

OEC Medical Guidelines

E.01 Authority. These medical guidelines will be followed during athletic contests between colleges that are both members of the Orange Empire Conference (OEC). For contests between OEC colleges and colleges that are not part of the OEC, any questions regarding medical coverage will be deferred to the COA Medical Guidelines.

E.02 Athletic Trainer. An Athletic Trainer is defined as an individual who is recognized by Commission on Accreditation of Allied Health Education Program (CAAHEP); the American Medical Association and certified by the National Athletic Trainer's Association Board of Certification (NATA-BOC). The Certified Athletic Trainer is readily accessible to intervene in the care of an injury or illness to a student - athlete during practice or competition.

E.03 Home College. The home college will provide a Certified Athletic Trainer on site or to be available during home contests with the following exception; if the practice of teams at the home facility presents a higher risk of injury than the home contest, then the priority will be given to the sports with the higher risk. If there are two or more contests at the home team's facility at the same time, the Certified Athletic Trainer and Athletic Director / Division Dean of the home college will determine the coverage. Priority will be given to cover those contests with a higher risk of injury.

A. The home Certified Athletic Trainer will be available for the following:

- 1) To make himself/herself known to the visiting Athletic Trainer or coach and to be available one hour prior to the contest.
- 2) To make available outside communication by telephone or other means at all times.
- 3) To provide taping services if necessary to the visiting team.
- 4) In the event of an injury to a member of the visiting team, to evaluate the injury and provide acute care/treatment.
- 5) Consultation for emergency transportation of the injured athlete to an appropriate medical center.
- 6) To provide information regarding physicians, hospitals/urgent care centers with address/ directions in case of an emergency.

B. The following will be provided to the visiting team:

- 1) Injury ice at the contest site (including bags and wrapping material)
- 2) Water, drinking cups or water bottles on the bench or sidelines. The water will be provided one hour prior to the contest.

C. The following will be provided as needed:

- 1) Emergency medical supplies
- 2) Immobilization/splinting supplies
- 3) Taping facility/table
- 4) Crutches

E.04 Competition at multiple sites. As colleges sponsor several sports in the course of any season, and schedules may mandate that a college host multiple events at the same time, a protocol for management of this scenario is required.

- A. If there are events at two or more sites within close proximity to each other, it would be recommended to have a Certified Athletic Trainer at each site, but it would be acceptable for the Certified Athletic Trainer to be available to each site.
- B. If there are multiple events at a greater distance, (more than 4 minutes from the Certified Athletic Trainer's location) then a Certified Athletic Trainer will be at each site.
- C. During an OEC tournament, the Tournament Director or Athletic Director/ Division Dean will be responsible for providing proper medical coverage at all tournament sites.

E.05 Visiting team's responsibilities. Host colleges will assist in the management of treatment and care of visiting teams as described in these Guidelines. Visiting teams will also assist prior to their teams' travel.

- A. The visiting team is responsible for providing its own medical supplies. In case of emergency, the home Certified Athletic Trainer will provide supplies on a pay-back basis.
- B. Arrangements must be made in advance for the visiting team to receive therapeutic treatments by the home/host Certified Athletic Trainer (Electrical modalities will not be provided).
- C. The head coach of the visiting team will have in his/her possession documentation of parental permission for evaluation and/or treatment for any athletes who are under 18 years of age.

E.06 Game Injury Management. The home Certified Athletic Trainer has the authority to determine the return of an injured athlete (home or visiting team) to competition in the absence of the licensed team physician or visiting Certified Athletic Trainer. The home Certified Athletic Trainer will use sound judgment and established medical practices in this decision.

- A. The home Certified Athletic Trainer will be available to the home and visiting team for medical services for twenty minutes (20) following the completion of the contest.

B. The home Certified Athletic Trainer will communicate with the visiting team's Certified Athletic Trainer as soon as possible of any significant injury sustained by a visiting team's athlete during the contest.

E.07 Exposure to blood. Blood borne pathogens are potentially the greatest risk faced by Athletic Training personnel. As such, all protocols must be strictly followed.

