Athletic Training & Medical Provider
Handbook

2014 Men’s Soccer National Championships
November 25, 2014

On behalf of Northwood University and Palm Beach County Sports Commission I would like to invite you all to the 56th Annual NAIA Men’s Soccer National Tournament.

Throughout the tournament the athletic training coverage will be provided by Northwood University and Premier Sports Medicine of Florida. Over the course of the week, several certified athletic trainers will volunteer their time to ensure the safety of your athletes while participating in the tournament. This booklet will hopefully serve as a means to acclimate you to the area and the policies that will be in place. The maps (attached separately in the email) of the Seacrest Soccer Complex and Hilltopper Stadium represents where the medical tent will be located. We ask that any injuries sustained during play first be brought to our attention, so that we may assist your team with the proper referral procedures. The Center for Bone and Joint Surgeries will serve as the orthopedists on call throughout the tournament. If one of your athletes is in need of orthopedic care and it is within office hours, please do not hesitate to call on us for appointments. Physicians’ availability is posted on the following pages along with important phone numbers for all certified athletic trainers. We will also employ the services of Delray Beach Medical Center for any non-orthopedic issues incurred during the tournament as well as emergency care. Please let me know of any questions or concerns that you may have and feel free to utilize the medical tent for all treatment and taping needs.

Sincerely,

Richelle VanWagoner, MS, ATC, LAT
Head Athletic Trainer
Northwood University
Office: 561-681-7931
Cell: 561-215-8036
Email: vanwagon@northwood.edu
Athletic Training Medical Tent

This area is designated for any treatment, taping, or evaluations your athletes may need during the day. This area will house 1-2 certified athletic trainers throughout the tournament. A few things to remember about the athletic training coverage for this event:

** Please remember to bring a stocked medical training kit
** In the absence of the team’s athletic trainer, a written letter stating treatment protocols must accompany the team
** Please remember to send with your team insurance forms for all athletes in the event referral to a medical facility is required
** Medications will not be distributed
** The supplies available in the athletic training tent will serve to supplement any additional needs you may have during the national tournament
** Treatment tables
** Emergency supplies/ First Aid supplies provided
** 2 = tens units
** 1= combination ultrasound and estim unit
** 1= 6 pack Hydrocollator
** Injury ice/ flexiwrap/ ice bags provided

There will not be a meeting for athletic trainers and other medical providers. This handout will serve as notification of information and tournament policies.

Hours of Athletic Training Coverage at Field

Sunday, November 30th

12noon until 3pm - Treatments at the field (Visiting ATC must email Richelle prior to Fri, 11/28)

Monday, Dec 1st through Wednesday, Dec 3rd - Games are scheduled 11:00 /1:30 / 4:00/ 6:30

9:30am until 30 min after last game (ATC’s at field)

Thur Dec 4th

9am until 11am - Treatments at field - by appt (AT’s must be notified prior to last game on Wed)

Friday Dec 5th Games are scheduled as 4:00 / 6:30

2:30pm until 30 min after last game (ATC’s at field)

Sat Dec 6th Game scheduled at 4:00

2:30pm until 30 min after last game (ATC’s at field)
Concussions

Concussions will be managed as follows:

- **Day of Injury**
  - An athlete who exhibits any signs or symptoms of concussion will be removed from play and may not return to physical activity on the same day.
  - If deteriorating mental status, suspected cervical spine injury, neurological deficit, or loss of consciousness longer than 1 minute, should be transported by EMS to appropriate hospital setting for further evaluation.
  - Re-check athlete every 20 minutes or until team leaves the complex to determine worsening of symptoms.
  - Give head injury precautions to person in charge of monitoring athlete for the remainder of the day/night (i.e, coach, athlete, family member).

