



FEDERATION INTERNATIONALE
DE CHIROPATRIQUE DU SPORT

International Sports Chiropractic

- The Sports Chiropractor's role
- Expectations
- How to prepare to work an international event.



The International Sports Chiropractor

The purpose of this course is to provide doctors of chiropractic with an understanding of international sports chiropractic. **This course will focus on FICS and the world of sport, the history of sports chiropractic and international games and FICS procedures at these games.**

Course Objectives:

Upon completion of this course, learners should be able to:

1. Recognize the role of FICS in the world of sports
2. Understand what individuals sports chiropractors can do to promote FICS and sports chiropractic throughout the world.
3. Understand FICS procedures regarding international games.
4. Gain a basic understanding of the history of sports chiropractic.

The Role of the International Sports Chiropractor

As an International Sports Chiropractor, your expertise, knowledge and time will be used to forward the FICS mission and vision

MISSION:

“To empower athletes so they can achieve their optimal performance naturally”



VISION:

“Every athlete deserves access to sports chiropractic”



**Be Prepared for
Anything!!**

Traveling and working with teams internationally is a very exciting and rewarding experience. You will find that you will learn and grow as a professional in many ways. The key is to be prepared!



Learning the Rules

When working events, you will be required to follow FICSGames procedures and code of Ethics

The following slides are highlights from the FICS Games Code of Ethics.

These are the most significant points of consideration.

It is therefore incumbent on you to ensure that you follow the rules of professional conduct as outlined in your state/country of registration in its fullest form.

FICS Code of Ethics

Rule 1

Be the BEST Chiropractor
you can be!

- Be on time.
- Be honest
- Reliable
- Consistent
- Polite and positive.



FICS Code of Ethics



Rule 2 Be a team player

Practice safely, legally, and be respectful of others.

Be a good communicator and be an asset to Chiropractic.

The schedule of working at events and venues, once finalized, should never be changed. If for some extreme reason it must be changed, it can only be done with authorization of the Chef-de-Mission.

FICS Code of Ethics



Rule 3 Self-Promotion

Your involvement in FICS sanctioned events is **NOT** intended to be a personal practice building tool.

No member may give out any personal literature, business cards or in any way promote themselves outside of the FICS group they represent.

FICS Code of Ethics



4# Dress Requirements

Dress appropriately, practically and professionally. Ragged, worn clothing, suggestive and/or revealing clothes, loud and bizarre styles are not recommended. Please dress conservatively. Be professional. If possible, FICS attire should be worn during your scheduled time. Refrain from wearing expensive or extravagant jewellery.

5# Property

It is the duty of each participant to maintain the property and area they are using. The use of other people's equipment should be treated as if to return it in the same condition it was found. The treatment areas should be kept clean and professional as possible at all times.

