

Names: _____

■ Case Study 3

Colin has just been hired as the head athletic trainer for Pottstown Regional High School. He had previously worked for the physical therapy clinic that provided acute injury evaluations during the school days as well as Saturday mornings. The clinic was staffed by himself, orthopedic surgeons, and another full-time, clinic athletic trainer. Colin had provided "game coverage only" in the past and was excited to take on the full-time position at the high school. Colin thought this was his big break. Now he would be the one that would direct the patients' evaluation, care, rehabilitation and return-to-play program. On the first day of the fall sports season, Colin was in the athletic training room early to set up for practices, hand out first aid kits and two-way radios to all of the coaches. The student managers helped him with the set up. Within the first hour of practice, Colin received a call from volleyball practice that a player appeared to have sprained her ankle. He went to the court and saw the player walking with a limp and complaining that her ankle "popped." No sooner had Colin assisted the volleyball player to the athletic training room, when he received another call informing him that six football players were coming to the athletic training room to have their ankles taped. In addition, two others were complaining of knee pain. Colin was becoming a bit anxious. How was he going to handle all of this at once? Because the football players were on their way in, Colin thought he could at least begin evaluating the volleyball player. He had just asked the volleyball player her name and how she had hurt her ankle, when the seven football players entered loudly. The last player in the door, Jimmy, told Colin another player with knee pain, Franklin, had fallen in the hallway and couldn't get up. Colin left the athletic training room to assist Franklin. Upon his return, Colin had eight football players, the volleyball player, and now two softball players with bumps on their heads as well as bloody noses from colliding with each other. Colin was feeling the stress; is this life as an athletic trainer in a high school? He knew he could tape the football players very quickly, but he also knew he had to collect information such as previous history of ankle injury, previous treatment and practice status. In addition the volleyball player, the two football players with knee pain, and the two softball players all needed thorough evaluations. While working in the clinic, Colin was allotted 25-30 minutes to complete an evaluation on a new patient. That approach was not going to work in this setting. Colin had a lot of work ahead, and practice had just started. 47 ©National Athletic Trainers' Association 2013 Colin began to treat the softball players, as they were bleeding, with the possibility of head injuries. The volleyball player, Sally, objected, saying "Hey, I was here first!" Thirty minutes had passed since Colin had assisted Sally from volleyball. The football players waiting to be taped became impatient. As Colin was trying to stop the bleeding on the two softball players, the volleyball coach came in, asking about Sally's status. Sally was the senior setter and there were drills that required Sally's presence, injured or not, so practice was being delayed. As he began to update the volleyball coach, the softball coach called on the radio, asking the status of the two colliding players. Were they okay? Did they have concussions? Is there a need to contact their parents? It was difficult for Colin to focus with his mind racing in so many directions. How was he going to care for all these athletes in such a short period of time? While contemplating his next steps, a limping cross-country runner entered the athletic training room.

Case Study 3 Questions

1. What advice would you give to Colin to immediately get this situation under control?

Names: _____

2. What steps should be taken by the athletic staff to enhance communication when severe weather threatens?

3. What, if any, precautions can be taken when severe weather is forecast?

Names: _____

■ Case Study 4

It was another busy afternoon at Kennedy High School. All of the fields were brimming with activity. There were soccer and field hockey games, as well as football and cross country practices. Athletic trainer, Richard James, noticed that the weather was looking ominous. Checking the weather report, he recognized the chance of thunderstorms would increase as the afternoon progressed. Before the games began, James spoke with all of the officials, informing them of the approaching storms and the school's policy on lightning. He also talked with the football and cross country coaches. The football practice field was located about a half mile from the school building. The cross country team set out on a training run that would take them off campus for part of their run. As the afternoon progressed, the sky became darker and the rumbles of approaching storms could be heard. Although the thunder was getting louder and more frequent, no one had seen any lightning. James was keeping a wary eye on the sky. Suddenly a large bolt of lightning hit nearby. James ran onto the soccer field to stop the game. He got the officials attention and they blew their whistles to halt play. James instructed both teams to get into the school building as quickly as possible. He then drove the Gator to the field hockey game to clear that field. As he began to clear the field, one official told him that the official was the only person who could stop a game once it had started. James explained that it was more important to get the athletes to safety. James then drove to football practice to clear that field. The coach first said he did not see any lightning and felt that James was overreacting to the thunder. No sooner had the coach uttered those words, when another bolt came out of the sky. The coach told all of his players to start running back to the school building. A majority of the football players could not run all the way due to the distance. James found the cross country coach and urged him to return his team to the building quickly. The coach explained to James that there were still a few athletes out on their training run. As the lightning increased in intensity and frequency, there were still athletes and coaches attempting to reach shelter. While inside, James reminded the coaches and officials of the rules regarding return to activity after lightning. He would let them know the progress of the storm and when they could resume outside activity. Even though thunder could be heard while in the building the coaches kept asking when they could get back to their practices and games. James kept one eye on the weather and one on the coaches. The athletic director arrived to check on the situation. After discussing the weather with the athletic director, the decision was made to delay the games until the storm had passed. After an hour had passed the cross country coach decided to send his athletes home. The football coach was going to resume practice as soon as he was given the "green light." 74 ©National Athletic Trainers' Association 2013 The next day the athletic director received several phone calls and emails regarding the storm the previous day. Even though no one was hurt, the parents expressed concern as to how the situation was handled. The coaches were upset that valuable practice time was lost and that the games were delayed.

Case Study 4 Questions

1. What is the state of Florida guidelines regarding lightning safety in athletics?

Names: _____

■ **Case Study 5**

Jenna Jones had been hired as an athletic trainer at Bayview High School prior to the start of the school year. She had graduated from college the previous spring and was extremely excited to start her new position. She was replacing an athletic trainer who had been at the school for less than one year. There had been four athletic trainers in the past four years at the school. Needless to say, the high school athletic training program had experienced a fair amount of instability over the past four years. At the end of the year, Jenna had her evaluation with her supervisor. Although it was a positive evaluation, the athletic director brought up multiple concerns/questions that needed to be discussed. The first issue related to a situation that occurred to an injured football player, Randy Snodgrass. Randy was initially evaluated for a concussion in the athletic training room after being injured in practice. Jenna had referred him to his family doctor, who cleared him to participate in football the next day. When Randy reported to the athletic training room prior to practice, she told him she could not allow him to practice because he could only return to participate once he was symptom free and only with a daily increase in the level of activity before participating fully. Consequently, he was going to miss Friday's game against cross town rival Johnstown, which caused Randy, his family and the head coach to become upset. Everyone wanted to know what gave her the right to withhold Randy from participating even though he had been cleared by a physician. The second situation involved Brenda Jones, a softball player who was hit in the head with a line drive during a game and needed to be transported to the hospital. The problem occurred when a phone call to 911 was initiated by a parent, instead of school personnel. The situation became even more confusing when another bystander, who no one knew, came onto the field to help provide care because Jenna was at the varsity baseball game. The athletic director wanted to know what the department's emergency action plan was, how closely the plan was followed and why she was not at the freshman softball game.

Case Study 5 Questions

1. What could Jenna have done early in the school year to help prevent some of the issues that she has encountered?

Names: _____

2. How should Jenna respond to the athletic director when asked why she was not at the softball game?

3. If Jenna returns to Bayview High School next school year, what should she do differently prior to the start of the fall sports season?