- **Following day:**
  - The athlete should be evaluated by a physician trained in specialized concussion management and, when clinically indicated, cleared for return to physical activity utilizing the Zurich (2012) return-to-play protocol under the supervision of an athletic trainer.
  - After medical clearance, the athlete should be monitored by an athletic trainer for each of the following stages of graduated physical activity.
  - Each stage should be performed for a minimum of 24 hours, even if asymptomatic.
  - If symptoms recur during activity, the athlete should stop activity, take the remainder of the day off as well as the next day, and then resume on the subsequent day one stage lower on the protocol. For example, if symptoms occur while trying to complete Stage 3 on a Monday, the athlete would take the remainder of Monday and Tuesday off, and then resume the protocol at Stage 2 on Wednesday.
    - Stage 1: Rest, if 24 hours of rest have not already elapsed since the injury.
    - Stage 2: Light aerobic activity.
    - Stage 3: Sports-specific drills.
    - Stage 4: Non-contact practice; weight training permitted.
    - Stage 5: Full-contact practice.
    - Stage 6: Full return to competition.
Emergency Management Services

EMS will be available for all games. In the event EMS is in transport, another unit will be called to cover. If your athlete is in need of these services please understand that once they accept treatment (i.e. IV fluids) they must then be transported to the nearest medical facility. Please understand that if an athlete is in need of these services they more than likely should not be playing anyway.

Bench Supplies

Each bench will have 2 full (10 gallon) coolers, a sleeve of cups, and injury ice prior to the start of their game. This will be refilled after each game. Under no circumstances is a team to take the lids off these coolers and dip cups or bottles. A host athletic trainer will be located at the medical tent while games are being played. If you have an athletic trainer we will not intervene on your behalf, unless you have given prior permission.

Practice Sites

Please remember the athletic training staff may or may not be present at the fields during the practices leading up to the tournament. I suggest making sure your team travels with a small water cooler and cups. Our availability for treatments begins Sunday.

Hotel Athletic Training Room Hours

There are no designated hotel athletic training room times. Your teams are welcome to receive treatment at the soccer complex’s medical tent during our hours of operation. If your team is traveling with an athletic trainer, you may want the luxury of traveling with a portable modality unit to assist your needs if this is an inconvenience to you and your athletes.

Inclement Weather

The host athletic trainer will follow NAIA guidelines in regards to lightening and weather alerts. The facility is equipped with a weather radar / lightening system called Thor-Gaurd. When the system goes off there will be one 15 second horn blast to notify everyone there is lightning in the area (within approximately 3-5 miles). This information will be relayed to NAIA officials who have the ultimate responsibility to stop play. Once that first horn goes off everyone must leave the field and find appropriate cover. In the event of lightning specifically, teams will need to go to their travel buses for coverage until the horn sounds that it is safe to return to the fields. There will be a strobe light on the roof of the Seacrest Soccer Complex concession stand building that will be flashing the entire time the system is active. Once the lightning has passed and it is safe to return to the field the system will produce three short 5 seconds blasts and the strobe light will stop flashing.
The Center for Bone and Joint Surgery of the Palm Beaches

The Center for Bone and Joint Surgery of the Palm Beaches is the orthopedic medical provider for Northwood University.

Dr. Anand Panchal, DO - Fellowship Trained Orthopedic Surgeon, Sports Medicine and UE

Office Hours: Monday thru Friday: 8:00 AM— 5:00 PM

- The Center for Bone and Joint Surgery of the Palm Beaches - Royal Palm Beach, Florida
  440 & 460 North State Road 7
  Royal Palm Beach, Florida 33411

- The Center for Bone and Joint Surgery of the Palm Beaches - Jupiter, Florida
  875 Military Trail, Suite 105
  Jupiter, Florida 33458

For information or an in clinic appointment, please contact Jodi Watson:

**Phone:** 561-803-8482 **Fax:** 561-803-8741 **Email:** Jodi.Watson@boneandjoint.org

Directions

Seacrest Soccer Complex to CBJ Royal Palm Beach
From: 2505 N Seacrest Blvd., Delray Beach, FL 33444
To: 440 & 460 SR 7, Royal Palm Beach, Florida 33411

