

## **INJURY PLAN**

### **ATHLETIC AND STUDENT INJURIES**

Athletes, students, parents or guardians, physicians, and coaches should understand that the El Paso Independent School District does not assume or acknowledge liability for injuries incurred in athletics.

No contract is entered into between the participating athlete and the El Paso Independent School District. However, participation in a voluntary insurance plan may be made available to the participating athletes, but this will not constitute an acknowledgement of any liability or responsibility on the part of the El Paso Independent School District.

If parents so desire, and the insurance policy is offered, they may purchase the student plan with benefits, limitations, and exclusions, according to the terms of the policy. Parents who do not wish to purchase insurance for athletes must sign a waiver assuming responsibility and liability for any injury sustained while participating in interscholastic athletics.

All claims and payments will be handled by the parent and the insurance company.

### **RESPONSIBILITIES AND PROCEDURES**

#### **Coach**

Allow only those athletes certified by the athletic trainers as having all of the appropriate paperwork for each year on file to practice. All students enrolled in a major sports class and/or participating in any athletic program to include student managers, must have an annual physical examination dated on or after the last Friday of May. **ALL STUDENTS ENROLLED IN A MAJOR SPORTS CLASS AND/OR PARTICIPATING IN ANY PROGRAM MUST HAVE A PHYSICAL ON FILE.**

Discuss the student/athlete accident insurance plan with athletes and their parents. Parents without adequate medical coverage should be encouraged to participate in the student/athlete accident insurance plan.

Coaches must have current CPR, 1<sup>st</sup> Aid and AED certification.

#### **Athletic Trainer**

Secure all appropriate paperwork, EPISD and UIL, from each athlete and notify coaches of athlete's status.

Send the white copy of the Parents' Approval form to the Athletic Office and maintain a file of the yellow copies on all athletes. Alphabetize white copies before sending them to the Athletic Office.

Complete any additional paper work needed for insurance purposes.

Complete Injury Report on all athletes injured while participating in the El Paso Independent School District's athletic program. Send the white and yellow copies of the Injury Report to the parents and retain the pink copy for your files. If a parent takes the athlete to the doctor, the doctor completes the two forms and keeps one for his file, and the student returns one copy to the coach.

Insure school programs and student athletes comply with the District Concussion Oversight Protocol (high school trainers will be available to work with middle school coaches and athletes).

Complete required items on the insurance claim form and, upon request, send it to the parents.

The above responsibilities will be assumed by the head coach in the middle schools.

#### **Parents or Guardians**

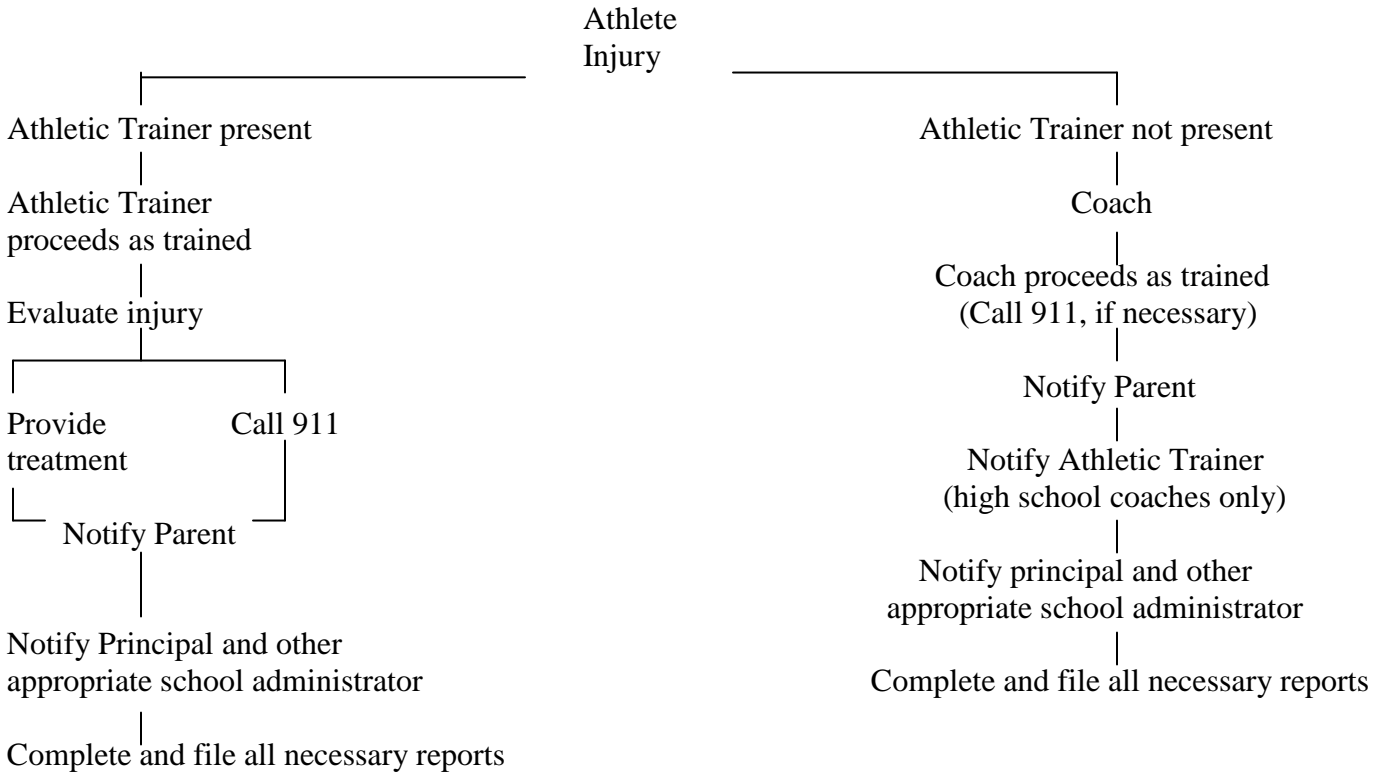
Filing of claim forms and payment of all medical bills are the responsibility of the parents or guardians.

