



DARBY HIGH SCHOOL // HERITAGE MIDDLE SCHOOL

# ATHLETICS

Training Staff



# Athletic Training

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# Covid-19

- Practice Social Distancing – 6 Feet Apart.
- Recommended wearing masks when applicable.
- If you have any of the following symptoms please see a trainer, coach, or administrator immediately.
  - Cough
  - Sore Throat
  - Shortness of Breath
  - Contact with someone who has covid-19
  - Temperature greater than 100.4
- You will have to complete a covid-19 form in final forms.



# Concussions

- Brain injury; All brain injuries are serious!
- Symptoms: appears dazed, vacant facial expressions, confused about simple tasks, forgetful, displays poor coordination, answers questions slowly, slurred speech, behavior or personality changes, seizures or convulsions, loses consciousness.
- If you notice any of these symptoms see our trainers or a doctor!
- Baseline test: Impact test
- You will have to complete a concussion acknowledgement form in final forms.



# Heat Stroke / Heat Exhaustion

- High Body Temp (104+)
- Lack of sweating
- Flushed skin
- Rapid breathing
- Racing heart rate
- Headache
- Neurological symptoms
- Muscle cramps
- Cool, moist skin with goose bumps in heat
- Heavy sweating
- Faintness and dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache



# MRSA

## WHAT IS IT?

- Methicillin-resistant Staphylococcus Aureus (MRSA) is a type of staph bacteria that is resistant to certain antibiotics such as methicillin, penicillin and amoxicillin.

## PREVENTION

- Wash hands frequently
- Shower after practices and games
- Do not share towels or soap
- Clean and cover open wounds
- Avoid cold tubs if you have an open wound
- DO NOT IGNORE SKIN INFECTIONS, PIMPLES, PUSTULES, ABCESESSES, ETC. GET IT CHECKED!