- Get on I-95 N in Boynton Beach from Seacrest Blvd
- Head north toward Oceanview Ave
- Turn right onto Seacrest Blvd
- Turn left onto Woolbright Rd
- Merge onto I-95 N via the ramp to W Palm Beach
- Get on FL-7 N in Royal Palm Beach from I-95 N and FL-80 W/State Rd 80 W/US-98/Southern Blvd
- Merge onto I-95 N
- Take exit 68 for US-98/FL-80 toward Southern Blvd
- Turn left onto FL-80 W/State Rd 80 W/US-98/Southern Blvd
- Slight right onto the ramp to US-441 S/FL-7 N
- Turn right onto FL-7 N *** Destination will be on the right ***

Seacrest Soccer Complex to CBJ Jupiter
From: 2505 N Seacrest Blvd., Delray Beach, FL 33444
To: 875 Military Trail, Suite 105, Jupiter, Florida 33458

- Get on I-95 N in Boynton Beach from Seacrest Blvd
- Head north toward Oceanview Ave
- Turn right onto Seacrest Blvd
- Turn left onto Woolbright Rd
- Merge onto I-95 N via the ramp to W Palm Beach
- Follow I-95 N to FL-786 W/PGA Boulevard in Palm Beach Gardens. Take exit 79B from I-95 N
- Merge onto I-95 N
- Take exit 79B for Pga Blvd/FL-786 W toward Florida Turnpike
- Drive to N Military Trail in Jupiter
- Merge onto FL-786 W/PGA Boulevard
- Turn right onto N Military Trail *** Destination will be on the right ***
Delray Medical Center is one of the main medical resources for 2014 NAIA Men’s Soccer National Championships. Delray Beach Medical Center has been arranged for players needing/desiring immediate medical treatment and emergency care. Athletes participating in this tournament will get priority in either scenario.

All staff of the Delray Medical Center ER is aware of our event.

For non-orthopedic related problems, the Delray Medical Center Emergency Room has agreed to and is equipped to care for any and all needs. If an athlete is ill, please call Nicole Jackson, RN (Director of the ER) at 954-242-2188.

Address: 5352 Linton Blvd, Delray Beach, FL 33484, straight west on Linton from the tournament.

Delray Medical Center Emergency Room Contacts:
- Daytime hours: Nicole Jackson, RN (Director of Emergency Room) - 954-242-2188
- Night time hours call the ER Charge Nurse - 561-495-3630
- If no response call the ER at 561-495-3115

Offers treatment for common illness, strains and sprains, allergic reactions, general wound care, fracture care, sutures, and x ray.

Directions:

**Seacrest Soccer Complex to Delray Medical Center Emergency Room**

**From:** 2505 N Seacrest Blvd., Delray Beach, FL 33444  
**To:** 5352 Linton Blvd, Delray Beach, FL 33484

- Head north toward Oceanview Ave
- Turn left onto Seacrest Blvd
- Take N Swinton Ave to Lake Ida Rd
- Turn right onto NE 22nd St
- Turn left onto N Swinton Ave
- Take N Congress Ave to Linton Blvd
- Turn right onto Lake Ida Rd
- Turn left onto N Congress Ave
- Turn right onto Linton Blvd
- Make a U-turn ***Destination will be on the right***

**Please see attached mapped directions from Seacrest Soccer Complex to Delray Medical Center**
Support for the 2014 NAIA Men’s Soccer National Tournament

Premier Sports Medicine of Florida, LLC
Adam Greenfield, ATC, LAT, OTC
President, Owner & Head Athletic Trainer
954-592-4723

“A proud partner of Northwood University”

Premier Sports Medicine of Florida is an outreach athletic training company whose goal is to provide the most comprehensive, high quality service to meet the unique needs of competitive athletes of all ages. Premier Sports Medicine of Florida is proud to assist the Northwood University Sports Medicine Staff daily as well as with the preparation and execution of the 2014 NAIA Men’s Soccer National Tournament.

