



Ashley Hall
Athletic Handbook

Ashley Hall's Athletic Department
General Information

Address: 172 Rutledge Ave.
Charleston, SC 29403

School Phone Number: 722-4088

Athletic Director 843-720-2869

Franny Slay
Assistant Athletic Director 843-965-8510

Jodie Runner
Athletic Trainer 843-697-9947

Wendy Dammai

Athletic Department Phone Numbers

Franny Slay	720-2869
Mary Gastley	720-2851
Gail Bailey	720-2883
Maggie Laney	965-8468
Jodie Runner	965-8510

Athletic Department Fax # 720-2871

School Colors: Purple/White

Mascot: Panther

Website: www.ashleyhall.org

School Administrator and Assistants

Head of School	Jill Muti	720-2858
School Secretary	Cori Herring	720-2850
Director of Upper School	Mary Schweers	720-2859
Upper School Administrative Assistant	Meredith Oxley	720-2873
7 th /8 th Grade Administrator	Chris Hughes	965-8460
Director of Intermediate Program	Lois Ruggiero	965-8451
Intermediate Program Admin. Assistant	Leslie Ammons	720-2865

Ashley Hall School
Department of Physical Education and Athletics

Physical Education/Athletic Staff

Athletic Director – Franny Slay
Physical Education Staff/ JV and Varsity Volleyball – Franny Slay
Physical Education Department Staff/ Varsity Tennis – Mary Gastley
Physical Education Staff / Varsity Cross Country / Varsity Track – Gail Bailey
Aquatics Director/Physical Education Department Chair/ and Varsity Swim Coach-Maggie Laney
Assistant Athletic Director, Basketball Director/Coach, Sports Information Director, Physical Education Staff-Jodie Runner
Dance – Stephanie Christensen

Fall Sports Coaching Staff

Varsity Tennis – Mary Gastley
JV Tennis – Amie Pierce
JV and Varsity Volleyball – Franny Slay, -assistant - Hayley Harrell
Bantam Volleyball – Mackall Horres, Becky Grantham, Liz Bailey,
JV and Varsity Sailing – Tim Fitzgerald
Cross Country – Gail Bailey
Varsity Swimming – Maggie Laney
Varsity Golf – Terese Dynjan, Jon Watkins
Equestrian Team –Heidi Ravenel, Emily Hertz

Winter Sports Coaching Staff

Varsity Basketball – Jodie Runner
Junior Varsity Basketball – Jodie Runner
Bantam Basketball – Mark Bowden, Arden Hare, Dana Molony,
Archery – Anna Ruggiero

Spring Sports Coaching Staff

Varsity Track – John Slepetz and Gail Bailey
Varsity Soccer – Marc Simpson, **Assistants** – Andrea Muti, Sarah Evans
Varsity Sailing – Tim Fitzgerald
Lacrosse – Kristen Callahan

Coach	Sport	Cell	email	
Franny Slay	AD & JV and Varsity Volleyball	843-729-1273	slayf@ashleyhall.org	
Jodie Runner	Asst. AD/Basketball/Sports Info	304-582-4765	runnerj@ashleyhall.org	
Amie Pierce	JV Tennis		piercea@ashleyhall.org	
Mary Gastley	Varsity Tennis	843-437-1740	gastleym@ashleyhall.org	
Gail Bailey	Cross Country/Varsity Track	8430437-1741	baileyg@ashleyhall.org	
Maggie Laney	Varsity Swimming	364-7696	laneym@ashleyhall.org	
Tim Fitzgerald	JV/Varsity Sailing		timfitz875@gmail.com	
Terese Dynjan	Varsity Golf	602-677-1076	terese.dynjan@pga.com	
Heidi Ravenel	JV/Varsity Riding	843-670-1166	hravenel@arjrc.com	
Emily Hertz	JV/Varsity Riding		emilyhertz@gmail.com	
	Bantam Volleyball			
Mackall Horres	Bantam Volleyball	843-513-8167	mackallhorres@gmail.com	
Liz Bailey	Bantam Volleyball	843-327-7204	lizbailey1978@gmail.com	
Becky Grantham	Bantam Volleyball		granthamr@ashleyhall.org	
Jodie Runner	JV/Varsity Basketball	304-582-4765	runnerj@ashleyhall.org	
Mark Bowden	Bantam Basketball	352-318-2779	bowdenm@musc.edu	
Lucy Buxton	Bantam Basketball		saintlucy64@gmail.com	
Dana Molony	Bantam Basketball	843-345-4020	molonyd@ashleyhall.org	
Arden Hare	Bantam Basketball	843-345-2142	arden44@gmail.com	
	Bantam Basketball			
Anna Ruggiero	Archery	843-813-5183	ruggieroa@ashleyhall.org	
John Slepetz	Varsity Track	437-1171	jslepetz@hotmail.com	
Marc Simpson	Varsity Soccer	906-0472	simpsonm@ashleyhall.org	
Kristen Callahan	Lacrosse	508-2803941	callahank@ashleyhall.org	
Hayley Harrell	Assistant Volleyball		hayleyharrell@ymail.com	
NeShonda Brown	Assistant Basketball		njmclaur@gmail.com	
Andrea Muti	Assistant Soccer	276-8642	mutia@ashleyhall.org	
Sarah Evans	Assistant Soccer		evanss@ashleyhall.org	
Wendy Dammai	Athletic Trainer	843-697-9947	wmdammai@yahoo.com	

Mission of Athletics

Ashley Hall, an independent girls' preparatory school, designs programs "so that each student experiences a wide range of opportunities to achieve her potential, and grows in self-esteem, intellect, and spirit." This is as true in physical education, intramural activities, and interscholastic athletics as it is in any other area of the school's programs. Athletic opportunities are "planned and implemented by an outstanding faculty and staff and supported by a strong community of parents, friends, alumnae, and trustees."

The goal of athletics at Ashley Hall, both internally and externally, is to teach students skills, team concepts, independent responsibility, and how to enjoy skills in a competitive setting.