FICS Code of Ethics

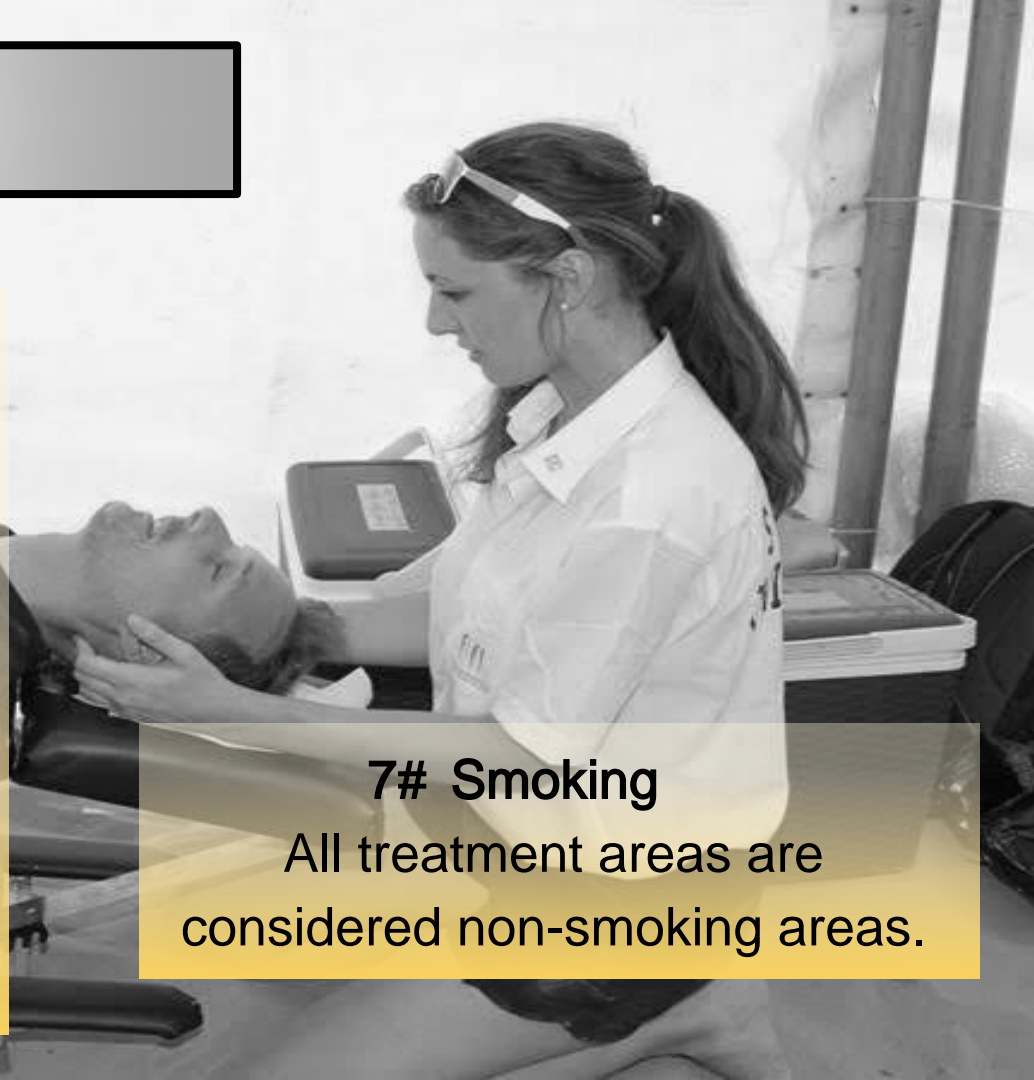
6# Conduct

All gender, ethnic or racist remarks or jokes, vulgar comments, or displays, made in the presence of event participants, management and/or fellow professionals are prohibited.

Be a professional.

7# Smoking

All treatment areas are considered non-smoking areas.





FICS Code of Ethics

8# The use of non - prescribed or illegal drugs:

The use of non-prescribed or illegal drugs during the FICS sanctioned event is strictly prohibited.

9# Drinking of alcoholic beverages:

The consumption of alcohol is strictly prohibited during your scheduled time. Public displays of drunken, rowdy behaviour are unacceptable and are not condoned.

Code of Ethics



Sexual contact with event participants, management and fellow medical professionals is **strictly prohibited**.

A strict code of moral conduct and behaviour between team members, particularly while in public, will be in force at all times.

What you do privately is your concern, but always remember you represent your profession and the FICS while working at FICS sanctioned events.

Code of Ethics



Breach of these codes may be considered grounds for immediate dismissal from the event.

Appeals against dismissal are at the discretion of the event management, coordinators, and/or Chef de Mission with reports delivered to the FICS Executive Management Team.



