, abnormal sensation of distal extremities, lethargy, and disorientation are important in preventing cold illness/injuries. The following are common cold illnesses/injuries and their associated signs and symptoms:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Signs and Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypothermia</td>
<td><strong>Mild</strong> Typically conscious, core temperature 98.6°F to 95°F, fine motor skill impairment, lethargy, apathy, mild amnesia</td>
</tr>
<tr>
<td></td>
<td><strong>Moderate/Severe</strong> Possibly unconscious, core temperature 94°F to 90°F (≤ 90°F for severe), cessation of shivering, very cold skin, impaired mental function, slurred speech, gross motor skill impairment</td>
</tr>
<tr>
<td>Frostbite</td>
<td><strong>Mild/Superficial</strong> Edema, redness or mottled gray skin appearance, stiffness, transient tingling/burning, dry waxy skin, affected area feels cold and firm to the touch, limited movement of affected area</td>
</tr>
<tr>
<td></td>
<td><strong>Deep</strong> Edema, mottled or gray skin appearance, tissue that feels hard/does not rebound, vesicles, numbness or anesthesia, skin may be waxy and immobile, skin color is white, gray, black, or purple; burning, aching, throbbing, or shooting pain, poor circulation, progressive tissue necrosis, neurapraxia, hemorrhagic blistering (within 36-72 hrs)</td>
</tr>
<tr>
<td>Chilblain</td>
<td>Red or cyanotic lesions, swelling, increased temperature, tenderness, itching, numbness, burning, or tingling; skin necrosis</td>
</tr>
<tr>
<td>Trench foot</td>
<td>Burning, tingling or itching, loss of sensation, cyanotic or blotch skin, swelling, pain or sensitivity, blisters, skin fissures or maceration</td>
</tr>
</tbody>
</table>

MANAGEMENT
Consultation and/or referral with a Physician should occur following the management of cold illnesses/injuries. Below are recommendations in the management and treatment of common cold illnesses/injuries:
<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
</table>
| Hypothermia     | **Mild**  
Remove wet/damp clothing, insulate with warm, dry clothing/blanks, cover the head, move to warm shelter, apply heat to trunk, axilla, chest, and groin; avoid massage to tissues, provide warm fluids and food  
|                 | **Moderate/Severe**  
Activate EMS and CPR if necessary |
| Frostbite       | **Mild/Superficial**  
Avoid weightbearing and massage to tissues; rewarm slowly at room temperature or by placing tissue against another person’s warm skin; avoid water temperatures ≥ 90°F to 104°F  
|                 | **Deep**  
Immerse tissue in warm temperature 98°F to 104°F water bath for 15 to 30 minutes |
| Chilblain       | Remove wet or constrictive clothing, gently wash and dry area, elevate, cover with warm, loose, dry clothing/blanks; Do not disturb blisters, apply massage to tissue, or lotions; Avoid weightbearing |
| Trench foot     | Clean and dry feet, apply warm pack or soak in warm water 102°F to 110°F for 5 minutes; Apply clean, dry socks |
HOT WEATHER SAFETY AND HEAT-RELATED ILLNESSES

PURPOSE
To establish guidelines for physical activity in hot weather conditions and the identification and management of heat-related illnesses.

PROCEDURE
Environmental assessment of immediate and projected weather information including air temperature, wind, chance of precipitation, and altitude should be evaluated prior to and during any practice or competition. Resources including Weather Bug and The National Weather Service (719-942-8833) should be utilized to check weather reports.

Heat-related injuries can be prevented with proper heat acclimatization, adequate hydration, and early recognition of signs and symptoms. Physical activity, including intensity and duration, should progressively increase over a 10 to 14-day period to acclimate the athlete to hot weather environments. To maintain proper hydration, athlete should match their fluid intake with their sweat and urine loss. Drinking sodium-containing fluids can help keep urine color clear to light yellow. Below are common heat-related and their associated signs and symptoms:

<table>
<thead>
<tr>
<th>Heat Cramps</th>
<th>Short-term muscle cramps and are visibly contracted, occurs during/after intense workouts; thirst, fatigue, sweating, dehydration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat Syncope</td>
<td>Fainting, light headedness, dizziness, tunnel vision, fatigue, decreased pulse rate, dehydration</td>
</tr>
<tr>
<td>Heat Exhaustion</td>
<td>Persistent muscle cramps, dizziness, headache, cool and clammy skin, hyperventilation, weakness, fainting, decreased blood pressure, core temperature between 96.8 to 105°F, dehydration</td>
</tr>
<tr>
<td>Heat Stroke</td>
<td>Altered consciousness, irrational behavior, disorientation, nausea, confused or looks “out of it”, hot and wet or dry skin, rapid pulse, low blood pressure, breathing quickly, high core body temperature &gt;105°F</td>
</tr>
</tbody>
</table>

MANAGEMENT
Consultation and/or referral with a Physician should occur following the management of heat-related illnesses/injuries. Below are recommendations in the management and treatment of common heat-related illnesses/injuries:

<table>
<thead>
<tr>
<th>Heat Cramps</th>
<th>Remove athlete from activity, rest athlete in shade/air-conditioned room, stretch or massage cramping muscle, rehydrate athlete with water and electrolytes, provide food containing high salt content, ice massage heat cramps that persist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat Syncope</td>
<td>Remove athlete from activity, rest athlete in shade/air-conditioned room, elevate legs, rehydrate athlete with water and electrolytes, monitor vitals</td>
</tr>
<tr>
<td>Heat Exhaustion</td>
<td>Remove athlete from activity, rest athlete in shade/air-conditioned room, remove excess clothing/equipment, elevate legs, cool athlete with fans, ice towels, and/or ice bags, rehydrate athlete with water and electrolytes, activate EMS if symptoms worsen</td>
</tr>
<tr>
<td>Heat Stroke</td>
<td>Rest athlete in shade/air-conditioned room, remove all clothing/equipment, cool athlete as quickly as possible within 30 minutes using whole body ice water immersion (35–58°F), if unable to immerse athlete utilize fans, ice towels, and ice bags, activate EMS, monitor vitals</td>
</tr>
</tbody>
</table>


LIGHTNING SAFETY AND STRIKE MANAGEMENT

PURPOSE
To establish guidelines during practices and competition when weather conditions may produce lightning and identifying and treating lightning victims.

PROCEDURE
Environmental assessment of immediate and projected weather information including air temperature, wind, chance of precipitation, and altitude should be evaluated prior to and during any practice or competition. Resources including Weather Bug and The National Weather Service (719-942-8833) should be utilized to check weather reports.

The following guidelines should be utilized to determine when to discontinue activity:

<table>
<thead>
<tr>
<th>Distance of Lightning</th>
<th>Alert</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 miles</td>
<td>Watch</td>
<td>Monitor storm and notify coaches/other personnel</td>
</tr>
<tr>
<td>8 miles</td>
<td>Warning</td>
<td>Discontinue all activity, all athletes and spectators should promptly seek *safe shelter</td>
</tr>
</tbody>
</table>

*Safe shelters include any sturdy and enclosed building that has metal plumbing or wiring to electrically ground the structure. A shed or picnic area is not sufficient. If a safe building is not accessible, vehicles including buses, cars, and vans are also safe for evacuation

Thirty minutes must pass once lightning is outside of the 8-mile radius before activity can resume. If another strike is heard within the 8-mile radius, the thirty minutes wait time will start over. Updates to the coaches, event personnel, and officials should be provided periodically up through the decision to resume activity.

The Emergency Action Plan (EAP) should be referred to for specific facility lightning guidelines including weather detecting systems and safe shelters

MANAGEMENT
Lightning may cause injury or death can occur through several different mechanisms including direct strike, contact injury, side flash, ground surface arc, upward leader, and concussive injury. Lightning has several direct effects on the cardiovascular, neurologic, and sensory organs; a person may also sustain indirect injuries as well as burns and fractures. Lightning victims do not carry an electrical charge; therefore it is safe to administer first aid. However, active thunderstorms pose an ongoing threat to rescuers, spectators, and participants and rescuers and emergency personnel should ensure their own personal safety before venturing into the venue to provide aid.

In the event of a lightning injury, responders should:
- Activate the emergency management system
- Evaluate and treat patients in the following order:
  - Move patient(s) to a safer location if needed
  - Evaluate and treat for apnea and cardiac arrest
  - Assess level of consciousness
  - If an automated external defibrillator (AED) is available, it should be applied on anyone who appears to be unconscious