The Objective of Sports

Varsity

- Allow committed, qualified students the opportunity to participate on teams sponsored by the school
- To refine skills and game strategies
- To provide stimulating practice sessions and appropriate levels of competition
- To allow playing time as determined by the student athlete's ability, commitment, and academic responsibility
- To encourage the development of mature responses to facing challenges
- To further develop and enhance sportsmanship, leadership, loyalty, and commitment
- To require self-discipline and a strong work ethic

Junior Varsity

- To prepare junior varsity team athletes, through appropriate competition, for participation in varsity
- To emphasize and develop skills and strategies
- To provide stimulating practice sessions and appropriate competition to allow opportunity for success
- To allow playing time in practice and games over the course of the season so that athletic maturity may be gained
- To allow for the development of sportsmanship, leadership, loyalty, and commitment
- To encourage self-discipline and a strong work ethic in sports as well as academics

Bantam (Grades 5-basketball and tennis only),6, 7, & 8)

- To allow all students an opportunity to make a commitment to compete on athletic teams sponsored by the school
- To teach fundamental skills and introduce game strategies
- To provide stimulating practice sessions and appropriate competition
- To allow the opportunity for success
- To allow playing time in games and practices over the course of the season so that each member gains the experience of competition
- To introduce self-discipline and a strong work ethic
- To recognize success and progress throughout the season as skills are mastered, as team unity develops, and as sport strategies are realized

Developmental Sports

- To prepare interested students to play a game following rules and developing team concepts
- To provide those willing to commit themselves to learning an activity the opportunity, through planned practices
- To develop an appreciation for the challenge of sport and an increased desire to improve skills
- To promote self-discipline and responsibility among would-be athletes

Athletic Philosophy Statement

The primary goal of competition is to win. It is why our players spend hours of their time in practice; it is why we as coaches provide the athlete with the skills and knowledge needed to reach this goal; it is why the development of the team unity is stressed as a vital component in the success of our program.

However, winning is not our only goal, nor is it the measure of a successful program. **Win or lose, building character in each of our players is the ultimate goal of our program because character extends beyond the athletic field and into everyday life.** There are three major areas in which players can experience personal growth through participation in competitive athletics.

Self-Development - Players gain confidence, not just from winning, but from continuing to improve and eventually mastering each skill. Players learn how to encourage and work together with other members of the team, even if they are not friends off the athletic field. Players learn to be responsible by attending practices, being on time and maintaining good academic standing. Players learn to be accountable for their behavior on and off the court. Performing skills incorrectly, giving less than 100 percent, and violating team rules are detrimental, not only to the individual player but to the team.

Overcoming Adversity - If athletics teaches us nothing else, it teaches us that life is not fair. Officials' calls do not seem to go our way, everyone does not get equal playing time, and some people are naturally better athletes than others. A player's response to these situations can either push a team toward success or guarantee failure. I can try hard, or I can quit. I can make my teammates better, or I can complain about my lack of playing time. I can continue to work hard even when I do not receive awards or recognition. Learning to respond positively will help the athlete overcome adverse situations, not only in athletic competition, but also in academics or a future career.

Keeping Failure in Perspective - Most teams will not win state championships; in fact, many will not even win a conference championship or have a winning record. Every player, no matter what the skill level, will make mistakes. It seems that failure is inevitable, yet most athletes choose to continue competing and practicing rather than quit. They refuse to become complacent or drown in self-pity, focusing on the failure. By keeping failure in perspective, they have learned to reflect, not dwell, on mistakes and to evaluate, win or lose, the successfulness of each performance.

It is Ashley Hall's desire to build an athletic program with a winning tradition. It is also our desire to help our athletes develop qualities that will enable them to achieve success, not only on the athletic field but in future endeavors as well.

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Athletic Opportunities

Fall

JV and Varsity Tennis
Bantam, JV, and Varsity Volleyball
Varsity Golf
Varsity Cross Country
JV and Varsity Swimming
Varsity Golf
JV and Varsity Equestrian (all year)
JV and Varsity Sailing (all year)

Winter

Varsity Basketball
JV Basketball
Bantam Basketball
Archery

Spring

Varsity Track
Varsity Soccer
JV Soccer
Lacrosse
Bantam Lacrosse
Bantam Tennis
Archery

All Ashley Hall students in grades 6-12 are invited to try-out for athletic teams. **In cases where teams must be chosen, the athletic department puts its faith in the professional judgment of its coaching staff in assessing student-athlete ability and selecting an appropriate team in a fair and impartial manner.**

(Please note that students in grade 5 are eligible to play Bantam Basketball, Bantam Tennis, and non-contact junior varsity sports if the coach feels like they are ready to compete at this level).

Interscholastic Participation for Student-Athletes Team Policies

Establishing criteria for making a particular team and/or the number of students on a given team is the responsibility of the athletic director and the respective head coach. Teams may be comprised of students in the following grade levels.

Varsity Level Teams-grades 6-12

(Excluding contact sports such as basketball, soccer, and lacrosse)

Junior Varsity Level Teams-grades 5-10

Bantam Level Teams – grades 6 - 8 (volleyball)

Bantam Level Teams – grades 5 - 8 (basketball)

Bantam Level Teams– grades 4 - 8 (tennis)

Varsity Teams

******At the varsity level, the goal is to field a team that will be competitive.

Therefore, the commitment and expectations are greater. Student athletes are required to attend every practice and game, even during the holidays and breaks where events might be scheduled. The basic requirements for a student athlete to play on a varsity team are as follow: a player must possess a high level of **SKILL**, she must demonstrate **KNOWLEDGE** of the game and team strategy, she must display a real **COMMITMENT** to the team and she must put forth her best **WORK ETHIC** at all times. Team members may be from any grade level from the 6th grade on with the exception of contact sports.

Junior Varsity Teams

******At the junior varsity level the goals are participation, sportsmanship and the development of basic skills and leadership. The basic requirements for a student athlete to play on a JV team are as follows: **ATTENDANCE** at all practices, a player must demonstrate a **WILLINGNESS** to learn and be able to apply what they learned in a game situation, and she must also put forth her best **EFFORT**. The junior varsity level also seeks to prepare student athletes for the more competitive varsity level by enhancing skills and promoting a commitment to team, physical fitness and development.

Bantam Teams

The purpose of the bantam team level of participation is to initiate the development of fundamental skills, sportsmanship, and prepare students for junior varsity and varsity level competition. Coaches will be aware of what the junior varsity and varsity team is doing and will try to implement the same terminology and program.

Starting practice dates for Bantam, Junior Varsity and Varsity Teams requiring mandatory attendance are as follows:

Fall Sports – first week in August

Winter Sports – first week of November

Spring Sports – first week of February

Please note that the head coach will notify the team of the exact dates of the first practice. These dates mark the first day that a coach may begin required practice sessions for their team. However, any student-athlete involved with a team whose season is still in progress may not practice with the next season's team until the current season has ended unless special arrangements are made with the head coach of the team whose season is still in progress.

Mandatory Sports Meetings

At the beginning of each new sports season; fall, winter and spring, the Athletic Department is mandated by SCISA, our Athletic Organization, to hold informational parent meetings. It is MANDATORY that at least one parent is there to represent the athlete, regardless of how many times you have attended before. This is an opportunity to hear about our policies and procedures as well as meet your child's coach. Those that do not attend will likely miss very valuable information. It will also be documented that you were not in attendance. It will be very unfortunate if during the season, a situation arises that is a result of something you missed during the meeting.