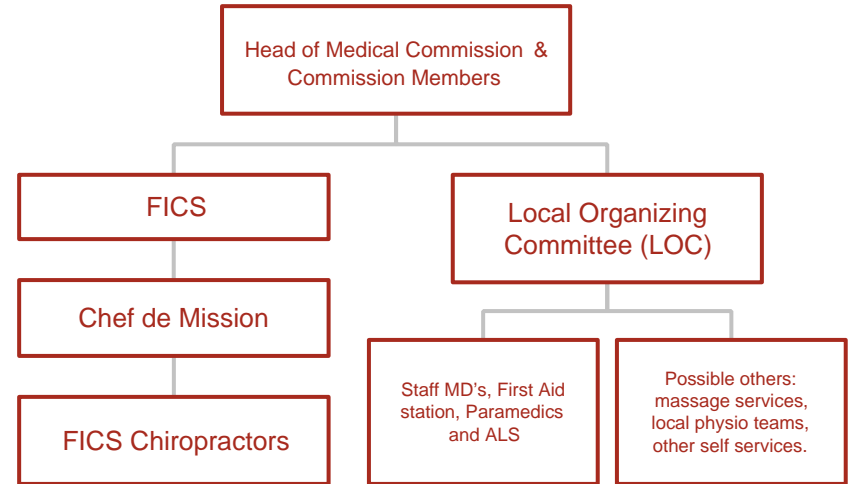
The Medical Team

At FICS events, there is an internal hierarchy of roles that fit into the medical care team.

As a FICS chiropractor, you will usually direct any questions or concerns to the Chef de Mission (the most senior member of the FICS team).

If this person isn't available yet, there will be one Point of Contact (POC) that arranges the needs of FICS volunteers.

WHO MAKES UP THE MEDICAL TEAM



Many teams will provide their own medical personnel (physio, MD, massage therapy, et will be governed by a completely different sc practice than you. You are not required to sh equipment with these personnel, but having a relationship with them is important!



Before you Depart

Do your research. It cannot be stressed enough how far a little bit goes.

→ **Know the local scope**

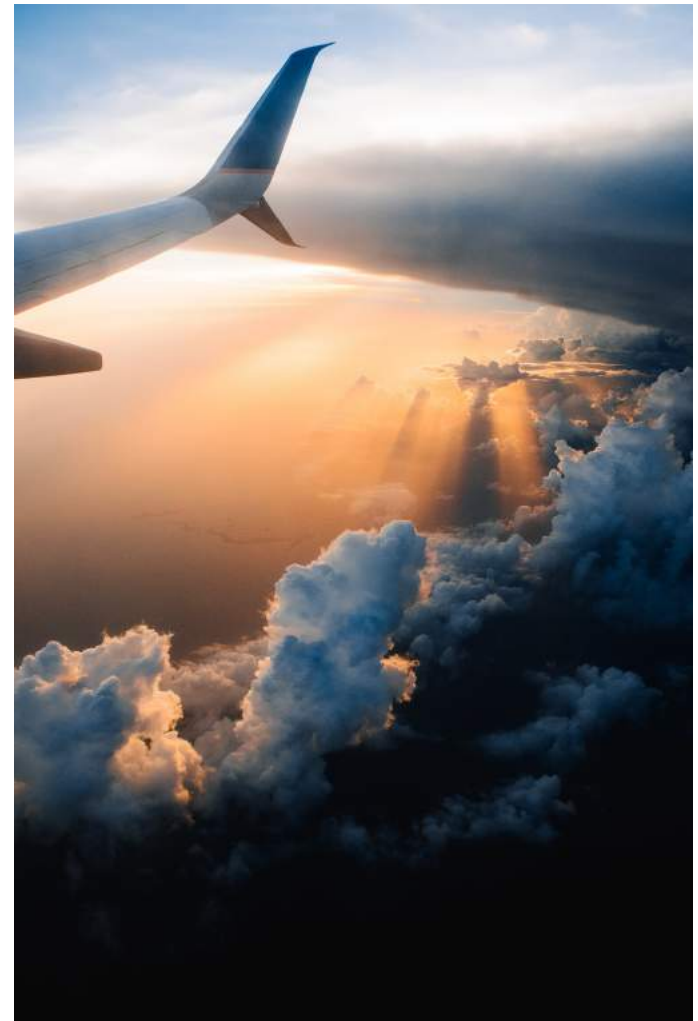
You are always subject to the local laws regarding your scope, so look into the country where you'll be practicing.

→ **Emergencies**

Familiarize yourself with local emergency numbers and the area around your venue and lodgings.

→ **Languages**

Hello, Goodbye, Thank you and Cheers!





Apps to download:



Whatsapp

The most commonly used messenger app is free, works with international numbers, and works off data or wifi.



Google Maps & Maps.Me

Download the local map data so that you can access the version offline.



