

Needham High School Athletic Training

Certified Athletic Trainer: Ori Rochbert, M.ed., ATC, LAT

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Emergency Phone Numbers

Needham Police Dispatch
781.444.1212

Needham Fire Dispatch
781.444.0142

When talking to dispatch give the following information:

- Give the nature of the call:
 - What happened?
- **GIVE EXACT LOCATION!!**
 - Which field?
 - Where exactly on field/in school?
- Additional Info:
 - Age, Gender, Awake/Unconscious, Pertinent medical history.

SOMEONE MUST FLAG DOWN THE AMBULANCE/EMS

Injured Athlete Protocol Non-Emergency

*** Report all injuries to Ori ASAP.**

*** After my evaluation I will:**

- Contact parents, if necessary
- Refer to Doctor, if necessary
- Enact treatment/rehab plan
- Inform coach verbally (injury information will never be exchanged via email, only in person or possibly by phone).

*** Unless instructed otherwise, injured athletes should dress for activity and report to athletic training room for treatment, rehab, or instruction for modified activity.**

Injured Athlete Response Protocol Emergency

If Certified Athletic Trainer is NOT present

***STAY CALM!!!**

***YOU ARE IN CHARGE**

***CHECK – CALL – CARE**

- **Do not move athlete**
- **Check** level of consciousness and general condition of athlete.
- **Call** police dispatch 781.444.1212. If you are unsure whether or not to call, err on the side of caution.
- **Stay** with the athlete until EMS arrives. Stay positive, keep communicating with the athlete, keep athlete calm/conscious if possible.
- **Contact parents** as soon as reasonably possible.

Injured Athlete Response Protocol Emergency

*** STAY CALM**

*** Do not move athlete**

*** Call me Immediately**

*** I AM IN CHARGE:** But we are a team, follow my cues.

Call Police: 781.444.1212 (if necessary)

- Give your name
- Describe the situation and repeat any information that I give you.
- Give **exact** location (larger fields like DeFazio and Cricket require field location, Memorial requires info as to which street the athlete is closest to (Admiral Gracey or Rosemary).
- **DO NOT HANG UP UNTIL THEY DO!**
- **Send a coach or parent to flag down the ambulance.**

***Assist me if needed:**

- Control the crowd:
 - Captains should keep entire team away!
 - Coaches can help keep away nosey spectators.
 - Keep parents calm:
 - Remind them that they can best assist by keeping calm and reassuring their child.
- Contact AD when able.

Head and Neck Injury Protocol

- * Head/neck trauma may occur from a direct blow (head to head/ball/body/ground/etc...) or indirect blows (whiplash).
- * **DO NOT MOVE THE ATHLETE;** Contact Ori immediately!
- * **Stay Calm!!** Check consciousness and level of alertness. Know your athletes! How is he/she behaving? Normal (for them)?
- * **DO NOT SEND THEM ANYWHERE ALONE!**
(bathroom, locker room, etc...)
- *Return to play protocol:
 - Every athlete responds differently to a head injury; there is no set time to return to normal activity level.
 - If physician/specialist sees athlete they MUST receive a note with:
 - **Their Name**
 - **Date**
 - **MD Recommendations/Instructions**
 - **MD Signature.**
 - In addition to MD clearance, athlete must be cleared by the Certified Athletic Trainer.

**Please refer to August 2010 updated concussion policy for additional information.*

Lightning Policy

- * Use common sense; if severe weather is predicted, be prepared to adapt and act.
- * If lightning is seen or thunder is heard, immediately evacuate the field, and seek shelter indoors (a bus or vehicle may be accessed). Leave all equipment on the field.
- * 30 minutes must pass from the last lightning seen or thunder heard before returning to the field. Lightning/thunder reoccurrence results in the 30 minute wait period over.
- * If Ori is unavailable then coaches are responsible for monitoring this period.
- *If you are at an away game and do not feel safe due to adverse weather, keep your team off the field!