Athletic Policies and Expectations for Students and Parents

In an effort to provide its students with a variety of experiences, Ashley Hall offers a substantial interscholastic program in a number of sports. Because participants in interscholastic competition represent the school to the public, they must observe the following policies. (Coaches should go over this with their teams).

For Student Athletes

- Maintain academic work in conformance with Ashley Hall's academic policy.
- Conform to school rules concerning the use of tobacco, alcohol, and drugs.
- Attend all practices, meeting and games, including practices and games scheduled during school holidays and vacations.
- Respect the authority and judgment of coaches, captains, and administrators.
- Abstain for the use of profanity at any time while representing the school.
- Maintain self-control before, during and after all practices and games.
- Will before, during, and after contests, be respectful and polite to opponents.
- Will commend good play and good sportsmanship whether displayed by a teammate or by an opponent. This should take place, win or lose.
- Appreciate the responsibility of officials and both respect and accept their decisions.
- Respect the property of the school and treat this property with care. All school property that is issued must be turned in at the end of the season in good condition. Student athletes will be charged for items lost or in poor condition.
- Captains of teams will make every effort specifically to thank officials and opposing coaches after contest.
- Student athletes will conduct themselves in such a manner that will never be a discredit to themselves, their team, or the school.

All student athletes should fully understand the above regulations. They should realize that failure to comply with any of these rules or regulations could result in suspension from the team, plus any other action deemed necessary by the Athletic Director or school administration.

For Parents

- Student athletes who sign up for and interscholastic team make a commitment to attend all games and practices including practices and games scheduled during the school holidays and vacations. Parents are asked to avoid scheduling family obligations in conflict with practice and game schedules. Parents are also encouraged to attend as many contests as possible.
- Parents will be responsible for promptly picking up student athletes after practices and games.
 - From home games and practices at the game or practice site
 - After away games, student athletes will be transported to, and must be picked up from Ashley Hall.
- Attending an interscholastic contest, parents are asked to set an example of good sportsmanship. Parents are urged to support our teams, but they should at all times be respectful of criticism.
- Parents, as well as student athletes, are responsible for all school property issued to a player. Any lost or damaged school property will be the financial responsibility of the player's parents.

Ashley Hall Policies

Academic Guidelines

To be eligible to compete on any interscholastic team student-athletes may not have an (F) from the preceding report period. Once the season begins, grades will be checked at the interim and at the end of each marking period.

Students who do not meet academic requirements at the beginning of the season or during the season will have two weeks to bring all grades to passing status before being dropped from the team. **Only one two-week period is allowed per sport.**

If a student meets the requirements but is experiencing difficulty maintaining her average, administrators and coaches reserve the right to recommend termination from the team.

Practice and Game Attendance

Student-athletes are expected to attend all practices and games. It is the responsibility of the student-athlete to organize her time and priorities so that commitments to both academics and athletics are fulfilled. It is also the responsibility of the student-athlete to notify the classroom teachers of absences from class at least one day prior to the absence when the absence is caused by an athletic contest. The student-athlete is responsible for all make-up work resulting from such an absence. All student-athletes are expected to be at school on time the day following an athletic contest. A concerted effort is made to schedule games so that a minimum of class time is missed.

In order for a student-athlete to be able to participate in a practice or a game, she must be in attendance the entire day of the day in question. Exceptions to this policy must be approved by the principal and A.D.

Any team member who is injured but able to attend school is expected to be at all practices and games unless personally excused by the head coach. Physical limitations do not preclude an athlete from being able to assist the team in some way.

Each coach will inform the student-athlete of their rules and regulations regarding practice and game attendance.

Away Contests

If a school van is used in an away contest, student-athletes are to return from athletic trips via school transportation unless the coach allows the student to return with her parents. Parents' approval must be confirmed in writing in advance if a student is to ride with adults other than that student's parents.

****Please note: Parents wishing to transport any students, other than their own, must be approved to drive. Once the paperwork is filled out and your driving record is checked, you will be notified whether or not you are eligible to drive. Parents will only need to have this checked once a year.**

Behavior

Student-athletes are expected not to be disruptive at any time during the school day. Student-athletes should conduct themselves with poise and integrity and as role models, particularly for younger students. Student-athletes must respect the judgment and decisions of coaches and officials. Student-athletes must also respect teammates and opponents. Any disagreements with coaches, officials, teammates, opponents or fans will be handled by the head coach immediately. Profanity will not be tolerated at any time during the season.

Transportation

Transportation to and from the Sports Complex on Johns Island will be provided for Spring Sports. The Ashley Hall bus leaves school at 3:30 and returns at approximately 6:30. Please be on time to pick up your students when they return to school.

Season Passes

Season passes are available to all home bantam, junior varsity, and varsity volleyball and basketball games. The cost of an adult pass is \$30.00. A non-Ashley Hall student pass is \$15.00. If you would like to purchase a season pass, please send a check for the appropriate amount to the athletic department or purchase it at your first game. **Note:** These passes are only good for games and matches played at Ashley Hall.

Grandparents: All grandparents will be admitted free of charge if the family has a season pass!

Drinks, Door, and Concessions

All parents are asked to work the door or the concession stand at specific times during their daughter's season. You will also be asked to provide drinks for the team after games. You will be notified by the team parent of your shift/drink schedule. It is very important that you be at the gym at least **30 minutes** prior to game time. Traveling teams get here very early and we lose money at the door if there is not someone there to collect. The concession stand also needs to be set up prior to and cleaned up after the game.

When sending drinks for the team, please provide fruit drinks, water or **Sports Drinks**. **Please do not send soft drinks.**

Substance Abuse Policy

The use of alcohol, tobacco or illegal drugs by a student-athlete at any time during any season in which she participates is prohibited. Any team member caught violating this rule will result in probation and suspension for the next two competitions played.

The second offense will result in immediate termination from any further play in any sport during the year.

This agreement is in effect for the entire year. A penalty will carry over from season to season, therefore.

The Physical Education/Athletic Department endorses this policy for reasons of health, hygiene, and optimal physical performance.

Coaches reserve the right to impose additional penalties.

There may be sanctions imposed administratively or through the Honor Council, since team members are school representatives (see handbook).

We have read the above policy and agree to adhere to the rules as they are stated. We understand that I may not participate in any sport until my parent/guardian and I have signed and returned this form to the Physical Education/Athletic Department.

Signature (student)

Date

Signature (parent)

Date

Code of Sportsmanship and Conduct

Ashley Hall conducts an interscholastic athletic program in the belief that competitive team experiences contribute significantly to the development of character and integrity of our student body and to the generation of school spirit. Sportsmanship and fair play are invaluable components of such a program.

We expect our coaches, players, faculty and students to represent Ashley Hall in a manner that is respectful of others both on and off the field of play. It is our objective to develop and maintain the highest standards of courtesy, emotional discipline and good sportsmanship.

We encourage the enthusiastic support of parents and friends. We expect adults to uphold the same high standards that we ask of our student-athletes.