A. Colleges should :

- 1) Comply with Occupational Safety and Health Administration (OSHA) regulations.
- 2) Have available OSHA approved protective and disposal equipment.
- 3) Treat all blood and bodily fluids as if they are infectious.

B. If a student athlete suffers a bleeding injury, he/she should be removed from participation until the appropriate treatment has been administered.

E.08 Pharmaceutical. The home Certified Athletic Trainer will not distribute any pharmaceutical medications (prescription and/or over the counter) to any member of the visiting team.

E.09 Catastrophic Injury management. As these injuries are of the greatest risk to the member colleges in terms of liability, these guidelines should be strictly followed to attenuate all personnel from potential legal action.

A. Family members. As soon as possible following the injury, the Certified Athletic Trainer or Team Physician should contact the injured athlete's family and provide them with information and any assistance that is needed. This contact will occur provided the proper Health Insurance Portability and Accountability Act (HIPAA) forms are on file.

B. School Officials. The Certified Athletic Trainer or Team Physician will meet with the Athletic Director/Division Dean to discuss the injury. The Athletic Director /Division Dean will notify the appropriate college officials about the injury. A college plan will be developed to allow the orderly dissemination of information regarding the injury.

C. News Media. No information will be given to the press concerning the student athlete's medical condition until permission is given by the proper parties. All requests for medical information about the injured student athlete will be referred to an individual designated by the athletic department; preferably the Certified Athletic Trainer, Team Physician or the presiding licensed physician.

D. Insurance Carriers. The Athletic Director/Division Dean and/or Certified Athletic Trainer will notify the appropriate insurance carriers of the injury as

soon as possible following the injury. These include the athletic insurance carrier(s), the catastrophic injury insurance carrier(s) and the insurance for the college district.

- E. Team Members. At the earliest opportunity, team members should be notified of the injury and about the condition of their teammate. During this meeting, the team should be advised how to communicate with the press and cautioned about the release of unfounded medical information.
- F. Counseling of team members. A college counselor/advisor will be notified and made available to team members.
- G. Record Keeping. Athletic department staff involved with the injured athlete including coaches, athletic trainers, equipment attendants and game officials shall write down their versions of the incident, to be retained in a safe location. This document will include all records concerning the athlete's participation at the college, a description in the injured athlete's own words of the incident, how it occurred, observations, witness statements, conversations concerning the injury and any other relevant information.

E.10 Lightning Safety for outdoor OEC Competitions. The Conference shall formalize and implement a lightning-safety policy and emergency action plan specific to lightning safety. It shall include details and instructions to ensure the safety of student-athletes, staff, officials and spectators.

- A. The host college's Event Manager or their designee is empowered by the Conference to make a final determination to remove individuals from the competition area, based on the criteria established in this Article.
- B. The Event Manager or their designee shall be assigned by the Conference as a designated weather watcher (i.e., a person who actively looks for the signs of threatening weather and notifies the event manager if severe weather becomes dangerous).
- C. A means of monitoring local weather forecasts and warnings is recommended, but shall not be the sole arbiter of safety at the event.
- D. The College shall create a list of safe locations (specific to each field or site) from the lightning hazard. The primary choice for a safe location from the lightning hazard shall be any substantial, frequently inhabited building. The electric and telephone wiring and plumbing pathways aid in grounding a building, which is why buildings are safer than remaining outdoors during thunderstorms. It is important not to be connected to these electrical or plumbing pathways while inside the structure during ongoing thunderstorms.
- E. The Conference shall use specific criteria for the suspension and resumption of activities, using information from the National Athletic Trainers' Association. Seeking a safe structure or location based on this criteria is

required. A flash-to-bang time of less than 30 seconds shall require an immediate suspension to the event. In using the flash-to-bang method, the Event Manager or designated weather watcher shall begin timing the length between when a lightning flash is sighted and when the associated bang (thunder) is heard. At five seconds per mile, this indicates that the strike was within 6 miles of the event location (9.66km). At that time, all individuals shall be moved to a safe location.

F. Once activities have been suspended, there shall be at least a 30-minute wait, without further indication of lightning within the 30-seconds criteria, before resuming the event. Coaches and the Event Manager shall determine an appropriate warm-up period prior to the resumption of the event.