

Athletic Training Frequently Asked Questions

1. Who provides the athletic training care for Wyoming City Schools?
 - a. Wyoming is partnered with Beacon Orthopaedics and The Christ Hospital who provides two athletic trainers, Alli King and Hayley Hodge.
 - b. They also provide two team physicians: Dr. Timothy Kremchek and Dr. Marc Schneider
2. Where is the athletic training room located?
 - a. High School: The athletic training room is located in the athletic hallway off the gym down from the locker rooms.
 - b. Middle School: Inside the gym
3. What are the athletic trainer's hours at Wyoming?
 - a. High School: We arrive at 1:00pm until the end of the last athletic practice/event
 - b. Middle School: Monday, Wednesday, Friday after school. (some game coverage)
4. What do our athletic trainers do?
 - a. Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic trainers work under the direction of a physician as prescribed by state licensure statutes.
 - b. We serve Wyoming City Schools by saving the athlete's family time and money. We can provide evaluation skills to determine whether a physician visit is necessary and we can provide the rehabilitative care to get the athlete back on the field sooner
5. What do we do if an injury occurs?
 - a. First, your coach should always be informed. If the athletic trainer is on the site, the athlete can see them right away for immediate evaluation (sideline or athletic training room). If the injury occurs off site or noticed the day after, the athlete can report to the athletic trainer before their practice to be evaluated.
 - b. A parent is always able to call or email the athletic trainer about any injuries if they are unsure on how to proceed
6. What if my athlete sees a family doctor or goes to emergency care before seeing the athletic trainer?
 - a. The athlete must provide documentation from the physician that saw the injury. Once the athlete is under the care of a physician, AT's must adhere to their treatment and restrictions, per state law.
 - b. It is advised that, unless it is a true emergency, a parent communicates with the athletic trainer about an injury so we are informed and could possibly help make recommendations for care
7. How does our partnership with Beacon Orthopaedics and The Christ Hospital benefit the Wyoming athlete and families?

- a.** Beacon Orthopaedics and The Christ Hospital provide comprehensive and quality care for the athletes. This provides the athletes with a quick referral process (normally 24-48 hours), easy communication between physicians and AT's, and a one-stop shop mentality to get athletes seen and back on the field as quickly as possible.
- 8.** What is the process for my athlete who has been diagnosed with a concussion?
 - a.** Ohio has a state law that states, any athlete removed from competition or practice displaying concussion-like symptoms must be done for the day and cleared by a physician for a return to play protocol. Symptoms are monitored daily until documentation is provided by the physician that the athlete can proceed through the 5 step return-to-play protocol. This a protocol that gradually progresses the athlete back into full participation, ensuring no symptoms return with activity.
 - i.** Step 1: light aerobic exercise (ie. Bike, elliptical)
 - ii.** Step 2: moderate aerobic exercise (ie, running, sprinting)
 - iii.** Step 3: non-contact practice
 - iv.** Step 4: full contact practice
 - v.** Step 5: full game participation
 - b.** ImPACT Concussion testing is utilized as tool to help the physician make recommendations for safe return to play. Please see the flyer on this testing for more information