Ashley Hall will not tolerate any spectator, either student or adult, whose behavior is disrespectful to players, officials, coaches, or other spectators. We desire that all concerned have the opportunity to look forward to and enjoy athletic competition of the highest quality at our school.

Article XV – SCISAA Code of Conduct

Section I. Athletes, coaches, and fans shall at all time conduct themselves in a reasonable and sportsmanlike manner, reflecting full and true credit to the school they represent.

Section II. An athlete, coach, or fan will be in violation of Section I upon any one or more of the following:

- A. By making any degrading remark about the official, coach, or athlete during or after a game, either on or off the field/floor of play.
- B. By arguing with an official(s) or going through motions indicating dislike/disdain for a decision.
- C. By making any degrading remarks or criticism of any official, coach, athlete, or school to the media.
- D. By using foul, abusive, or profane language at any time.
- E. By hitting, shoving, or striking any official, coach, athlete, or fan at anytime (or attempting to do so).
- F. By being ejected from any contest.
- G. The use and/or display of alcoholic beverages, tobacco (including smokeless types), or other controlled substances is strictly prohibited at any SCISAA event.
- H. By detaining an official following the contest to request a ruling or explanation of actions taken by the official.
- I. It shall be considered unsportsmanlike conduct for a school official to remove a team from the playing area before a game is completed.

Parent/Coach Communication-Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children.

Communications you Should Expect from Your Child's Coach

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the team
- Location and times of all practices and contests
- Team requirements, i.e. fees, special equipment, off-season conditioning
- Procedure should your child be injured during participation
- Discipline that results in the denial of your child's participation

Communication Coaches Expect From Parents

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concern in regard to a coach's philosophy and/or expectations

As your children become involved in the programs at Ashley Hall it is important to understand that there may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate Concerns to Discuss With Coaches

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. Certain things can and should be discussed with your child's coach. Other things such as those below must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent.

The Procedure You Should Follow if you Have A Concern To Discuss With A Coach

- Call to set up an appointment with the Coach
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Set up an appointment with the Athletic Director to discuss the situation.

Ashley Hall Sports Medicine

Management and Policy for Concussions

A concussion is a mild traumatic brain injury that is “characterized by immediate and temporary impairment of neural functions, which may include headache, nausea, alteration of consciousness, disturbance of vision or equilibrium, etc, due to traumatic mechanical forces, direct or indirect, to the brain”. A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual. A challenging aspect in managing a concussion is recognizing the injury, especially when there could be little to no signs that a concussion occurred. A simple “ding” or “bell-rung” should not be dismissed, but this stunned, confused mental state most often reflects that a concussion is actually present.

It should also be noted that “young athletes may take longer for recovery than older athletes” due to an immature brain, and that “females seem to have worse outcomes from a concussion than males”. Adolescent athletes are susceptible to post-concussion syndrome (concussion symptoms lasting for an extended period of time), and second impact syndrome (sustaining a second head injury before the concussion has healed). Returning an athlete back to play before the brain has fully healed could have a catastrophic impact on the athlete. The latest research and South Carolina Legislation calls for a conservative approach towards management.

Signs and Symptoms of a Concussion

Parents and athletes must understand that it is her or her responsibility to report concussion signs and symptoms. As well, coaches and staff must report any forceful bump, or jolt to the head or body that resulted in the rapid movement of the head.

Signs and symptoms of a concussion may include but are not limited to the following:

- Headache
- Nausea
- Vomiting
- Dizziness
- Ringing in the ears
- Blurred Vision
- Unequal, dilated, or unreactive pupils
- Jerky eye movement
- Seeing “stars”
- Seeing double or other vision impairments
- Sensitivity to light or noise
- Slurred speech
- Drowsiness
- Easily distracted
- Fatigue
- Feeling “in a fog”
- Stunned or dazed look, glassy eyed
- Feeling “slowed down”
- Poor balance and/or coordination
- Inappropriate emotions, emotions out of the norm
- Irritability
- Personality change
- “Blacked out”
- Loss of consciousness
- Loss of orientation
- Memory problems
- Poor concentration
- Abnormal vital signs

It should be understood that the reporting and evaluation of symptoms may not be entirely reliable. This could be due to the effects of a concussion or because of the athlete's passionate desire to return to competition outweighs their natural tendency to give an honest response. It should also be noted that an athlete could experience no signs and symptoms initially, but could develop signs and symptoms several hours after a hit.

Emergency Physician Referral

Athletes must be referred and seen by a physician immediately if there is loss of consciousness or decreasing level of consciousness, amnesia lasting longer than 15 minutes with the inability to recognize people or places, an increase in signs and symptoms or symptoms that do not get better, an increase in blood pressure, injury associated with neck or spine pain, bleeding or abnormal bruising of the face or head, seizure activity, vomiting, a headache that gets worse with time, pupils unequal in size, unusual drowsiness, unusual or increasing confusion, increasing irritability, weakness or numbness in arms or legs, slurred speech or inability to speak, or any sign and symptom that suggests the athlete's condition is worsening. *Athletes should immediately be transported to the emergency room.*

In any case, it is always best to consult and communicate with the athlete's family physician in the event of a possible concussion. This will also be a step that must be completed prior to an athlete's return to play.

Ashley Hall Sports Medicine Policy

- Any athlete that sustains a blow or jolt to the head will be taken out of the activity for evaluation of possible concussion signs and symptoms.
- In the absence of an athletic trainer during competition or practice, coaches will not allow an athlete to return to activity if the athlete experiences a significant bump, blow, or jolt to the head. The coach will monitor the athlete for signs and symptoms of a head injury and medical emergency situations. The coach will contact the parents, and notify Ashley Hall's Athletic Trainer of the incident. Follow up will be done by the athletic trainer.
- The only person(s) who shall "clear" an athlete to re-enter a game the same day of a hit after being removed from the contest due to possible signs and symptoms of a concussion, is a certified athletic trainer, physician, physician assistant, or nurse practitioner. Caution will be taken with Ashley Hall Athletes. If the Ashley Hall Certified Athletic Trainer is present, he/she will have the authority to hold an athlete out even if cleared by another health-care professional. If traveling, and in the absence of the Ashley Hall Athletic Trainer, coaches have the authority to hold any athlete out of competition who hit their head, showed any signs or symptoms, even if they were "cleared" by the host team's health-care professional(s).
- An athlete sustaining a possible concussion will be monitored closely and treated conservatively, even if the injury was sustained outside of program hours. The athlete must adhere to all "return-to-play guidelines".
- If the injury occurs during practice or competition:
 - The athlete will not be allowed to return to play for that day.
 - The athlete will be evaluated and monitored by the athletic trainer or other health-care provider (if present).
 - The parent(s) will be notified.
 - Home care instructions (if the athletic trainer is on site) will be given to the parent or to a responsible adult who will observe and supervise the athlete during the acute phase of the concussion. Both oral and written instructions will be given.
 - *The athlete will not be allowed to drive a motor vehicle home.* A parent, guardian, or approved adult by the parents (must have written or verbal approval from the athlete's

parent) will need to pick the athlete up from practice or competition. *Another athlete or student is not allowed to drive the injured athlete home.*