You can visit them on the web at www.PremierSportsMedicineLLC.com

Urgent Care Facility

Med Post Urgent Care- Affiliate of DBM  Phone: 561-740-2273
8756 Boynton Beach Boulevard, Boynton Beach, FL 33472

*Open Monday-Friday: 8:00AM-8:00PM, Saturday and Sunday: 8:00AM-5:00PM

Contact Person at Med Post Urgent Care: Alexandra Secord - 561-324-2067

** For any athlete needing urgent medical treatment at Med Post Urgent Care, please contact Alexandra Secord once the athlete is in route to their facility. She will assist with making sure that the athlete is attended to immediately upon their arrival. **

Cleveland Clinic Florida - (Concussions)

Evan Peck, MD - Cleveland Clinic Florida  Phone: 561-804-0200
525 Okeechobee Blvd, 14th Floor, West Palm Beach, FL 33401

** If appointment is needed, please contact Richelle or visit the medical tent. We will be able to get you an appointment quicker than if you call. **
Emergency Action Plan
Seacrest Soccer Complex and Hilltopper Stadium

Emergency Personnel:
- Certified Athletic Trainers (ATC) and student assistant(s) will be on site daily
- EMS Personnel available on-site & via activation of EMS

Important Cell Phone Numbers:
Richelle VanWagoner, MS, ATC, LAT (Head Athletic Trainer @ Northwood) - 561-215-8036
Adam Greenfield, ATC, LAT, OTC (Premier Sports Medicine of FL, LLC) - 954-592-4723

Emergency Equipment:
At Medical Tent: AED and Splints / Crutches / Biohazard Containment / Basic First Aid Supplies

General Guidelines for Emergency Situations
- STAY CALM.
- Notify Athletic Trainers (for Athletes), Delray Beach Medical Center (DBMC) Staff (for Spectators), and/or NAIA Administrative Staff immediately of any emergency on site.
- Athletic Trainers or DBMC Staff will activate Emergency Response immediately and follow Emergency Action Plan for any condition that potentially is LIFE or LIMB threatening. This includes loss of consciousness for ANY reason, uncontrollable bleeding, compound or grossly disfigured bone fractures or dislocations, seizure, and/or any suspected spinal injury. Onsite EMS will also be used.
- If athlete is conscious and lucid, acquire consent before providing care and activating EMS.
- Care should only be given by staff members that are CPR/AED and First Aid certified. NEVER attempt to provide care beyond your training!
- Follow the Emergency Action Plan as closely as possible, but be prepared to adjust depending on personnel available at the time of emergency.

Roles of First Responders
1. Immediate care of the injured or ill student-athlete – Host ATC or Team ATC
2. Emergency equipment retrieval – Assigned Host Medical Personnel
3. Activation of emergency medical system 911 (EMS) – Host ATC
   1. name,
   2. address
   3. telephone number;
   4. number of individuals injured;
   5. condition of injured;
   6. first aid treatment;
   7. specific directions;
   8. other information as requested
4. Direction for EMS to scene – Host ATC  
Location: Seacrest Soccer Complex and Hilltopper Stadium  
2505 N Seacrest Blvd., Delray Beach, FL 33444

FROM I-95 SOUTH  
• From I-95 South take exit 56 for Woolbright Rd  
• Turn left onto Woolbright Rd (signs for Boynton Beach)  
• Turn right onto S. Seacrest Blvd  
• Turn left onto SE 36th Ave  
• Turn right onto Oceanview Ave  
• Turn left  
• Destination will be on the left

FROM I-95 NORTH  
• From I-95 North take ext 52 for FL-806/Atlantic Ave  
• Turn right on to FL-806/Atlantic Ave  
• Turn left onto N. Swinton Ave  
• Turn right onto NE 22nd St.  
• Take the 1st left onto Seacrest Blvd  
• Turn right  
• Destination will be on the left

5. Designated individual to "flag down" EMS and direct them to the scene  
   Assigned Host Medical Personnel - will meet at main entrance and lead EMS on service road

6. Scene Control - Host ATC - maintained by assisting athletic trainers and students

Map of Venue/Facility with parking, site map, surrounding streets and emergency access. Emergency Access will be in same area as VIP Parking.
Mapped directions from Seacrest Soccer Complex to Delray Medical Center