Safe Sport and Physician Prep for Events

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Disclosures
Objectives

• Educate physicians on Safe Sport
• Discuss training for a sports medicine physician to be qualified and represent at the Olympics while traveling with Team USA
• Educate physicians on etiquette of the sports medicine team physician when traveling and protocol for seeing athletes
• Identify different aspects of physician preparedness when traveling with Team USA
So you might ask...

- How does one get selected to serve as the team physician for the USOC and/or Team USA?

- **4 KEY POINTS:**
  - 1. Osteopathic education/training—mad skills/human touch
  - 2. Compassion to help people and commitment to putting athlete well-being first
  - 3. Excellent preparation and training before the games
  - 4. Recognizing team work approach to medicine
Your Beginning

• Intense and quality education and training begin at your Osteopathic Medical School

• COM provides you with the support, guidance and Osteopathic tools to be successful and stand out above the rest.

• Your hard work, determination and passion to help people drives your practice/skills.

• Your commitment to quality/safe care and Osteopathic oath: First Do no Harm, is golden. Ethics.
Safe Sport

- Non profit Organization for champion respect and ending abuse in sports (rec leagues to pros) & all ages

- Provides education and training and response and resolution

- Training programs and safe sport code utilized by US Olympic, Paralympic and 49 NGB teams

- [www.safesport.org](http://www.safesport.org)
Safe Sport

• As a team physician, you are an integral part of the athlete’s well being

• Be aware and look out for the athlete: sexual misconduct, bullying, harassment, physical and emotional abuse

• Utilize policies and procedures of safe sport. Report immediately any allegation of abuse

• Protect athlete against retaliation
Safe Sport Policies and Procedures

• Must be followed by organizations and individuals whose NGB is recognized by USOC

• Protect all covered participants: athletes, officials, coaches

• Prohibit behavior that is not considered criminal

• Include procedures for investigating/responding to claims of abuse/misconduct

• Do not carry any criminal consequences
Safe Sport Important Tips

- Limit one-on-one interaction
- Travel
- Physical Contact
- Locker rooms and changing areas
- Electronic communications and social media
Limit one-on-one Interaction

- Meet in public areas for meetings where interactions can be observed/interrupted.
- If have to have a private meeting: keep door unlocked/open or take a walk where non team members are.
Travel

• At least 2 deep leadership (ATC/team Doc, team mgr)

• Maintain good communications with parents, team mgr, coaches

• If asked to transport athlete, take some one else ride along

• Country Ambassador for teams at competitions
Physical Contact

- Keep in place where athlete feels safe, around other athletes and medical staff. Usually with ATC at all times!

- Set and enforce policies that limit out of program contact (coach’s home, athlete living quarters)

- Work with team mgr: off site activities, supervision required

- Includes: OMT, stretching, deep tissue, taping, icing, use of equipment, contrast baths, procedures
Proactive Media Policy

- Social media and electronic communications—balance this primary method for privacy and access

- Each team selects best way to communicate depending on what country you are in (What’s APP)

- Limit interaction on social media sites to organizations or team pages

- Keep all communications professional and related to team/organization activity

- Used organized accounts to communicate with athletes rather than personal account
Safe Sport Teachings

• Common abuse myth: people who sexually abuse children/minors make everyone around them feel uneasy.

• TRUTH: Offenders are very skilled at deception. Many are well-liked and highly trusted, not only by victims, but by their colleagues as well.
Education and Outreach

• We as physicians, are part of the solution.
• Public Online Training  athletesafety.org
• Online medical professionals training with certificate at end
• Parent Tool Kit
• Youth athletes training
It is Your Duty to Report

• You may report anonymously
• Report by phone: 720-531-0340
• SafeSport Helpline (Web + APP)
• Live, confidential help via phone: 866-200-0796
Create a Safe Environment

- Training and education
- Screening
- Monitoring
- Establishing boundaries
- Responding and reporting
- Managing training and competition
Physician Preparedness
USA Volleyball
Travel to Different Countries

• CDC Website
  • Vaccines: All, Most, Some
  • Maps of Specific Areas (ie Malaria)
  • Stay Healthy and Safe (Food/Drink, Bug Bites, Animals, etc)
• Healthy Travel Packing List
• Travel Health Notices
• After Your Trip
Travel to Different Countries
Cultural Sensitivity
WADA

NO USAR DOPPING
Communication

• Athletes and/or Parents
• Team Manager
• Head Coach
• Trainer at USOC
Medical Bag
Expect the Unexpected
Expect the Unexpected
Expect the Unexpected
Expect the Unexpected
Know Your Fellow Medical Personnel
I DON'T SPEAK ANY SPANISH, BUT HERE'S OUR EMERGENCY ROOM TRANSLATOR...
Join the Fun
Questions?