RETURN-TO-PLAY GUIDELINES

- Day of Injury: Immediate removal from activity or competition and no return-to-play for that day.
- Recovery may take longer in children and adolescents versus and adult and require a more prolonged return-to-play progression.
- An athlete with a concussion history may require a more conservative return-to-play progression.
- Athletes must satisfy ***ALL*** four general conditions before returning-to-play:
 - 1) Complete a medical evaluation from a doctor, and be medically cleared
 - 2) Demonstrate that she is completely symptom free at rest for 7 consecutive days
 - 3) Successfully complete the Step-Wise Exertion Exercises
 - 4) Demonstrate intact neurocognitive function through cognitive tests

Medical Evaluation

Athletes must be seen and cleared by their family doctor (physician, physician assistant, or nurse practitioner) prior to returning-to-play, even if they were seen in the emergency room. Current research shows that most concussion patients will invariably have normal CT scans and MRI tests. These test are valuable in ruling out other head injuries, however, are not a tool used to “clear” a concussion patient for competition. “Medical Clearance” from a neurologist may server as a doctor’s evaluation, but the athlete must still meet all “return-to-play guidelines” before returning to activity at Ashley Hall.

Symptom Free

An athlete will complete a post-concussion inventory list that will help the athletic trainer evaluate if the athlete is symptom free. The athlete will continue to use this tool throughout recovery. The athlete must have 7 consecutive days of being symptom free prior to returning to activity, this includes being symptom free in the classroom and without use of medication. The athlete should not be taking any medication for the 7 days of “symptom free” that would mask or modify signs and symptoms of a concussion. If an athlete takes medication that is a pain reliever in effect for any other conditions of the body (i.e. menstrual cramps), that day will not be considered a “symptom free” day.

Step-Wise Exertion Exercises

Before beginning any exercises, the athlete must report being completely asymptomatic at rest. Because post-concussion symptoms may evolve due to increase metabolic activity in the body, the athlete will complete a graduated exertion exercise program. The Step-Wise Exertion protocol is as follows: (1) light aerobic exercise, (2) sport-specific training of moderate exertion without the threat of contact from others, (3) noncontact training drills involving others of moderate to heavy exertion, (4) full contact training drills, (5) and game play, return-to-play. If the athlete reports any post-concussion symptoms during the exercises, they should immediately stop exercise and the athlete will return to the previous level of exercises at which she was last asymptomatic. 24 hours must space each progression step.

Cognitive Testing

“There is increasing evidence and international agreement that an athlete should demonstrate intact neurocognitive functioning before returning to sport participation. Cognitive recovery is considered achieved when an athlete’s cognitive levels return to baseline levels of testing.” Ashley Hall will achieve this through the use of ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), a scientifically based computer program that measures cognitive function. Baseline test will be required for athletes competing in contact and collision sports, but suggested and offered for all athletes. Baseline test will be required annually or bi-annually based on ImPACT recommendations. A new baseline examination will be required for those who sustained a concussion in the last academic year.

Academic Considerations

Academic performance in class may be impaired after sustaining a concussion or other head injuries. Reading, focusing the eyes, and concentrating for long periods of time can cause concussion symptoms to develop or worsen. The Centers for Disease Control and Prevention (CDC) recommends that “students returning to school after a concussion injury be allowed to take rest breaks as needed, spend fewer hours at school, be given more time to take tests or complete assignments, receive help with school work, and/or reduce time spent on the computer, reading, or writing”. Therefore, after the athletic trainer or athletic staff has been notified of a concussion injury, and evaluated for a possible concussion, school administrators, counselors, and teachers will be notified of the situation through email, suggesting academic modifications. School administrators and teachers should work with the doctor(s) and athletic trainer to provide appropriate modifications per each student athlete. No athlete will be cleared to return to sport or activity before they have managed to return to school/class successfully without having or developing signs and symptoms in the classroom for 7 straight days.

Protective Equipment for Concussion Prevention

The athletic trainer, coaches, athletes, and parents should understand the limitations of protective equipment designed to prevent concussions. All warning labels associated with protective equipment should be read and understood. The use of headgear is neither encouraged nor discouraged at this time as research on effectiveness is still limited. Protective equipment should fit properly, be well maintained, and be worn correctly.

Coach Training

Coaches will be required to complete annual training on preventing, recognizing, and responding to a concussion. Ashley Hall Athletics will use the tools provided by the Centers for Disease Control and Prevention. Information can be found at www.cdc.gov/concussion/HeadsUp/online_training.html.

Athlete and Parent Education

Athletes and parents will be asked annually to read and review the Ashley Hall Sports Medicine Management and Policy for Concussion and concussion information provided in the Ashley Hall Athletic Handbook. Athletes and parents are required to sign that they have read and reviewed this material. Further information can be found at www.cdc.gov/concussion

***This policy adheres to SC Legislation: Section 59-63-75 and SCISA recommendations.

Ashley Hall Sports Medicine

Management and Policy for Heat and Heat Related Illnesses

Heat illness can range from a simple muscle cramp to a life threatening heat stroke. Heat illnesses cause multiple deaths each year in high school sports. Catastrophic outcomes are preventable and the risk of heat illnesses can be reduced significantly with proper planning, limiting activity when necessary, and hydration of athletes before, during, and after activity. Dehydration is the leading cause of heat illnesses, but further more, other factors can increase one's risk as well. When exercising in heat, the body's mechanism of cooling is through sweat evaporation. Factors that limit the body's ability to sweat are dehydration, air temperature, humidity, and certain illnesses or genetic traits. If the body can not cool properly and at optimal levels, heat illnesses may plague the athlete. Due to this knowledge and available scientific research, the following information, recommendations, and policies have been made.

Types of Heat Illnesses

- **Heat Cramps:** Painful cramps involving muscles of the extremities and abdomen.
- **Heat Syncope:** Weakness and fatigue, sometimes associated with a brief episode of fainting. Other notable symptoms, but not limited to, are dizziness, tunnel vision, and pale sweaty skin.
- **Heat Exhaustion:** The inability to continue exercise associated with heavy sweating, dehydration, sodium loss, and energy depletion. A person will have associated heat illness symptoms. Most notable symptoms, but not limited to, are pale skin, excessive sweating, fatigue, nausea, vomiting, and/or dizziness.
- **Heat Stroke:** Medical Emergency! Elevated body temperature of 104°F or above, with associated loss of consciousness, seizures, and/or disorientation. Athlete may have other notable symptoms, but not limited to, hot/dry or wet skin, cessation of sweating, and altered vital signs.

