

Dear athletes and parents:

I am the head athletic trainer at Tolleson Union High School. I look forward to this season of sports. I would like to give you some information about my job and responsibilities as the school athletic trainer. My main role is the prevention and rehabilitation of athletic injuries. I plan to work closely with athletes, as well as the coaching staff, to ensure this. As an athlete, it is your responsibility to see me if you have an injury or any concerns. If you do suffer an injury you need to make sure you inform your coach immediately, and then see me as soon as possible. It is my job to care for the injury, and if i see fit refer you to a physician for more serious injuries. Tolleson's team physician is Dr. Anikar Chhabra. He is an orthopedic doctor who works specifically with athletes.

It is in the best interest of the athlete to see me before going to a doctor. I am educated and qualified to handle most situations in the athletic training room. If rehabilitation is prescribed, then it is important that you follow my instructions and come to the training room at all schedules times. It is my responsibility to have you return to full activity as soon as possible.

If you are under a doctor's care, you will not be released to participate in any activities until that doctor has released you to do so. At that time I would need a copy of the release in the training room to place in your file, before you return to activity. All athletes that need my assistance or need to be taped need to come immediately after school. You must be taped prior to your scheduled practice time. Enclosed is a list of the athletic training room rules and informational letter on head injuries, and fluid guidelines for athletes. Also, I have my contact info listed below. Athletes and parents, please feel free to contact me if you have any questions or concerns. Once again, I look forward to working with you, and wish you a successful season.

Your Athletic Trainer,

Dawn Bjork, MAT, LAT, ATC

(623)478-4302

(623)208-3293

Dawn.bjork@tuhsd.org

Athletic Training Room Rules of Conduct

1. The Athletic training room is to be used for athletic training services only.
2. Only athletes needing the service of the athletic trainer are allowed in the training room.
3. Please leave cleated shoes and excessive equipment at the door.
4. Athletes as well as coaches are welcome only to the equipment and supplies issued by the athletic trainer.
5. Please clean up behind yourselves and dispose of trash properly.
6. The telephone is for emergency use only; therefore no students are allowed to use the phone without permission.
7. Report all athletic injuries to the athletic trainer as soon as possible.
8. No students are allowed in the training room without adult supervision.
9. Athletes who wish to be taped or receive treatment must do so prior to their scheduled practice time.
10. Be respectful at all times while in the training room.

Dear Parent or Guardian,

This is an educational letter written on behalf of the Tolleson Union High School Sports Department. As your child's Certified Athletic Trainer, it is my job and responsibility to oversee the well-being and safety of your child while they participate in sports here at Tolleson.

The overall purpose of this letter is to make you aware of the protocol for one of the most serious injuries; a concussion, which is a bruise to the brain. This injury occurs most often when there's a direct blow to the head, but can even occur with an extreme blow to the body itself.

Our athletes will take a series of tests using a state of the art software known as ImPACT. By taking these tests, we will have objective information on your child's attention, memory, processing speed, and reaction time. Each athlete is different, and we'll know based on their baseline score.

If an athlete is suspected as having suffered as having suffered a conclusion, they will take the ImPACT test again, and that score will be compared to their baseline score. The results will be evaluated by our team physician, Dr. Chhabra, and will not be cleared to participate until it is safe to do so.

If an athlete continues to participate with a concussion, they can sustain what is known as 2nd impact syndrome, which is a very traumatic injury.

This is not to frighten you; it's just to make you aware of what can happen if the proper precautions are not enforced. Let me assure you that if your child has symptoms of a concussion; I will follow the protocol to avoid a 2nd impact from occurring.

I ask you to have your child see me and Dr. Chhabra if they are experiencing symptoms of a concussion (see attached symptom sheet). I again want to ensure you that the protocol WILL be followed. Feel free to contact me at Tolleson (623)478-4302, or my cell phone (623)208-3293, and lets work together to keep your child safe.

Your Athletic Trainer,

Dawn Bjork, MAT, LAT, ATC
Head Athletic Trainer
Tolleson Union High School

Head Injury Sheet (No Loss of Consciousness)

If the following signs or symptoms occur within 48 hours, contact a health care provider or go to the emergency room immediately for further evaluation. Inform a family member about the injury. This person must also check the patient's condition every two (2) hours. If the patient goes to sleep, he/she must still be awakened every two (2) hours to check for these symptoms:

- Confusion or any loss of memory
- Worsening headache
- Difficulty focusing (vision)
- Unequal pupils
- Slurred speech
- Nausea and /or vomiting
- Tremors and /or convulsions
- blood or abnormal fluid coming for the ears and /or nose
- weakness or paralysis
- unable to awaken easily
- Breathing is less than 10 times in one minute

Do not take any aspirin or other pain medication; expect Tylenol, for the initial 24 hours unless directed by a health care provider. If there are any questions, contact the emergency room immediately!!

Second Impact Syndrome

Etiology Second impact syndrome occurs because of rapid swelling and herniation of the brain after a second head injury that occurs before the symptoms of a previous head injury have resolved. This second impact may be relatively minor and, in some cases, may not even involve a blow to the head. A blow to the chest or back may create enough force to snap the athlete's head and send acceleration/deceleration forces to an already compromised brain. The resulting symptoms occur because a disruption of the brain's blood auto regulatory system leads to swelling of the brain, which significantly increases intracranial pressure, and to herniation. Second impact syndrome is most likely to occur in athletes less than twenty years of age.

Signs and Symptoms Often, the athlete does not even lose consciousness and may look stunned. The athlete may remain standing and is able to leave the playing field under his or her own power. However, within fifteen seconds to several minutes, the athlete's condition worsens rapidly, with dilated pupils, loss of eye movement, loss of consciousness leading to coma, and respiratory failure. Second impact syndrome is a life-threatening situation that has a mortality rate of approximately 50 percent.

Management Second impact syndrome is a life-threatening emergency that must be addressed within approximately five minutes by dramatic life-saving measures performed in an emergency care facility. From the athletic trainer's perspective, the best way to manage second impact syndrome is to prevent it from occurring. Thus, the decision to allow an athlete to return play following an initial head injury must be carefully made based on the absence of post concussive symptoms.

Cited from The Principles of Athletic Training 10th edition; 2000, Arnheim, Daniel D., Prentice, William E., pg. 794

NATIONAL ATHLETIC TRAINERS' ASSOCIATION POSITION STATEMENT: FLUID REPLACEMENT FOR ATHLETES

A SUMMARY OF PRACTICAL APPLICATIONS

FLUID GUIDELINES

BEFORE EXERCISE

- 2 to 3 hours before exercise drink 17 to 20 ounces of water or a sports drink
- 10 to 20 minutes before exercise drink another 7 to 10 ounces of water or a sports drink

DURING EXERCISE

- Drink early- Even minimal dehydration compromises performance
- In general, every 10 to 20 minutes drink at least 7 to 10 ounces of water or a sports drink. To maintain hydration, remember to drink beyond your thirst.

AFTER EXERCISE

- Within 2 hours drink enough to replace any weight loss from exercise. Drink approximately 20 to 24 ounces of a sports drink per pound of weight loss.