

# Dunbar Athletic Training

Paul Laurence Dunbar High School  
1600 Man O' War Boulevard  
Lexington, Kentucky 40513

Dear Parents/Guardians:

I want to take this opportunity to introduce myself. My name is Aaron MacDonald and I am the Certified Athletic Trainer (ATC) at PLD High School. I am employed through the University of Kentucky Sports Medicine and have covered all athletics at PLD since 2007

As an ATC, my duties consist of injury prevention, rehabilitation, and immediate evaluation and treatment of injuries under the supervision of the physicians at the University of Kentucky Orthopaedic Surgery and Sports Medicine. My education and knowledge of sports injuries allows me to assist your son/daughter with injuries which may occur. If at any time your son/daughter is injured, please inform the coaches and myself so they can receive proper care and treatment. The University of Kentucky Sports Medicine Clinic offers a Monday-Friday walk-in clinic at 7:30 am, located at 601 Perimeter Drive off Alumni Drive.

Please encourage your child to help prevent injuries or illnesses in athletics. This includes:

1. Having available any medications, inhalers, etc that may be needed (keep with athletic equipment or give to coach or myself). Without necessary medications, inhalers, insulin, etc. your child will be unable to participate in practice that day.
2. Inform coaching staff or myself of any new medications or medical conditions as soon as possible
3. Help prevent spread of illness by washing clothes/equipment after each practice
4. Please notify myself or coaches of any cuts, scrapes, or abrasions prior to practice/game.

If you have any questions concerning athletic injuries please feel free to contact me. I am at the high school Monday-Friday from 3:30 to 7:30pm, (later on game nights). You may reach me by phone at 859-361-5232 or email at ammacd2@uky.edu

I am looking forward to a healthy season.

Sincerely,

Aaron MacDonald, ATC

# Dunbar High School Athletic Department

## *Staphylococcus Infection (MRSA) Protocol*

*Purpose: To establish steps to be taken when Community Acquired Methicillin-Resistant Staphylococcus (MRSA) is suspected and/or confirmed within the Paul Laurence Dunbar High School athletic department.*

**Definition:** MRSA is a strain of *staphylococcus* that is resistant to antibiotics called betalactams. Beta-lactam antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin ([http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca\\_public.html#2](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html#2)). MRSA can be contracted by skin-to-skin contact, sharing of personal hygiene items (i.e. razors or towels), athletic equipment, and contact sports. MRSA can cause skin infections that may look like a pimple or boil and can be red, swollen, painful, and/or have pus or other drainage ([http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca\\_public.html#6](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html#6)).

**Signs/Symptoms:** What does MRSA look like?

Staph infections often begin with an open wound – allowing bacteria to enter the body and develop into an infection. Look for:

- Pimples, boils, or blisters, which become red, swollen, painful, and/or have pus or other drainage.
- Sometimes mistaken for spider bites.
- Some people may have chills, fevers, feel nauseated, and have acute pain.

**Prevention:** Staphylococcus infections can be defeated before they start by taking preventative measures. The athletic training staff and coaching staffs working together can severely limit the incident of infection.

Coach's prevention techniques:

- 1) Promote clean practice gears (uniforms, pads, shirts, shorts, and equipment)
- 2) Promote hand washing
- 3) Dress all open wounds or send athletes to athletic trainer for dressing of wounds
- 4) Report any suspicious wounds to athletic trainer
- 5) Monitor any suspicious wounds for:
  - a. Redness – a large area surrounding the wound will be involved
  - b. Swelling – will involve a large area
  - c. Drainage – watch for white or yellow pus

Athletic trainer's prevention techniques will include but not limited to the following:

- 1) Daily cleaning of treatment tables
- 2) Washing/sanitizing hands before each exam
- 3) Use of gloves when dealing with open wounds or bodily fluids
- 4) Wash towels after each use
- 5) Mop floor daily

Athlete/Parent's prevention techniques:

- 1) Wash all practice clothes including equipment such as pads every day in hot water
- 2) Immediately take a shower after each practice/game
  
- 3) Make sure athletic trainer or coach covers each open wound
- 4) Report any suspicious wounds to the athletic trainer or a physician

**Treatment:** If an athlete is suspected of having an infection, the athlete will be removed from participation and referred to a family physician. The physician will be supplied with a Skin Condition form (see attachment) to fill out for the athlete to return to the athletic trainer. The athletic trainer will follow the protocols set forth by the physician for treatment and return to play.

