It’s Not at All a Uniform Approach
Tailoring Sports Equipment Removal
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<th><strong>Translation</strong></th>
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Pre-Plan
EAP and Time out

Remove equipment on scene

Equipment varies by sport

Rigid cervical device transports with rigid immobilization

Research

Appropriate Care of the Spine Injured Athlete
Questions

• Should athletic equipment (helmet and pads) be removed prior to transport of the injured athlete?

• What is the role of the long spine board in the care of the injured athlete?
Options for removing equipment

- Ambulance
- Hospital
- Field
Field Equipment Removal

- Advance equipment technology
- Provider with highest level of training
- Access to airway/chest
Facemask Hardware

Quick Release  Screw  Schutt Ion  Quarter Turn
Remove equipment prior to transport?

Take the right STEPP

- Situation
- Training
- Equipment
- People
- Pre-Plan
Removing Gear

• On scene – group decision
• Individualized based on event and chance of requiring an intervention
• No brainers
  • Airway
  • CPR
• If helmet comes off, consider removing shoulder pads
Long Back Board

- Essential for patient movement*
- Other options for limiting spinal motion during transport

*Our experience....
Size Matters

- Anyone can lift
- Scoop-too small
- Vacuum-hard to slide/lift
Questions

1. Should athletic equipment (Helmet and pads) be removed prior to transport of the injured athlete?

   • Take the right STEPP
     • Situation
     • Training
     • Equipment
     • People
     • Pre-Plan

2. What is the role of the long spine board in the care if the injured athlete?

   • Useful for patient movement
Treatment of the injured athlete is a team sport

- Athletic Trainers
- Sports Med Physicians
- EMS providers
- EMS Physicians