Skype

Load \$5 so that you can call phone lines in the event that you don't have a European/Asian SIM card.

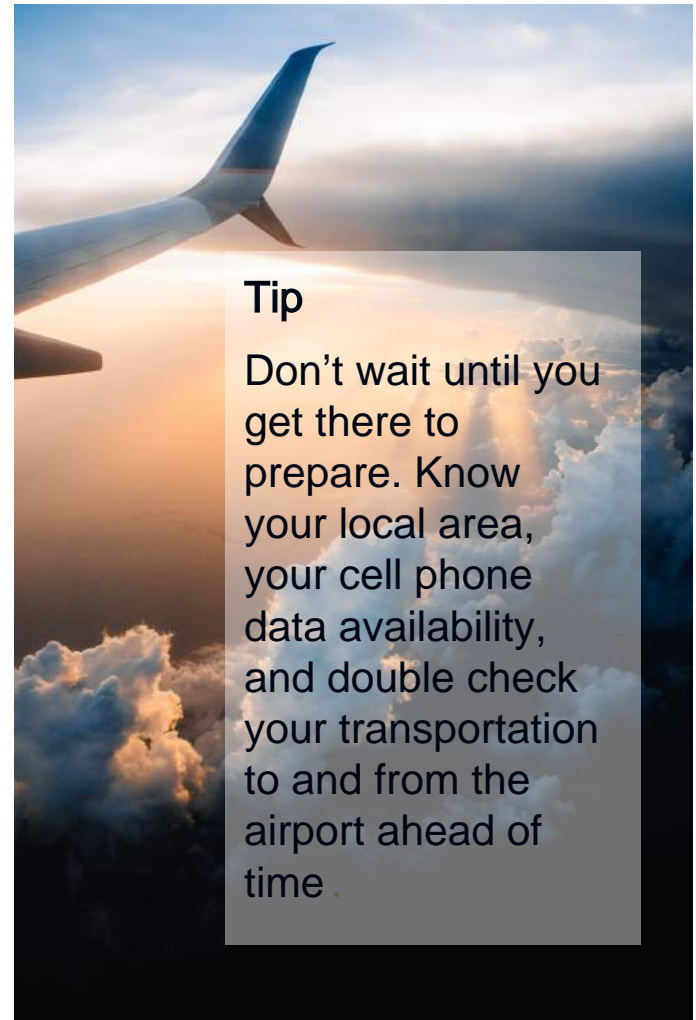


Google Translate or DeepL

Local Transportation App*



* Uber, Lyft, Train or Bus



Tip

Don't wait until you get there to prepare. Know your local area, your cell phone data availability, and double check your transportation to and from the airport ahead of time.



Send flight information to the POC and Chef-de-Mission, pack your bags, and make copies of your

PASSPORT, ID VISA

and any other important documentation in case of loss or theft.



Tip

Electronic copies are great, but what will you do if your phone goes missing?

Scan copies of your vital documents and save them in **Dropbox** in case of emergency .



Introductions

Before the event begins, it's important to know a few people:

- **Chef de Mission**
Your FICS supervisor and team lead.
- **Point of Contact**
This person coordinates FICS volunteer's needs
- **Medical Commission**
At least the head of the MedCom
- **Local Organizing Committee**
And the local paramedics they will staff.



Tip

At a minimum, rehearse your ability to:

- Take vitals
- Perform a Cranial Nerve Exam
- **SCAT5** (adult and peds) form and exam flow

Scope of Care

What am I allowed to do, and when do I do it?

The best way to answer this: research the country, define your role with the federation representatives early on, and play well with the medical team.

