



DARBY HIGH SCHOOL // HERITAGE MIDDLE SCHOOL

# ATHLETICS

Training Staff



# Athletic Training

H.S. Trainer: Alex Huffman

[alex\\_huffman@hboe.org](mailto:alex_huffman@hboe.org) or [alex.huffman@ohiohealth.com](mailto:alex.huffman@ohiohealth.com)

H.S. Trainer: Thad Apel

[thad\\_apel@hboe.org](mailto:thad_apel@hboe.org)

M.S. Trainer: Courtney Basinger

[courtney\\_basinger@hboe.org](mailto:courtney_basinger@hboe.org) or [Courtney.basinger@ohiohealth.com](mailto:Courtney.basinger@ohiohealth.com)

Office Phone: 614-921-7352

Head Team Physician

Dr. Thomas Rossi, MD

6905 Hospital Dr., Suite 120

Dublin, OH 43016

614-792-3767



# Covid-19

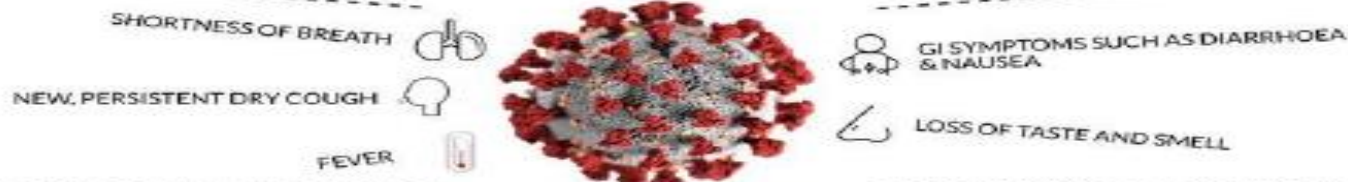
- Practice Social Distancing – 6 Feet Apart.
- Recommended wearing masks when applicable.
- If you have any of the following symptoms please see a trainer, coach, or administrator immediately.
  - Cough
  - Sore Throat
  - Shortness of Breath
  - Contact with someone who has covid-19
  - Temperature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





# COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

## INDICATORS OF COVID-19 INFECTION

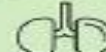


THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP), CONSIDER RENAL & HAEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)



## GRADUATED RETURN TO PLAY PROTOCOL UNDER MEDICAL SUPERVISION

	STAGE 1 4 DAYS REST	STAGE 2 2 DAYS REST	STAGE 3A 1 DAY REST	STAGE 3B 1 DAY REST	STAGE 4 2 DAYS REST	STAGE 5 2 DAYS REST	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	
EXERCISE ALLOWED	WALKING, LIGHT ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	30 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD, GRADUALLY MANAGE ANY POST-VIRAL FATIGUE SYMPTOMS	EXERCISE COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

**RETURN TO COMPETITION**  
IN SPORT SPECIFIC TIMELINES

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)  
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT



# 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, ABCESSES, ETC. GET IT CHECKED!