

GREEN LEVEL HIGH SCHOOL SPORTS MEDICINE POLICIES AND PROCEDURES

Information for Athletes and Parents



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What is Athletic Training?

Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

Who are Athletic Trainers?

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations. As a part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. The NATA [Code of Ethics](#) states the principles of ethical behavior that should be followed in the practice of athletic training.

Athletic trainers are sometimes confused with personal trainers. There is, however, a large difference in the education, skillset, job duties and patients of an athletic trainer and a personal trainer. The athletic training academic curriculum and clinical training follows the medical model. Athletic trainers must graduate from an accredited master's program and pass the board exam for athletic training.

Regulation of Athletic Trainers

- Athletic trainers are licensed in the state of North Carolina.
- Athletic trainers are qualified to apply for a [National Provider Identifier \(NPI\)](#) as mid-level health care professionals. The taxonomy code for athletic trainers is 2255A2300X.



Green Level Sports Medicine Department Mission Statement

The mission of the Green Level High School Athletic Training and Sports Medicine Department is to provide exceptional healthcare in terms of treatment and prevention to Green Level High School and visiting high school student-athletes. We also aim to develop the interest and knowledge of sports medicine in Green Level students looking to pursue a career in the healthcare field through exceptional instruction in the classroom and through hands-on experiences.

The Sports Medicine Staff

Taryn Strickland, MA, LAT, ATC is the head athletic trainer at GLHS. She is a certified athletic trainer and is licensed in the state of North Carolina. She received her BS in Exercise and Sport Science/ Athletic Training from Colby-Sawyer College in New Hampshire and her MA in Exercise and Sport Science/Athletic Training from the University of North Carolina at Chapel Hill. She has been at Green Level High School since 2019.

Marino Bucci, PT, DPT, CSCS currently works for Duke Sports Medicine and is on campus 3-4 days per week to assist with rehabilitation and event coverage. Dr. Marino Bucci is a Sports Rehabilitation and Performance specialist and has worked with Division I athletic programs including the Ohio State University, and the University of Central Florida. In addition to his healthcare training, Dr. Bucci has extensive experience as a high-level strength & conditioning specialist, nutritionist, and sports scientist.

Kerry Reiser, Certified First Responder will be available for practice and event coverage and immediate care of injuries to all athletes. Kerry is a certified first responder in accordance with NCHSAA's requirements.

Athletic Training Student Aides (ATSA) Students may or may not be assisting teams with certain duties such as water, basic first aid and taping as directed by the head athletic trainer. Students are not allowed to make return-to-play decisions.



Eligibility for Athletic Training and Sports Medicine Services

1. All student-athletes participating on North Carolina state sanctioned athletic teams and attending Green Level High School are eligible to receive free service from the athletic training staff during its hours of operation.
 - A. Although services rendered by the AT Department at GLHS are free, fees may apply if the athlete is referred to another healthcare provider. These fees may be billed to the athlete's primary insurance.
 - B. If an athlete is injured, the primary insurance covers the athlete and Wake Co. Insurance only kicks in after their primary insurance benefits have been exhausted.

C. Athletic Training Room Hours of Operation:

 - Daily after school at 2:18pm until 3:00pm (may be later depending on schedule and season). Athletes need to report immediately after school as our staff has to cover practices and games at 3pm.
 - If additional time is needed, connectivity is offered 1-2 days per week for students to report after first period for evaluations and treatments.
2. Athletes from visiting teams are eligible to receive athletic training services. Emergency medical care will never be denied.
3. Be aware that an athlete may lose his/her eligibility (with the exception of emergency care) for athletic training services if he/she, in the judgment of the head athletic trainer, behaves in a manner that breaks athletic training room rules. If this happens, the coach and athletic director will be notified.



Injury Procedures

1. Notify your coach right away if you are hurt while practicing or playing a sport at Green Level. Depending on the severity of the injury and the time of day, you may report to the athletic training room (2:18 to ~3pm) to obtain evaluation from a member of the sports medicine staff.
2. If you need immediate medical attention and a staff member is not in the ATR (athletic training room) your coach will call to obtain our location. If you do not need immediate medical attention, report to the ATR the following day during connectivity if available or immediately after school.
3. Most sports injuries do not require a doctor's visit. Our sports medicine staff can complete a full evaluation and determine if further diagnostic testing is necessary. If as a parent you feel the need to take your child to a doctor prior to evaluation by our staff, please make sure you obtain a note stating both restrictions and limitations for sport for your child to give to our staff.

Physician Referral Process

1. The team physicians, [Jocelyn Wittstein, MD](#), [Blake Boggess, DO](#), [Rebecca Wadlinger, DO](#), [Luting Eckensweiler, DO](#) with Duke Sports Medicine will be the number one choice for orthopaedic referrals. For referrals regarding general medicine and other medical specialties, the athlete's parents/guardians will make their own choice, with suggestions from the head athletic trainer and/or team physician if needed. The athlete's parents/guardians are always free to choose any medical facility of their preference.
2. If referral assistance is utilized, a release of verbal information form may be requested. This form allows the providers at Duke to communicate verbally with myself and Marino Bucci regarding the appropriate care of the athlete in regard to their injury. This form should be returned to Taryn Strickland or Marino Bucci, not Duke Medicine.
3. When an athlete is referred to a physician, he/she must present the head athletic trainer with documentation from the physician regarding his/her physical participation status. Until this is completed, the athlete cannot resume participation even if they are feeling better. Coaches will ensure that no athlete participates unless cleared by the sports medicine staff.
4. Per NCHSAA policy, if a student misses 5 or more consecutive days due to illness, they must be cleared in writing by a physician. If a student misses 5 or more consecutive days due to an injury, they must be cleared by a physician or myself.



