

# **St. Louis Athletic Training Services, LLC**

## **Proposal**

### **For**

### **Mid States Club Hockey Association**

#### **Purpose:**

To provide Mid States Club hockey teams with appropriate medical coverage during all events, and to increase the care these athletes receive. High school hockey in St. Louis is a very physical, fast moving sport, where the players are not created equally. The vast difference in the skill levels from player to player is very dangerous, and subjects all participants to injury. While most injuries are not serious or life threatening, if they are not immediately recognized and treated appropriately they could become serious. Having a professional medical provider on site at every game is imperative to the health of the participants. The only medical professional specifically trained to be on site and prevent, recognize, treat, and appropriately refer any of these conditions is an athletic trainer. The duties of the ATC would include: pre and post game treatment; injury evaluation before, during and after game; immediate emergency response in the case of a catastrophic injury; documentation of all injuries.

#### **St. Louis ATS will provide:**

- 1) One Certified Athletic Trainer per contest
  - a. 30 minutes prior to start
  - b. Up to 30 minutes after game
- 2) All necessary medical supplies
- 3) Documentation of all injuries

#### **MSCHA will provide:**

- 1) Full schedule of all JV and Varsity games
- 2) All schedule changes as soon as they occur
- 3) \$75 per game for Varsity (\$800 increase to league fees per team)
  - a. \$50 per game for JV, JVD and C (\$375 increase to league fees per team)
- 4) Provide an advertising package to help offset the cost of the playoffs

The proposed appropriate medical coverage would include the following as a primary focus:

1. The prevention of injuries will include:
  - Providing appropriate application of protective taping, wraps and dressings, as well as protective braces
  - Reviewing all of the participants medical histories and physical forms
  - Reporting and correcting physical hazards
2. Evaluation of injuries:
  - Providing expertise in the evaluation and diagnosis of acute and reoccurring injuries of athletes and officials both on and off the ice
  - Advising on appropriate treatment plan for injuries
  - Advising on appropriate emergency plans for events
  - Arranging for emergency medical transportation when necessary
  - Maintaining appropriate records of all care rendered
3. Treatment of injuries:
  - Coordinating treatment plans with athletes and parent/guardian
  - Maintaining contact with parents and coaches on the athlete's progress, status and treatment plan
  - Maintaining appropriate records of all treatments
  - Advising coaches, parents and athletes when an athlete may safely return to competition
  - Advise administration, coaches and officials if competition should be halted for safety reasons
4. Health information distribution
  - Counseling athletes in seeking proper medical assistance for follow up care
  - Conducting education programs for coaches and parents regarding the care and prevention of injuries
  - Conducting CPR and First Aide certification course for coaches and administrators (additional costs will apply)
5. Emergency Action Planning
  - Working with rinks on current emergency action plan