



ATHLETIC TRAINERS' ROLE IN CATASTROPHIC INJURY

Protecting Youth and Adolescent Athletes in California



WHAT IS AN ATHLETIC TRAINER?

Certified athletic trainers are multi-skilled healthcare professionals specifically trained in the prevention, examination, diagnosis, treatment and rehabilitation of medical conditions and emergent, acute and chronic injuries.

UNDERSTANDING COMMOTIO CORDIS IN SPORTS

WHAT IS IT?

Commotio Cordis refers to a rare medical emergency where an impact to the chest causes a disruption in heart rhythm.

WHY IS IT DANGEROUS?

When an athlete is hit in the middle of the chest with the correct amount of force at a specific moment, it can cause the heart to beat irregularly.

WHO IS MOST AT RISK?

Youth athletes participating in sports with projectiles, like baseballs, hockey pucks, or lacrosse balls. It can also occur in contact sports, like martial arts or football.

HOW DO YOU PREVENT IT?

Have an athletic trainer present at games and practices, and educate coaches, parents and athletes on how to use an AED and how to perform CPR.

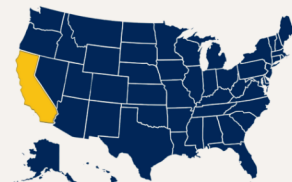
30 MEDICAL PERSONNEL ARE ON THE SIDELINES PROVIDING COVERAGE FOR EVERY NFL GAME

44% OF SECONDARY SCHOOLS IN CALIFORNIA DON'T HAVE AN ATHLETIC TRAINER.

62% OF INJURIES ASSOCIATED WITH ORGANIZED SPORTS OCCUR DURING PRACTICE

FOR EVERY **1 MINUTE** DELAY IN GETTING SHOCKED BY THE AED THERE IS A **10%** DECLINE IN SURVIVAL RATE.

CALIFORNIA REMAINS THE **ONLY** STATE WITH NO REGULATION FOR ATHLETIC TRAINERS.



REFERENCES

Learn more at www.atyourownrisk.org/advocacy/california. and www.ksi.uconn.edu