Return to Play Criteria

Return to play criteria is a joint decision made by numerous individuals.

- In the event that a licensed medical physician, physician's assistant, or nurse practitioner states that the student-athlete cannot return to activity for a certain amount of time or prior to a criterion, then that must be adhered to. In order to determine this, a note must be presented outlining these conditions after any doctor's appointment, even if no restrictions are made. The note must state full clearance or clearance per the athletic trainer's discretion. Physician's orders may be overruled to be more conservative or restrictive by the sports medicine staff if it is deemed necessary, but may not be overruled to return an athlete to participation sooner.
- If the athlete has not been referred to or has no direct recommendations from a healthcare professional, the head athletic trainer, or athletic trainer at the home school (if away event) will then make the decision as to when the athlete can return to play. Their decision is final unless overturned by a healthcare professional such as those mentioned above.
- Return to play criteria after an athlete has sustained a head injury is solely the decision of the team physician, other physician, or head athletic trainer who is well versed in concussion management. No exceptions will be made. Guidelines regarding head injury return to play will be followed according to the Gfeller-Waller Concussion Awareness Act: the athletic trainer will evaluate the athlete suspected of having a concussion and will determine if a physician referral is necessary. No student-athlete will be allowed to return to activity until all post-concussive symptoms have resolved. In compliance with the Gfeller-Waller Concussion Awareness Act, athletes must receive medical clearance from a licensed healthcare provider which includes the certified athletic trainer prior to being allowed to return to activity. Athletes must complete a return to play activity progression under the direct supervision of the head athletic trainer or other health care professional prior to returning to full competition.
- Should the athlete experience any recurrence of symptoms while undergoing this activity progression, they will repeat the day once they are symptom free again for 24 hours. A form signed by the parent must be returned after the activity progression is completed, giving permission for the athlete to return to competition.
- Duke Health has a group of healthcare providers well versed in sport-related concussions and they will be our first choice for referrals for these injuries. Appointments are made through their concussion hotline: 919-660-4117. Leave a voicemail and they will return your call to schedule.



Policy for Medical Coverage of Game and Practice Events

A member of the sports medicine/athletic training staff will be on campus for all home contests. sports medicine staff will be on campus until at least 4pm if no home contests are occurring. If multiple events are occurring at home on a given day, the staff member will be at the contest considered the highest risk.

Coverage Priority:

Fall Coverage

1. Varsity and JV Football home and away games
2. Varsity and JV Football practices
3. Boys Soccer games
4. Cross Country meets
5. Volleyball matches
6. Girls Tennis matches

Winter Coverage

1. Boys and Girls Wrestling matches
2. Varsity Boys and Girls Basketball games
3. JV Boys and Girls Basketball games

Spring Coverage

1. Varsity and JV Boys Lacrosse games
2. Varsity and JV Girls Lacrosse games
3. Varsity and JV Girls Soccer games
4. Track and Field Meets
5. Varsity and JV Baseball games and Varsity and JV Softball games
6. Boys Tennis matches



Athletic Training Room Rules

1. Athletes receiving treatment, taping, evaluation, or rehabilitation must be in the ATR or waiting outside the ATR no later than 2:50 pm, unless accompanied by a note from a teacher or coach.
2. Athletes must be in the ATR no later than 2:50 pm after school, or 30 minutes before practice / game / bus departure for adequate treatment, taping, evaluation, or rehabilitation.
3. Report any and all injuries to the head athletic trainer or the Duke PT/ATC or Certified First Responder.
4. Athletes must sign-in in the treatment log prior to receiving any medical attention.
5. The ATR is a medical facility. Please treat it as such.
6. All athletes must be dressed appropriately prior to entering the ATR. This means a T-shirt, shorts, and shoes. No spikes or cleats. Athletes are also encouraged to shower after practices / games prior to receiving treatment.
7. No athlete will be taped without being involved in a rehabilitation program for his/her injury.
8. No athlete should be in the ATR without supervision.
9. No foul, abusive, or demeaning language will be tolerated in the ATR.
10. Nothing should be taken from the ATR without permission of the head athletic trainer. This includes any medical supplies and towels. If you are assigned or loaned equipment, please return immediately after use.
11. No one is to treat him/herself. A member of the AT team will take care of this.
12. No horseplay, visiting, or loitering in the ATR. The ATR is not a lounge. If you are in the ATR for reasons other than medical or health problems, you will be asked to leave.
13. All equipment, book bags, or clothes, etc..., should be left in the locker room or in the hallway. They are not to be brought into the ATR.
14. The head athletic trainer has the authority to enforce any rules she deems necessary that were not mentioned above.
15. You will be respectful and polite to all members of the athletic training staff at all times. Phrases such as "I need," "you need to ," will not be accepted well by the AT staff.



Concussion Baseline Testing

Computerized baseline testing for concussions is not a requirement, but is available to all Green Level athletes through Duke. If you wish for you/your child to take a baseline test (Concussion Vital Signs) please follow the directions in [this document](#). Results can be accessed by Taryn Strickland and provided to you via email or hard copy.