**Follow-up:** If an athlete does have a confirmed case of CA-MRSA, Dunbar High School will implement a cleaning process of the following areas: the athletic training room, involved team's locker room, weight room, wrestling mats, and Central office gymnasium.

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## **INJURY INFORMATION**

If at any time your child is injured, please inform the coaches and the athletic trainer so they can receive proper care and treatment. Failure to do so may prolong treatment of the injury, which lengthens the time of not participating.

When you go to the doctor, the doctor is to give you a diagnosis that states the nature of the injury, in writing, that may include a treatment plan and whether you are able to participate. If your child sees a doctor, **A DOCTOR'S NOTE IS NEEDED TO ALLOW THE ATHLETE TO RETURN TO PARTICIPATION.**

If your child becomes injured and is unable to participate in practice or games, they are still expected to attend to practices and games to receive treatment and rehabilitation unless other arrangements have been made. If your child is sick, please contact the coaches or myself to let us know.

## **SCHOOL INSURANCE PROCEDURES**

Injuries will happen in athletics and some will require a physician's attention. The Fayette County Public Schools has always provided additional (secondary) insurance for the athletes. To alleviate any problems due to insurance coverage and policy, please **carefully** read the following information.

The secondary insurance coverage provided is Hartford Life Insurance Co. The insurance you personally have on your son/daughter is the primary insurance and will be billed first. Because of this, you must take your son/daughter to be treated at a medical facility that will accept your insurance. If your son/daughter is seen where your insurance is not accepted, you will be responsible for the charges billed. The school and athletic trainer will not be responsible. The athletic trainer may suggest a facility to go to, but you will be responsible for finding out if your insurance is accepted.

If you have a remaining balance after you have filed with your primary insurance carrier, you will then file with the school insurance. They will need an explanation of the benefits (EOB) from your primary insurance carrier and the remaining balance. The injury **must be seen within 60 days** of the accident or the school insurance will not pay. You are responsible for getting the school insurance form filled out by your child's coach or myself. You can get a form from me in the training room.

If your son/daughter has no primary insurance or is on public or military aid, the school insurance will pay up to a maximum of \$25,000 of reasonable and customary charges.

If you have any questions regarding this or any other issue, please do not hesitate to contact me. This is a very simple process when all involved work together and communicate.

**FAILURE NOT TO FOLLOW THESE STEPS WILL RESULT IN YOU BEING RESPONSIBLE FOR ALL MEDICAL EXPENSES.**

### Using RICE to Treat Injuries

Musculoskeletal injuries such as strains and sprains are extremely common in sports. The initial management of these injuries is very important. If the pain and swelling can be controlled right away, the amount of playing time lost should be reduced significantly.

Rest, ice, compression and elevation (**RICE**) are the best first aid management.

**Rest** is an important component of any treatment program. Once a body part is injured, it immediately begins the healing process. If an athlete begins playing too early with an injury, it will take longer for that injury to heal. Rest does not necessarily mean the athlete is not allowed to do anything. They may still condition using a stationary bike or swimming pool and can continue weight training not involving the injured area. They can also begin rehabilitation exercises once a physician and/or certified athletic trainer determines the severity of the injury.

**Ice** should always be used as the initial treatment. It decreases pain and controls swelling and bleeding at the injury site. A treatment time of at least 20 minutes is recommended. Note that prolonged application of ice can actually cause tissue damage. For best results, use ice at the injury site for 20- minute periods several times during the day. (Frozen bags of vegetables may also be used at home. They conform very well to the any body site.) If using a frozen gel pack, place a towel or cloth on the injury site first as they reach much lower temperatures than regular ice packs.

**Compression** is also very important in the treatment of swelling reduction. Many types of compression are available. Elastic wraps are the most common. It is important to remember to cover the entire injured area as swelling will seep into areas not covered. Begin wrapping the area at the farthest point from the body (i.e. toes) and continue with firm, consistent pressure up the body part. Pads

can also be cut from felt or foam to fit difficult-to-compress injury areas, such as a horseshoe shape on the outside of the ankle. Compression should be maintained throughout the day and if possible all night until the swelling has dissipated.

**Elevation** eliminates the pooling of blood in the extremities. This reduces the swelling and bleeding at the injury site. The greater the degree of elevation, the more effective it is in reducing the swelling. If possible, the injury site should be elevated at a level higher than the heart. It is important to elevate the injury at night while sleeping also. Placing pillows under the mattress at the end of the bed or under the injury site itself can accomplish this.

Follow the RICE treatment after any injury to aid in the healing process and reduce playing time lost.