## EMERGENCY RESPONSE PLAN

### **Athletic Trainer**

The following plan shows how the El Paso Independent School District Athletic Training staff and coaches are to handle an emergency situation on their campus. This plan will be followed for those athletes who are:

- a. Unconscious
- b. Bleeding severely
- c. Suffering from a severe fracture/obvious deformity
- d. Not breathing
- e. Experiencing a seizure
- f. Suffering from a head/neck injury



### Response Mechanisms

- \*Athletic Trainers are at all home high school contests.
- \*The Athletic Trainer assumes responsibility until the EMS arrives.
- \*Coaches will receive training in emergency procedures.
- \*On occasions when the athletic trainer is not available, the coach will handle medical emergencies until EMS arrives and assumes responsibility.
- \*Coaches in the middle school will handle medical emergencies until EMS arrives and assumes responsibility.
- \*Student trainers are only to assist the coach or adult trainer.
- \*Athletic trainer and coaches should know where the nearest phone is located and the quickest way EMS can get to the injured athlete.

### Readiness for Emergencies

- \*All means of handling emergencies are to be present: equipment, supplies, etc.
- \*Complete Emergency Medical Cards must be available.
- \*Student trainers should be properly educated to assist.
- \*Coaches, trainers, administrators must know location of nearest phone, address and phone number of school, and location of practice or athletic events.

## PROTOCOL FOR AED

Each high school campus has one (or more) AED(s) available for their use. All high school athletic trainers and/or coaches have access to and have been trained in the use of the AED.

### Use of the AED

- Determine unresponsiveness of victim, call "9-1-1" if indicated.
- Initiate emergency response procedures (First Aid/CPR/AED)
- Upon arrival, EMS shall take charge of victim.

### After use of AED

- The program Medical Director, Dr. Gilbert Handal, M.D., shall be notified of AED use.  
-Athletic trainer will retrieve rescue data from unit and forward to program Medical Director and the EPISD Health Services Department.
- Athletic trainer will complete the **AED Use Reporting Form** (found on the athletic website) and submit to the athletic office within 48 hours of the incident.  
The Athletic Director will contact the EPISD Health Services Department to schedule a quality review.
- A debriefing session will be held as soon as possible for all initial responders with Betty Ritchley, Director Health Services Department at 887-6716.
- The AED will be checked and put back into readiness state.

### AED Inventory

AED device will be monitored by the athletic training staff on each campus.

- Readiness status will be assured by daily and weekly checks.
- Readiness status will be assured following any AED use.

### MIDDLE SCHOOLS

1. AED will either be on site at the athletic event or accessible within the limits mandated by the Texas Legislature.
2. All middle school coaches have been trained in the use of the AED.
3. Coach and/or administrator will follow protocol for "After use of AED" stated above.

## PROTOCOL FOR PREVENTION, TREATMENT, AND MANAGEMENT OF CONCUSSIONS

**H.B. No. 2038** Chapter 38 subchapter D of the Texas Education Code (TEC).

EPISD has established a concussion oversight team consisting of the following individuals: Dr. Justin Wright, Dr. Arthur Islas, Danny Carrillo (LAT), and Maria Tuck (LAT). The EPISD Concussion Oversight Team has established a return to play protocol in compliance with TEC section 38.154

High school trainers and coaches will insure that school program and student athletes comply with the District Concussion Oversight Protocol. Middle school coaches and high school feeder trainers will insure that middle school programs and athletes comply with the District Concussion Oversight Protocol.

# El Paso Independent School District Return to Play Protocol

A student shall be removed from an interscholastic athletic practice or competition immediately if it is believed the student might have suffered a concussion. They will be advised of the Return To Play protocol.

- Student-athlete shall be symptom free for 24 hours prior to initiating the return to play progression
- Progress continues at 24-hour intervals as long as student athlete is symptom free at each level
- If the student-athlete experiences any post-concussion symptoms during the return to play activity progression, activity is discontinued and the student-athlete must be re-evaluated by a licensed health professional.

## **PHASE 1**

Receives written clearance from a physician and submission of required documentation following the concussion injury and:

No exertional physical activity until student-athlete is symptom-free for 24 hrs, and

## **PHASE 2**

Step 1: When the athlete completes Phase 1, begin light aerobic exercise:  
10 min on exercise bike, strength program, level 3, 60 rpm  
No weightlifting, resistance training, or any other exercise

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Step 2: Moderate aerobic exercise; 15 min on exercise bike, strength program, level 7, 75 rpm or 15 min of running at moderate intensity in gym or on field without helmet or equipment

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Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises

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Step 4: Full contact practice or training

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Step 5: Full Game Play