

## **Polar Bear Conference Panel Questions 2015**

Arlene Verre

What is something that you cannot travel without? What do you bring on away games that make it feel like home field advantage?

- Nothing
- Everything is the same, what I pack in the back of the gator is what I pack in the back of my truck
- Kit, drill, splints, crutches/immobilizers

One thing you wish you knew when you FIRST started working with football (from game day operations to pre-season practice)

- How to say “No” (to athletes, coaches, and parents)
- How often significant injuries occur and that by the time they tell you they are hurt it is probably not the first time
- How significant concussions were
- How fortunate I am to have had the same Coach for 20 years

What does your program do to prepare for medical emergencies? Of those, which do you find to be most beneficial?

- Not enough-can and should always do more
- Preseason review at coaches meeting...EAPs, Heat Illness/Risks, Concussion Management, Individual Health Needs/Plans,
- Touch base with local EMS, review any changes in policy and discuss continuity of care
- Review any new equipment, new helmets/facemask attachments, shoulder pads, learn how to maintain new equipment

Sideline evaluation for concussion – what do you use? What do you lean on to make the play or no play call?

- Essentially the sac3 with additions
- Considering King Devick Test
- Lean on mostly the evaluation, don't over think it, also rely on my relationship/history with the athlete, athlete's history

Sideline Supplies Kit – what tools do you always have on you at all times during practice and games? What tools are most important and what is one you would recommend everyone having?

- Drill, FM Extractor, helmet kit, knife...
- Good rain gear

Rehabilitation during practice – What type of exercises you use / equipment used

- Rehab is done last block or after practice
- Strength (patterns first), stabilize, functional
- Bands, DBs, sliders, bosu, cable column, medicine balls

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