Signs and Symptoms of a Heat Illness

The following are common signs and symptoms related to heat illness, but are not limited to those provided in this list. In the event an athlete is suffering from one or more of the following with associated activity in the heat, the athlete should stop activity and be referred to an appropriate allied health care provider or medical professions for full evaluation.

- Thirst
- Muscle spasms / cramps
- Heavy or profuse sweating
- Flushed skin or cool, clammy, and pale skin
- Headache
- Lightheadedness
- Dizziness
- Rapid pulse
- Nausea
- Weakness and fatigue
- Disorientation, confusion
- Elevated core body temperature
- Cessation of sweating
- Red, dry skin
- Shallow breathing and rapid pulse
- Loss of consciousness

Non-environmental Risk Factors

There are other conditions that may increase a person's risk of developing a heat illness. If the athlete has any of these conditions they should convey this information to the coach and sports medicine staff prior to participating in any practice or game.

- **Dehydration and/or Electrolyte Imbalances:** Can be caused by sweating, inadequate fluid intake, sickness (vomiting, diarrhea), certain medications, and alcohol.
- **Illness:** If an athlete has been sick or is sick with a gastrointestinal virus, or any other illness, this can lead to dangerous levels of dehydration.
- **History:** Individuals with a history of heat illness are at greater risk for recurrent heat illnesses.
- **Obesity:** These individuals are at higher risk because of the body's inability to cool quickly due to extra fat layers.
- **Poor Physical Conditioning:** These individuals who are untrained are more susceptible to heat illness as compared to a physically fit athlete.
- **Lack of Acclimation:** Even a physically fit athlete is at risk if they have not acclimated to the environment.
- **Medications and Drugs:** Athlete's taking certain medications including diuretics, antihistamines, beta blockers, and anti-cholinergics are at higher risk for heat illness.
****Common medications among teens such as Ritalin and Aderal are within these high risk categories.****
Energy and Diet supplements, along with Ergogenic aids, such as Creatine and Ephedra should be avoided as they lead to dehydration of the body.
- **Predisposing Medical Conditions:** The following medical conditions add to the risk of heat illness, Sickle Cell Trait, Cystic Fibrosis, Scleroderma, Arteriosclerotic Vascular Disease, Neuroleptic Malignant Syndrome, and Malignant Hyperthermia.

Environmental Risk Factors

Ambient air temperature and humidity have a direct effect on the ability for a body to cool itself through the evaporation of sweat. When the air temperature is above 90°F, and/or the relative humidity is high, the body is at a higher risk to not effectively stay cool, which may be compounded by the level of dehydration an athlete may have.

- A WBGT and Humiture Chart will be used to determine suggested modifications for physical activities.
See Charts at the end of Policy.

Acclimatization to Heat

Environmental acclimation is a way to help prevent heat illnesses. Acclimation means becoming adapted to the weather or climate. To become acclimated to an environment, an athlete must workout in that environment. Athletes should gradually progress into activities outside and in the heat. This process takes 7-12 days, and teens have shown to take longer to acclimate to heat as compared to adults. As a result of acclimation, the sweating mechanism of a person is enhanced, thus allowing for greater and quicker cooling of the body. Body temperatures will rises at a slower rate compared to one who is not acclimated to the environment. The heat-acclimatization period is the initial 14 consecutive days of preseason practice for all student-athletes.

Hydration and Fluid Replacement Recommendations

- The average recommended fluid intake per day is around 8 glasses of 8 oz. of water a day. However, this should be more for an athlete who is working out and even more so for working out in the heat.
- Athletes should be hydrated well before the day of a practice or outside activity. Hydration is a 24-hour a day process.
- If exercising in the heat, it is recommended to consume 8-16 oz. of fluid before activity.
- During exercise, the average person should drink 8-12 oz. of fluid every 20-30 minutes.
- Athletes should avoid drinking beverages containing caffeine, alcohol, and carbonation due to their dehydrating effects. An athlete should also avoid drinks that have greater than 8% carbohydrates in them.
- Urine color is an easy method to determine hydration status. Light yellow to clear urine indicates a well hydrated athlete.

Ashley Hall Sports Medicine Policy

- All athletes and parents should be educated on Heat Illnesses and review the Heat Policy. A preseason email will be sent to all parents and athletes addressing this.
- If an athlete has any known non-environmental risk factors, these should be stated on a pre-participation physical and/or brought to the attention of the sports medicine staff and coaching staff prior to participation.
- Prior to outdoor practices, a digital psychrometer will be used to determine ambient temperature and relative humidity. If a psychrometer is not available, athletic personnel will refer to information provided by www.weather.com to determine temperature and humidity. Personnel should continue to monitor temperature and humidity every 30 minutes of practice/game.
- Environmental Conditions Modification Charts will be referred to for determining modifications of all physical activity in the heat relative to information collected from the psychrometer or www.weather.com.
- The sports medicine staff and coaching staff will constantly monitor athletes for signs and symptoms of heat illnesses when participating in the heat.
- Athletes will be allowed to rest at any time during outside activity without fear of repercussion or penalty. They will have access to hydrations stations (i.e. water coolers / water fountains). Rest areas / cooling zones in shaded areas will be provided.
- If an athlete reports any one sign or symptom of a heat illness, in association with activity performed in the heat, the athlete will be taken out of activity and asked to rest in the shade for no less than 10 minutes and must drink 8-16 oz. of fluid before being allowed to return to activity. Symptom(s) must have resolved before returning to activity.
- Any athlete of concern will be evaluated by the athletic trainer (if on site).
- Any athlete suffering from a possible heat illness will be monitored closely and treated conservatively. The athlete will be cooled through various measures and made to replace fluids lost. Referral to a physician will be done as needed. Returning to activity will be based on history, signs and symptoms, and determined by the sports medicine staff. Parents will be notified of the athlete's condition.
- If an athlete suffers from a Heat Stroke or extreme Heat Exhaustion, the emergency action plan will be activated and the athlete will be sent to the hospital. Appropriate medical personnel may use rectal temperature monitoring to determine core temperature. Temperature 104°F will be rapidly cooled using cold water immersion if available on site. Athletes who suffered from a Heat Stroke cannot return to activity until released by a physician. Athletes who suffered from Heat Exhaustion will not be allowed to return without specific return to play instructions from the doctor is emergency medical treatment was received.

