

Athletic Training Room (ATR) Policies + Injuries + Treatments

- Athletes must report in a timely manner to accomplish tasks to avoid being late for practice
- Any evals, rehab, and treatment must be done before school, during lunch, or right after school – NOT during practice time/athletic period unless approved by **both** AT and coach
 - **Athletic Training Room Treatment Times:**
 - Before School - 8:00-9:00am
 - After School - 4:35-5:30pm
 - Lunch block by appointment only
- Please send athletes to us before referring them to the doctor unless it is an emergency
- **If an athlete sees a healthcare professional for any reason, documentation should be provided to the athletic trainers and coach to be filed and followed up with. The most cautious route of care will be taken.**

Concussions

HB 2038 requires that UIL student-athletes and cheerleaders be cleared by a physician after a suspected concussion and then complete the District's Return to Play (RTP) Protocol. The student must complete the RTP progression in adherence to the Austin ISD protocol, under the care of the Athletic Trainer or designee.

- Being asymptomatic for 24-hours and physician (MD or DO) clearance is required prior to starting the RTP.
- No Phase or Stage may be done within the same 24-hour period.

Concussion Return-To-Play Protocol Stages:

Criteria to move on to next phase: Remain symptom free

- Stage 1: Light Aerobic Activity (10-15 min)
- Stage 2: Moderate Aerobic Activity (15-20 min)
- Stage 3: Sport Specific Individual Training
- Stage 4: Non-Contact Sport Training
- Stage 5: Full Contact Practice

COVID-19

- Coach Busby will be the athletics contact for any COVID related issues for the year
- Coach Ngo and Coach Busby can both initiate and monitor the COVID Return to Play protocol for athletes
 - Athletes must see a physician (MD or DO) for clearance to start RTPP, with district form filled out and signed by MD/DO
 - If asymptomatic - may start RTPP 10 days after positive test
 - If symptomatic - must be 10 days asymptomatic before starting RTPP
- Close contact quarantine - 10 days
 - If vaccinated - does not have to quarantine

COVID-19 Return-To-Play Protocol Phases:

Criteria to move on to the next phase: Remain symptom free, complete phase without fatigue or breathlessness.

- Phase 1: 15 minutes of aerobic exercise at <70% MHR
- Phase 2: 30-45 minutes of moderate activity at <80% MHR
- Phase 3: 45-60 minutes of sports specific activity at <80% MHR
- Phase 4: Full contact practice

L.C. Anderson Athletic Trainers Contact Information

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