

# Prepare to Prevent: Are You Ready?

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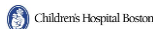
## 2010-11 High School Injury Surveillance Data



22.6%

21.5%

48.1%



Prepare to Prevent

## Checklist for Coaches and Physical Educators

- ✓ Establish an emergency action plan.



Prepare to Prevent

## ✓ Emergency Action Plan

- Written
- Reviewed
- Rehearsed



Prepare to Prevent

## Checklist for Coaches and Physical Educators

- ✓ Establish an emergency action plan.
- ✓ Establish pre-activity warm-up regimen



### ✓ Establish pre-activity warm-up regimen

- Neuromuscular Warm – Up (LaBella, 2011)
  - 20 minutes; coach-led; girls' soccer & basketball
    - Jog – strengthening – plyometrics – balance - agility
  - 65% ↓ gradual onset injuries
  - 56% ↓ acute, non-contact injuries
  - 66% ↓ noncontact ankle sprains



### Checklist for Coaches and Physical Educators

- ✓ Establish an emergency action plan.
- ✓ Establish pre-activity warm-up regimen
- ✓ Follow weather-related policies



### ✓ Follow weather-related policies

- Lightning
- Heat
- Cold



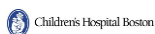
### Checklist for Coaches and Physical Educators

- ✓ Establish an emergency action plan.
- ✓ Establish pre-activity warm-up regimen
- ✓ Follow weather-related policies
- ✓ Create and follow hydration plan



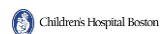
### ✓ Create and follow a hydration plan.

- Unrestricted access.
- 4 to 8 ounces for every 15 to 20 minutes of activity



### Checklist for Coaches and Physical Educators

- ✓ Establish an emergency action plan.
- ✓ Establish pre-activity warm-up regimen
- ✓ Follow weather-related policies
- ✓ Create and follow hydration plan
- ✓ Provide a safe and proportional environment



✓ Provide a safe and proportional environment.

- Supervise
- Check fields
- Ensure athlete wearing sport-required equipment
- Child size vs adult size



Checklist for Coaches and Physical Educators

- ✓ Establish an emergency action plan.
- ✓ Establish pre-activity warm-up regimen
- ✓ Follow weather-related policies
- ✓ Create and follow hydration plan
- ✓ Provide a safe environment
- ✓ Know the signs & symptoms of concussion.



✓ Know the signs & symptoms of concussion.

- |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>▪ Vacant stare</li> <li>▪ Delayed verbal and motor responses / lack of coordination</li> <li>▪ Inability to focus attention</li> <li>▪ Slurred or incoherent speech</li> <li>▪ Disoriented</li> <li>▪ Memory deficits</li> </ul> | <ul style="list-style-type: none"> <li>▪ Headache</li> <li>▪ Dizziness / vertigo</li> <li>▪ Nausea / vomiting</li> <li>▪ May or may not describe loss of consciousness</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



Checklist for Coaches and Physical Educators

- ✓ Establish an emergency action plan.
- ✓ Establish pre-activity warm-up regimen
- ✓ Follow weather-related policies
- ✓ Create and follow hydration plan
- ✓ Provide a safe environment
- ✓ Know the signs & symptoms of concussion.
  - ✓ Follow a safe concussion management plan.

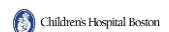


✓ Follow a safe concussion management plan.



Checklist for Coaches and Physical Educators

- ✓ Establish an emergency action plan.
- ✓ Establish pre-activity warm-up regimen
- ✓ Follow weather-related policies
- ✓ Create and follow hydration plan
- ✓ Provide a safe environment
- ✓ Know the signs & symptoms of concussion.
  - ✓ Follow a safe concussion management plan.
- ✓ Have access to a working AED. Know how to use it.



✓ Have access to an AED. Know how to use it.