Information based on:

The National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses, 2002, www.nata.org,
The National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes, 2000, www.nata.org,
The National Athletic Trainers' Association Consensus Statement: Preseason Heat-Acclimatization Guidelines for Secondary School Athletics, 2009, www.nata.org,
The South Carolina Independent School Association: Heat Related Illness and Athletic Participation, www.scisa.org/athletics/

Updated Fall 2015

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Ashley Hall Sports Medicine

Communicable and Infectious Diseases Policy

Due to the nature of competitive sports at the high school level, there is an increased risk for the spread of infectious disease. Those may include mononucleosis, staphylococcus infections; community acquired methicillin-resistant staphylococcus infection (MRSA), and other prevalent viruses and bacteria. In sports, many of these diseases can be spread by airborne transmission, skin-to-skin contact, or by touching and sharing infected equipment and items, generally causing infections of the body or lesions and infections of the skin. Athletes are more susceptible to skin infections if they play a collision and/or contact sport(s). Further, proper precautions to prevent the spread of any communicable and infectious diseases should be followed.

Suggestions to Prevent the Spread of Infections and Communicable Diseases

- Keep hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
- Athletes should immediately shower after practice or competition.
- Wash all athletic clothing and equipment worn and used during practice and competition daily. This also includes gym bags that carry personal gear and clothing.
- Clean, disinfect or wash protective equipment on a regular basis (i.e. helmets, gloves, knee pads, shin guards, mouth pieces).
- Do not share towels, personal hygiene products, or drinking containers with others.
- Athletes that are sick and/or contagious should not participate in practice or games unless cleared by a doctor.
- All cuts, scrapes, and skin lesions should be covered before practice or competition until healed to prevent the risk of infection and transmission. Only skin infections that have been properly diagnosed and treated may be covered to allow participation of any kind. Athletes are encouraged to report and seek attention from the athletic trainer for proper treatment.
- All new skin lesions occurring during practice or competition should be diagnosed and treated immediately.
- Playing fields and locker rooms should be inspected regularly and cleaned.
- Weight room equipment should be cleaned and sanitized daily and after use.
- Athletic training facility should maintain a clean environment. Tables and frequently touched surfaces should be disinfected frequently and after use.
- All staff and student athletes should follow the guidelines in the Blood borne Pathogens Policy and Universal Precautions Quick Guide.

Signs and Symptoms of a Skin or Wound Infection

Signs and symptoms that a wound or skin is infected may include redness, pain, swelling, hot to touch, pus or drainage, or red streaks leading away from the wound. Staphylococcus bacteria, including MRSA, can look like a pimple or group of pimples, a boil, or have any of the other characteristics already mentioned. Do not accept the answer that the area is “just a spider bite” but suspect that it could be a staph infection. Signs and symptoms do not have to appear near broken skin and can occasionally be seen at other locations on the body as redness, swelling, pain, and increased local temperature. This may mean that the infection is becoming more systemic and medical treatment should be obtained immediately. More serious infections may cause pneumonia or bloodstream infections and can be fatal.

Signs and Symptoms of Bacterial and Viral Illness or Infection

Bacterial and viral infections can cause mild, moderate, and severe diseases. These infections can be transmitted by contact or airborne. They can have common symptoms, but are not limited to, coughing,

sneezing, fever, inflammation, vomiting, diarrhea, fatigue, and cramping. Athletes displaying 1 or more of these symptoms: fever, vomiting, diarrhea, or severe fatigue will be held out of practice or game and encouraged to see a doctor. Athletes with these symptoms need to be symptom free for 24 hours and well hydrated prior to returning to practice or competition.

Ashley Hall Sports Medicine Policy

- If an individual has been diagnosed by a doctor with an injury, illness, sickness, infection or dermatological issue, a note from the doctor must be given to the certified athletic trainer or coach of clearance or limitations before participating again.
- Any athlete with a suspicious skin lesion will be asked to see a doctor and provide a doctor's note to the certified athletic trainer and coach before returning and being allowed to participate.
- An athlete exhibiting a fever at practice or competition will not be allowed to participate and will be sent home as to not spread the infection/disease.
- An athlete having symptoms of diarrhea and/or vomiting due to an illness at practice or competition will not be allowed to participate and will be sent home as to not spread the possible infection/disease. Athletes with acute symptoms will not be allowed to participate in game or practice for that day.

Information based on:
The National Athletic Trainers' Association Official Statement: Communicable and Infectious Diseases in Secondary School Sports, 2007,
& The National Athletic Trainer's Association Position Statement: Skin Diseases, 2010, www.nata.org

Ashley Hall Sports Medicine

Policy and Procedure for Medication Use and Distribution

Ashley Hall Sports Medicine's Policy and Procedures for Medication Use and Distribution is based in concurrence with the Ashley Hall Policy for Medication Administration at school during school hours. This policy will identify and outline the use and distribution of medication for sport-related activities that occur during after school hours only, on or off campus. It should be noted that student-athletes "shall not carry medicine in school except for those students given permission to do so by a licensed physician, and who have an Individualized Emergency Health Care Plan to guard against a life threatening condition". The availability of medications is strictly limited to those athletes who have followed school procedures. An athlete must have the correct documentation on file and medication provided in the nurse's office. Please refer to *Ashley Hall's Policy for Medication Administration* for these guidelines.

Policies and Procedures

General: Under no circumstances are any non-medical athletic personnel permitted to distribute over-the-counter or prescription medications to a student-athlete. All non-medical athletic personnel are strictly prohibited from dispensing or recommending any drug, medication, vitamin, nutritional ergogenic aid, or any other ingestible supplements purported to improve health or performance to any student-athlete. However, nothing in this policy should be misinterpreted as to not permit coaches or other athletic personnel to promote intake of water, sport drinks with electrolytes, or other nutritional suggestions that promote athletic health. All athletic personnel are expected to act during a medical emergency and assist with emergency medications and/or first aid as deemed necessary per the situation. For sport-related activities that occur on campus during after school hours, the certified athletic trainer is authorized to assist and access medications that are properly documented under the direction of a physician and stored in the nurse's office only. This includes OTC medications that are ordered by a physician and/or prescription medications. The certified athletic trainer will not be able to supply medications during off campus events. *No medications will be stored or distributed at the Ashley Hall Sports Complex on John's Island.* The certified athletic trainer will have some stocked ointments, antiseptics, medications, and electrolyte supplements available that are needed for "best practices" in sports medicine and for emergency response.

Distribution: All prescription and over-the-counter medications will only be given per parental consent, a physician's prescription, and previously supplied medications in agreement with the *Ashley Hall Policy for Medication Administration*. The certified athletic trainer can assist with the distribution process as instructed by the physician's prescription relative to the complaint, and only for sport-related activities that occur on campus during after school hours. *The certified athletic trainer reserves the right to not distribute, assist, or access any medications, at his or her discretion and/or based on complaint.*

When possible, it is recommended that all medications be given by parents/guardians if needed during after school hours.

