

## What is an ATC?

Certified Athletic Trainers are healthcare professionals who are experts in injury prevention, assessment, treatment and rehabilitation, particularly in the orthopedic and musculoskeletal disciplines. The American Medical Association (AMA) has recognized athletic training as an allied healthcare profession since 1990.

### **Athletic Training Content Areas**

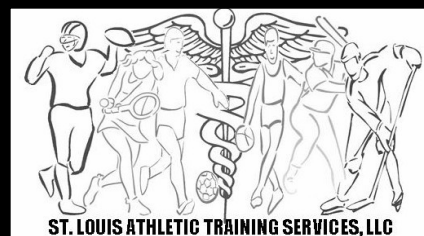
- Risk Management and Injury Prevention
- Pathology of Injuries and Illnesses
- Orthopedic Clinical Examination and Diagnosis
- Medical Conditions and Disabilities
- Acute Care of Injuries and Illnesses
- Therapeutic Modalities
- Conditioning and Rehabilitative Exercises
- Pharmacology
- Psychosocial Intervention and Referral
- Nutritional Aspects of Injuries and Illnesses
- Healthcare Administration
- Professional Development and Responsibility

### **Athletic Training Practice Domains**

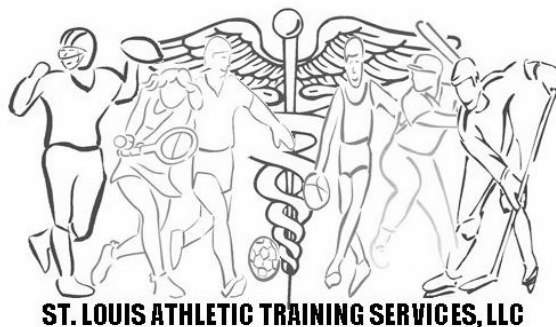
- Prevention
- Clinical Evaluation and Diagnosis
- Immediate Care
- Treatment, Rehabilitation and Reconditioning
- Organization and Administration
- Professional Responsibility

### **Employers of Athletic Training Services**

- Professional and Collegiate Sports
- Secondary and Intermediate Schools
- Sports Medicine Clinics
- Hospital ER and Rehab Clinics
- Occupational Settings
- Fitness Centers
- Physician Offices



## **SPORTS MEDICINE COVERAGE**



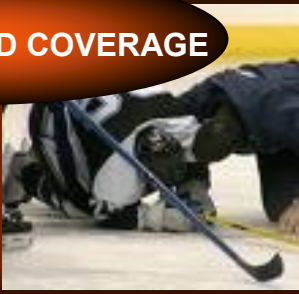
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**Your athlete's safety is our priority.**

## WHY YOU NEED COVERAGE



### Athletes are different

Athletes perform at a very high level of physical exertion. During competition, athletes subject their bodies to unusually harsh conditions. Athletes are more susceptible to injuries and need specialized medical attention when they are injured. St. Louis Athletic Training Services, LLC can provide that specialized attention.

### Who is taking care of your kids?

Not all youth sport organizations have requirements for coaches or team personnel to be certified in First Aid or CPR. Coaches are not instructed in injury recognition or management. Even if coaches were required to be certified in First Aid and CPR, this would not be enough. Knowing how to handle an injury when it occurs is only the first step. Managing an injury to an athlete should be handled by licensed medical professionals.

### Appropriate Injury Evaluation

"Playing through" any injury without a proper evaluation, could lead to a serious injury with long-term effects. Any injury suffered during competition needs to be evaluated by a healthcare professional. Having an athletic trainer on the sidelines of every game gives each athlete the opportunity to have even these mild bumps, bruises, sprains and strains evaluated immediately. Evaluating an injury immediately following the occurrence greatly increases the chance of a proper diagnosis and allows for expedited treatment to occur. Treating any injury quickly allows for a faster, safer return to competition. Knowing what the injury is, we can then justify a return with extra precautions in place, such as taping, bracing or padding.

## Why choose St. Louis Athletic Training Services, LLC?

### *Hockey Experience Makes a Difference*

St. Louis Athletic Training Services, LLC is owned and operated by an Athletic Trainer who has provided medical coverage to every level of hockey, high school, junior, college and professional. Our owner has worked over 400 professional hockey games, 350 junior games and 2,300 high school games. We know what it takes to provide exceptional service for high school hockey players, parents and coaches.

### *Staffing*

St. Louis Athletic Training Services, LLC has more resources for staffing than any other provider of athletic training coverage in St. Louis. Providing coverage for high school hockey means working late nights and weekends, your typical hospital or therapy clinic would not be able to provide this service on top of the daily responsibilities of their staff. St. Louis Athletic Training Services, LLC has more than 30 ATC's at their disposal to provide this coverage.

### *Why ATC's*

Athletic Trainers are healthcare providers specifically educated and licensed to be on site, prevent, diagnose, and rehabilitate athletic injuries.

## Missouri Concussion Law

Missouri Legislation recently passed the "Interscholastic Youth Sports Brain Injury Prevention Act". To summarize the bill, any athlete who is suspected of sustaining a head injury in an interscholastic sports setting must be removed from competition and can only return once evaluated by a licensed health care provider trained in the evaluation and management of concussions and received a written clearance from their health care provider to return to competition.

Athletic Trainers are one such licensed health care provider.

## What will St. Louis Athletic Training Services, LLC Provide?

### **Game Coverage**

St. Louis Athletic Training Services, LLC will provide one Board Certified, State Licensed Athletic Trainer for every game. The ATC will be available up to 30 minutes before and after each game.

The athletic trainer will bring a fully stocked medical kit, equipped with an AED and all other necessary medical supplies and equipment.

The athletic trainer will be positioned in the rink so that they have a clear view of the entire game and have easy access to the ice and locker rooms.

Our athletic trainers are educated on hockey specific injuries and familiar with the rules of high school hockey.

### **Coaches Certification**

St. Louis Athletic Training Services, LLC is an authorized provider of CPR and First Aid Certification through the American Red Cross and the American Heart Association. We will provide CPR and First Aid Certification for one coach from each team (Varsity and JV). Any other coaches who wish to become certified in CPR and First Aid may attend a course at a discount.

### **Supplies**

All medical supplies; tape, bandages, pre-wrap, etc. will be provided by St. Louis Athletic Training Services, LLC. Each athletic training kit will be restocked daily, and transported to the hockey rink by the attending ATC. We will also be providing an AED to have on hand at rink side in case of a cardiac emergency.

### **Documentation**

All injuries will be evaluated, documented and tracked by St. Louis Athletic Training Services, LLC. Injury notes will be sent to parents and coaches and an initial evaluation note will be made available for any follow up physician visits.

Injuries that are evaluated immediately following their occurrence are better diagnosed and can be treated in an efficient manner. Having a note of the initial evaluation and any treatments provided will go a long way in helping the physician properly treat the injury.

By documenting the injuries we can effectively communicate with the parents of the athlete, as well as with team personnel to ensure proper management of the injury.