

Polar Bear Conference Panel Questions 2015

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What is something that you cannot travel without? What do you bring on away games that make it feel like home field advantage? **I truly travel with just about everything. We have huge trunks that we make a portable training room on the road. However, I must always have my helmet removal tools (screwdriver, trainer's angels, and FM extractors) checked and rechecked before boarding the plane. This happens at home as well.....always rechecking those.**

One thing you wish you knew when you FIRST started working with football (from game day operations to pre-season practice) **I look back and think about the heat education, sickle cell education, dehydration education that I had as an undergraduate that just did not prepare me for all the issues I faced in my first year. I had a great base of knowledge yet the experience and ability to identify clearly and quickly issues I wish I was better prepared in those regards.**

What does your program do to prepare for medical emergencies? Of those, which do you find to be most beneficial? **Every year I hold an orientation day for all my staff working with me during the season. Blood borne pathogen training, field set up, hydration stations, sideline trucks to be placed out at practice, contents of each trunk and how it is to be positioned. The set up for the emergency aid and location (AED, Bag Value Mask, Face Mask removal kit) We will also spend time on our Emergency Action Plans and practice spine boarding. I love doing this and it helps to do it all. I have no problem spending 8 hours training my staff to be ready and clear on our policies.**

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

Basic Neurological exam, scat 2, and no player will ever return if we have even a slight question of concussion practice or game. I make the call based on what I find, see, hear or feel. That is not a clear answer in management of concussions however I am trained to deal with concussions and if I have any basis at any time then I do what I am trained to do. I must be able to answer to myself for the safety of that athlete.

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?

Basic First aid for sure. However we bring everything out with us to games and practices. We pack our trunks as the St. Louis Rams do for games and practices (I know the staff personally). Why? Well, I like to have it if I need it. Ice, Water, splint bag, AED Etc.

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

Foam Rollers, Ankle weights, a few basic protocol books (mobility book, auto stretch book)

Therabands (all sizes, shapes, and colors) Bosu Ball, medicine balls, stretch bands, free weights 2-10lbs

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