- **Prescription Medications:** Any prescription medication to be administered during sport-related activities that occur on campus during after school hours will require a *Prescription Medication Physician's Order* to be completed and on file in the school nurse's office. Medication must have been provided in the original and properly labeled container through the school nurse during school hours. A written record of the drug, dosage, and date given will be recorded in the student-athlete's record in the school nurse's office. The certified athletic trainer may assist with medication distribution follow the Physician's Order per the athlete's complaint and need.
Prescription Medications will not be available at the Ashley Hall Sports Complex or other off campus events.

- **Over-the-Counter Medications:** Any Over-the-Counter medications to be administered during sport-related activities that occur on campus during after school hours will require an *Over-the-Counter Medication Physician's Order* to be completed and on file in the school nurse's office. Medication must have been provided in the original and properly labeled container through the school nurse during school hours. A written record of the drug, dosage, and date given will be

recorded in the student-athlete's record in the school nurse's office. The certified athletic trainer may assist with distribution following the Physician's Order and/or manufacturer's guidelines per the athlete's complaint and need. *OTC Medications will not be available at the Ashley Hall Sports Complex or other off campus events.*

- Emergency Medications: The use and need of emergency medications (i.e. inhalers, epi-pens, diabetic medications) must be documented through the school and noted on the athlete's *Pre-Participation History and Health Assessment Form*. A student-athlete must have a completed *Prescription Medication Physician's Order* and *Individualized Emergency Healthcare Plan* on file in the school nurse's office and be cleared for "Self-Medicating" and have the ability to carry medications in her personal/athletic bag prior to beginning any athletic season. Refer to *Ashley Hall Policy for Medication Administration* for the Self-Medicating policy. Due to the fact that athletic events occur at different venues and not always on the Ashley Hall school campus, it is highly suggested that the student-athlete have a second set of emergency medication(s) that is always located in her athletic bag. It is the responsibility of the athlete and parent to always have these medications stored in the athletic bag. The certified athletic trainer will tag and label athletic bags that contain emergency medications at the beginning of each season. Coaches will be trained to assist with medications in emergency situations. **No student-athlete will be given an emergency medication that is not prescribed to them. Emergency medications are not allowed to be shared or used for another athlete during any situation or emergency.** For any situation that an athletic personnel assists with emergency medications in an emergency situation, the AH Emergency Action Plan should be initiated and followed. Personnel should fill out an Accident Report documenting that they assisted with medication, how they responded to the emergency, and if EMS was called. The Accident Report should be put on file with the school nurse.

- Stocked Items in the Athletic Training Room: Some ointments, antiseptics, supplements, and emergency response medications are available in the training room through the certified athletic trainer based on "best practices" to provide quality care in sports medicine. These include but are not limited to:
 - o Ointments: Triple Antibiotic Ointment (Bacitracin Zinc), Zinc Oxide, Hydrocortisone, After Bite, Sting Swabs
 - o Antiseptics: Hydrogen Peroxide, Betadine, Hibiclens
 - o Supplements: Medi-Lyte (Potassium, Calcium, Magnesium Supplement)
 - o Emergency Response Medications: Glucose gels/tablets, Antihistamine (Benadryl tablets)

By signing the *Ashley Hall Sports Medicine: Parent and Athlete Acknowledgement of Received Sports Medicine Policies*, parents accept that a student-athlete can receive these stocked items to provide quality care for the athlete. If an athlete cannot receive one or none of the above listed items, this must be stated on the student-athlete's Acknowledgement Form and/or the *Pre-Participation History and Health Assessment Form*.

Information is based on:
The National Athletic Trainers' Association Consensus Statement: Managing Prescriptions and Non-Prescription Medication in the Athletic Training Facility, 2009, www.nata.org,
The National Athletic Trainers' Association: Athletic Training Services – An overview of skills and services performed by Certified Athletic Trainers, January 2010, www.nata.org,
SCDHEC/School Health: Managing Medications in School Settings, (July 2009 & Updated Suggested Revisions – waiting for publishing), <http://www.scdhec.gov/health/mch/wcs/school/guidelines.htm>
Ashley Hall's Policy for Medication Administration, www.ashleyhall.org

Ashley Hall Sports Medicine

PEP Program

(Prevent injury, Enhance Performance)

“The Santa Monica ACL Prevention Project has developed the PEP Program in order to implement a strategic training program to decrease the number of Anterior Cruciate Ligament (ACL) injuries of the knee incurred by female soccer players” and female athletes alike. Female athletes have a 2 to 8 time greater chance of sustaining an ACL injury as compared to their male counterparts at similar levels and sports. ACL tears can be devastating to an athlete’s sport season, as the injury often requires surgery and months of rehabilitation till the athlete can return to full play again. However, studies have shown that adding neuromuscular and proprioceptive exercises to an athlete’s training regimen may have direct benefit in reducing the number of ACL injuries and other knee injuries.

Most ACL injuries, 70-80%, are related to noncontact instances. Many are due to improper landing from a jump or planting and turning incorrectly. The PEP Program was designed specifically to prevent noncontact injuries, but has shown that it may also protect from some contact related injuries as well. In 2000, the Santa Monica ACL Prevention Project reported an 88% reduction in ACL injuries after athletes participated in the PEP Program, a 20 minute warm-up, performed 2-3 days a week, prior to training. Accordingly, they have reported similar results in the last 13 years.

What is the PEP Program?

“The PEP (Prevent injury, Enhance Performance) Program is a highly specific 15-20 minute training session that replaces the traditional warm-up. It was developed by a team of physicians, physical therapists, athletic trainers and coaches, and has funding support from the Amateur Athletic Foundation of Los Angeles (AAF). The program's main focus is educating players on strategies to avoid injury and includes specific exercises targeting problems as identified in previous research studies. It requires the player, coaches, and athletic trainers to pay attention to detail, form, and quality of exercises” rather than attention on quantity of exercises.

The goals of the program are to:

- 1) Avoid vulnerable positions
- 2) Increase flexibility
- 3) Increase strength
- 4) Include plyometric exercises into the training program
- 5) Increase proprioception through agilities

Ashley Hall’s PEP Program

Adapted from the Santa Monica Orthopedic and Sports Medicine Research Foundation

Program is to be performed 2-3 times a week at the beginning of team practices.

Safe for athletes over the age of 12.

Beginning of Practice

Warm-up: Jog, Shuttle Run, Backward Running

Stretching: Calf Stretch, Hurdle Stretch, Inner Thigh Stretch, Quadriceps Stretch, Lunge Stretch

Strengthening: Single Toe Raises, Walking Lunges, Russian Hamstring, Bridging, Crunches

Plyometrics: Lateral Hops, Fwd/Back Hops, Single Leg Hops, Vertical Jumps, Scissor Jumps

Agilities: Forward and Diagonal Runs

Information taken from the Santa Monica Orthopedic and Sports Medicine Research Foundation:
ACL Prevention Project: PEP Program
<http://smsmf.org/pep-program>