

Team Physician Protocol

General Responsibilities

- 1). Introduce yourself to either the Athletic Director of the School, or the Head Coach of the covered sport. (A letter from the Chairman of the DCMS Sports Medicine Committee has been sent to the Principal and the Head Coach)
- 2). Know what medical equipment you are expected to bring to the game.
- 3). If for any reason you are unable to be present at an assigned game and you can't find a replacement, please contact one of the backup physicians listed in your packet. If the backup physicians are unable to assist you, please contact Deana Hadden at the Duval County Medical Society's Executive Offices, 355-6561, in sufficient time for a substitute to be obtained.
- 4). Ambulance coverage will be provided at each game by one of three private ambulance companies.
- 5). Inform the Head Coaches of both teams that you are present and where you will be located during the game. (Sidelines of home team, home team spectator stands, etc.)
- 6). Establish with the Head Coaches prior to the game, the circumstances for physician involvement regarding on the field injuries.
- 7). Inform the Ambulance staff that you are present and where you will be located.
- 8). At the conclusion of the game be sure to contact the Head Coach of the visiting team and the home team, and inquire whether they wish to have any of their athletes checked prior to departure from the game site.
- 9). If you have any questions, please contact R. Stephen Lucie, M.D., President, Jacksonville Sports Medicine Program at 858-6444.

Suggested Equipment and Supplies

It is suggested that these items are a part of the first aid kit present at games and practices at home and away.

Equipment:

- | | |
|-------------------|------------------------------------|
| 1. Tongue Forceps | 2. Oral Screw |
| 3. Airway | 4. Scoop Stretcher |
| 5. Pair Crutches | 6. X-Acto Knife Handle With Blades |
| 7. Bolt Cutters | 8. Fracture Kit |

Supplies

1. 2x2 Sterile Gauze Pads
2. 4x4 Gauze Pads
3. 1x3 Sterile Adhesive Strips
4. 2x4 Sterile Adhesive Strips
5. Adhesive Tape, ½, 1, 1 ½
6. Triangular Bandages For Slings
7. Eye Patches
8. General Antibiotic Ointment
9. Cotton Tip Applicators
10. Soft Cervical Collar (Philadelphia)
11. Mild Soap (Betadine scrub/generic)
12. Tongue Blades
13. Tweezers
14. Trainers Scissors
15. Ice Bags
16. Eye Cup
17. Elastic Bandages, 3", 4", 6"
18. Iodine Preps
19. Pen Lite

Suggested Medical Equipment

It is suggested that the Physician's Field Equipment Bag should include the following items:

1. Splints
2. Blood Pressure Cuff
3. Stethoscope
4. Tongue Blades
5. Simple Otoscope
6. Bandages
7. Non-narcotic Pain Medication (i.e. ASA)
8. Hydrocortisone, 100 mg.
9. A Vial of 50% Glucose Solution
10. Aqueous Epinephrine, 1:1000
11. Syringes & Needles
12. Alcohol Sponges
13. Rubber Tourniquet
14. Suture Set (optional)
15. Injectable Local Anesthetic (optional)
16. Prescription Pad

***Either Bring Your Own Medical Bag Or Check With The On-Site Ambulance.**

Duval County Public Schools Policy Relating To Proper Hydration During Hot Weather Athletic Practices And Competition

In order to protect the welfare of student athletes who participate in sport activities during hot weather, the following guidelines and recommendations should be followed:

Encourage athletes to begin conditioning in the heat two weeks before official practice begins.

Practice sessions during annually hot and humid conditions should be limited to a very moderate workout, post pone until cooler time of the day or brought inside to avoid the heat.

Before, during and after practice or competition, be sure to consume adequate amounts of fluid.

Before Exercise

2 – hours before exercise drink at least 20 oz. of water or a diluted sports drink.

10 – 20 minutes before exercise drink another 7 – 10 oz. of water or a diluted sports drink.

Drink During Exercise

In general, every 10 – 20 minutes drink at least 7 – 10 oz. of water or a diluted sports drink.

Do NOT Drink

Fruit juices, carbohydrate gels, soda pop.

Beverages containing caffeine, alcohol and carbonation

After Exercise

Immediately after practice or competition is the key time to replace fluids.

It is recommended that athletes be weighed before and after exercise. It has been found that for every pound of weight lost, athletes should drink at least 20 oz. of fluid to optimize rehydration.

Stay Cool

Get in shape and acclimate

Know the warning signs of dehydration and heat illness which are:

Thirst

Irritability

Headache

Weakness

Dizziness

Cramps Nausea

Decreased Performance

Don't rely on thirst to drink

Drink on schedule

Monitor body weight

Warm up and rest in the shade

5) Stay Healthy

Eat a well-balanced diet

Avoid over training

Sleep well

Stay hydrated

6) Be Prepared for an Emergency

i) Always have a cell phone on hand

ii) Keep ice and towels on hand in case of heat related emergencies

NOTE: This policy is designed to minimize the dangers of practice and competition during the hot weather. Adherence to this policy is expected by all concerned and will help your athletes get off to a great start for the upcoming season.