



Execution Strategies for a Safer Return to Interscholastic Athletics

From Sports Medicine Concepts

The most obvious challenge athletic directors face in preparing to launch their athletic programs is the development of practical strategies for implementation of recommendations and guidelines provided by the NYSPHSAA and NYSDOH. Equally important is the increased risk of conditions such as heat stroke, hypothermia, exercise induced asthma, and anaphylaxis. These conditions are a greater concern this year because athletes have not been able to take part in proper strength and conditioning programs leading into the pre-season, and because altered seasonal calendars will result in a greater number of athletes exercising under environmental factors that are known to predispose athletes to the onset of these conditions. Equally concerning is the need to educate coaches and athletic trainers about changes in the American Heart Association (AHA) basic life-support (BLS) CPR algorithm that should be followed to ensure the safety of athletes, athletic trainers, and coaches in the event of the need for CPR.

Sports Medicine Concepts has been a provider of elite sports emergency care training and emergency action planning services for the country's most demanding medical teams since 1995. Using our new state of the art sports emergency care training center in Avon, NY we have leveraged our advanced simulation capabilities and medical expertise to develop turnkey strategies that athletic directors can immediately implement and be more confident that they are providing the safest possible environment for their athletes.

Return to Interscholastic Athletics Course for Coaches and Athletic Trainers (4hrs)

BOC CEUs for athletic trainers!

All programming features hands-on live simulation training in-person at or live streamed from our sports emergency care training center in Avon, NY!

Topics Include:

- COVID CPR Techniques simulation
- Environmental heat and cold management simulation and preparation
- Exercise induced asthma and anaphylaxis simulation
 - Asthma protocols pertaining to aerosole related treatments, including MDI and nebulizers
 - Administration of epinephrine auto-injectors
- Practical strategies for implementation of NYSPHSAA Considerations and NYSDOH Interim COVID-19 Guidance for Sports and Recreation Protocols
 - Donning and doffing of personal protective equipment
 - Sport specific social distancing plans, sanitation strategies, and sideline compliance monitoring for practice and competition
 - Pre-practice and pre-game check-in procedures
 - Management of student-athlete personal equipment



Campus Emergency Action Planning

- TeamEMSsoft: Emergency action planning and maintenance software platform
- COVID Compliant Sideline Emergency Red Kits

We are here to make it easy for you to make a safer return to interscholastic athletics!

Contact Sports Medicine Concepts TODAY to schedule your program

585-346-0240 or email at mjc@sportsmedicineconcepts.com