

A stylized graphic of the American flag, featuring a blue field with white stars and red and white stripes, curving across the top of the slide.

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

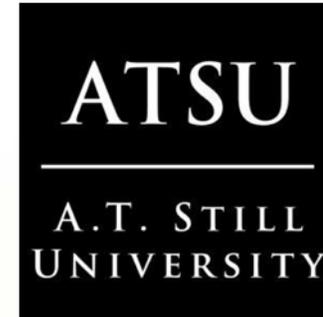
So you might ask...



- 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

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



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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



SAFESPORT
Where your game plan starts



- **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

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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.



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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

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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



**FORTUNE FAVOURS
THE PREPARED MIND**

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



DOPPING

Safe Sport



USA Volleyball®

SafeSport

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



SPEAK UP!



Join the Fun



Questions?

