



Health and Safety of Warrior Athletes

All sports are associated with a certain level of risk and injury. However, with proper training techniques, adequate support and supervision, and preemptive and anticipatory baseline testing, the risk of injury can be reduced. The following policies and procedures describe how St. Michael's Prep. School will ensure that all student-athletes are safe and properly cared for while pursuing athletic excellence and success.

Weather

In cases of extreme heat, SMCPS has the following policies in place to prevent heat-related injuries and illnesses:

| Heat Index | Plan |
|------------------------|---|
| 100 – 109 Degrees | <ul style="list-style-type: none"> • 10 minute break every 30 minutes • Activities limited to 2 hours • Recommend warm-up and stretching indoors • Unrestricted access to water • Individuals with asthma or a history of heat-related illnesses may remove themselves from activity without penalty |
| 110 – 119 Degrees | <ul style="list-style-type: none"> • 10 minute break every 30 minutes • Activities limited to 90 minutes • Mandatory warm-up and stretch indoors • Unrestricted access to water • Individuals with asthma or a history of heat-related illnesses may remove themselves from activity without penalty |
| 120 Degrees or Greater | <ul style="list-style-type: none"> • All Activities Cancelled |

Additionally, SMCPS has a Thor Lightning Guard Prediction System installed on the roof of the press box. It can detect lightning within a ten-mile radius. In the imminent event of lightning or a thunderstorm, the system's alarm will sound, and student-athletes and spectators will be directed indoors. Student-athletes can return to play once the system's alarms cease.

Minor Injuries

Student-athletes with multiple years of experience in competition may have a better understanding of their body's difference between being hurt or uncomfortable and being injured. Many, however, do not. All student-athletes are allowed the opportunity to evaluate their pain or discomfort to determine future action. If the pain or discomfort does not subside, parents and/or guardians may be called. Student-athletes are never forced or persuaded back into action without

being comfortable with the decision. If medical attention is necessary, a physician’s clearance is required prior to returning to action. Minor injuries can include muscle or joint sprains and strains, bruises, and minor illnesses.

Major Injuries and Emergencies

In the event of a major injury, the parent/guardian will be called immediately. If necessary, the training staff at the high school will be called to provide additional medical attention. If the injury is life-threatening, emergency personnel will be summoned. An EMT and athletic trainer will be on-site for all tackle football games. The difference between a minor injury and a major injury can be subtle; however, SMCPs coaches, administration, and staff will err on the side of caution in all instances. Again, if medical attention is necessary, a physician’s clearance is required prior to returning to action. Major injuries can include broken or dislocated bones, torn ligaments, or any injury that requires surgery.

Concussions and Head Trauma

In general, a concussion occurs when the brain suddenly shifts or shakes inside the skull and knocks against the skull’s bony surface. This can result in a disturbance and/or impairment in neurologic function. All 6th through 8th grade student-athletes will be administered the Sway Baseline Concussion test.

If head trauma is suspected, SMCPs coaches, administration, and/or staff will remove the student-athlete from participation. If a parent or spectator suspects head trauma, they should request the student-athlete be removed from participation to the game administrator on duty. Again, athletic trainers and an EMTs are on-site for all tackle football games.

Symptoms can take seconds to hours to develop following a concussion. The athlete may experience a variety of symptoms, including:

| <u>Physical</u> | <u>Cognitive</u> | <u>Emotional</u> | <u>Sleep</u> |
|----------------------|--------------------------|--------------------|------------------------|
| Headache | Difficulty remembering | Behavioral changes | Sleep more than usual |
| Fatigue | Difficulty concentrating | Irritability | Sleep less than usual |
| Dizziness | Feeling slowed down | Sadness | Drowsiness |
| Photophobia | Feeling in a fog | Feeling emotional | Trouble falling asleep |
| Sensitivity to noise | Slowed reaction times | Nervousness | |
| Nausea | | Anxiety | |
| LOC | | | |
| Vision difficult | Altered attention | | |
| | Amnesia | | |

If a concussion is suspected, it is advised that parents and student-athletes seek medical attention. If the parent chooses not to pursue medical attention, SMCPS can administer a post-injury test as a way to determine if the student-athlete is ready to return to participation. The student should not have experienced any of the aforementioned symptoms for 24 hours prior to the post-injury test. Additionally, student-athletes must wait at least 72 hours after the incident to take the post-injury test.

If under a physician's care, student-athletes should proceed only with the physician's specific instructions. Otherwise, once the post-injury test deems the student-athlete ready to return, the return to play progression will commence.

Step 1: Student-athletes must return to being a full-time student and remain symptom free for 24 hours.

Step 2: Student-athletes may participate in 30 minutes of light aerobic exercise, such as walking or light jogging. If the student-athlete remains symptom free for 24 hours, he/she may advance. If symptoms return, he/she should return to step 1 until symptom free.

Step 3: Student-athletes may participate in 30 minutes of moderate-intensity exercise. If the student-athlete remains symptom free for 24 hours, he/she may advance. If symptoms return, he/she should return to step 2 until symptom free.

Step 4: Student-athletes may participate in 30 minutes of non-contact sport specific exercise or drills. If the student-athlete remains symptom free for 24 hours, he/she may advance. If symptoms return, he/she should return to step 3 until symptom free.

Step 5: Student-athletes may reintegrate in full contact practice. If the student-athlete remains symptom free for 24 hours, he/she may return to normal training activities. If symptoms return, he/she should return to step 4 until symptom free.

Conclusion

In all instances, the health and safety of our student-athletes is the top priority of SMCPS. We promise to partner with student-athletes, parents/guardians, and physicians in determining the best possible care plan for each child. For any questions or concerns, you may always reach out to our School Nurse, Tracy Robson, or the Assistant Athletic Director, Jay Tiangco.

Jay Tiangco

Assistant Athletic Director

512-327-7755x1126

jtiangco@sgs-austin.org

Tracy Robson

School Nurse

512-327-7755 x6447

trobson@sgs-austin.org