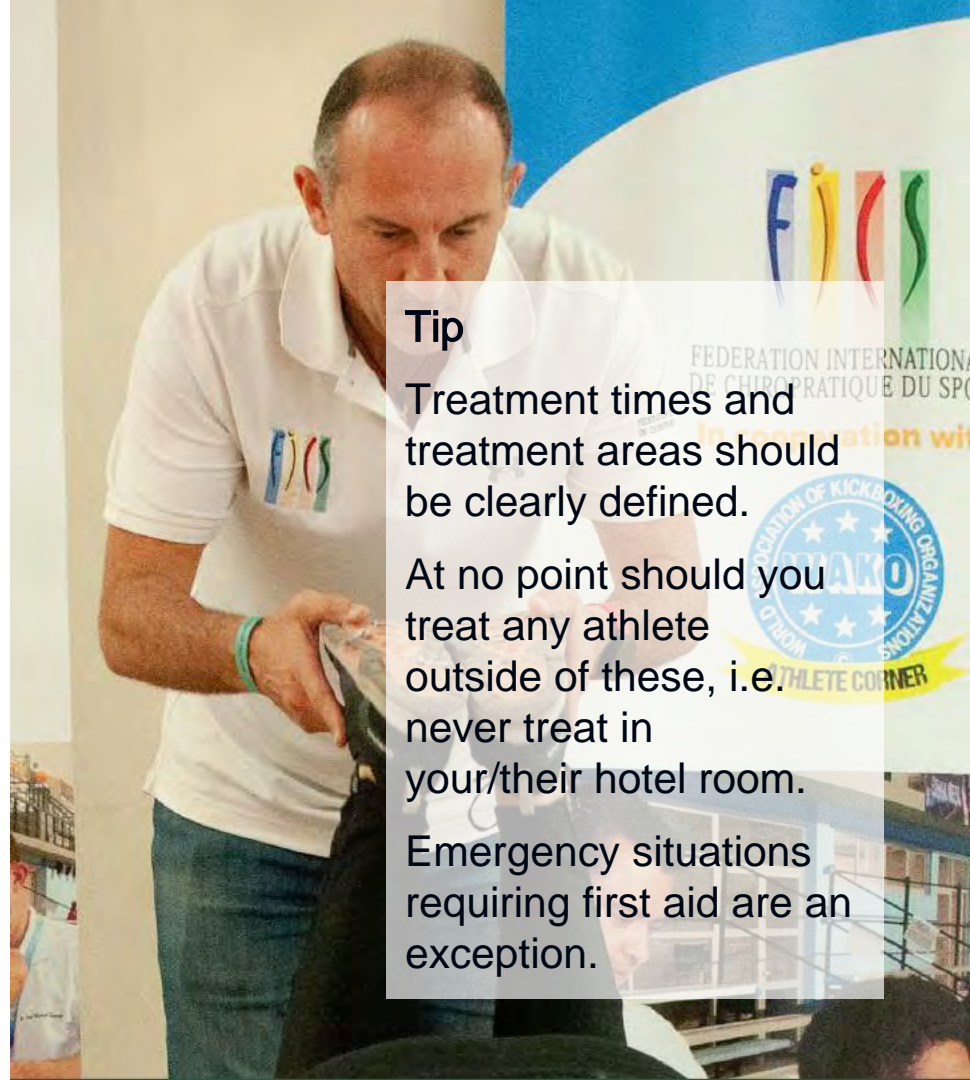
In many countries, chiropractic is not a well-defined role. This is a fantastic opportunity for you to be an ambassador of your profession, and explain what you do.



When to Treat

The two types of treatment settings are in a **clinic-like** area designated for multiple types of medical professionals, or a **sideline** treatment area.

In Europe, you are more likely to find yourself in a clinic-like setting, away from the competition area. The sidelines are often reserved for medical commission members and paramedics.



Tip

Treatment times and treatment areas should be clearly defined.

At no point should you treat any athlete outside of these, i.e. never treat in your/their hotel room.

Emergency situations requiring first aid are an exception.

Each event has its own unique set up

In regards to what equipment will be available to you, where you'll be placed, and what other professionals you'll be working with.

Your Chef de Mission will have these answers. If you are alone, consult the Point of Contact (POC).





FICS Treatment guidelines

Because you are working as a volunteer agent of the local organizing committee for the sport you're involved, you are only allowed to treat **athletes, coaches, officials, and staff**. You're strictly prohibited from treating the public, family, and/or friends at these locations.

Treatment Guidelines



Do not keep an athlete from practice for treatment unless you are directed.

There are many instances when you'll have nothing to do. At other times, they'll be more patients waiting for treatment than you can handle. Understand the **athlete is always given priority of care above coaches, officials, and staff.** Always ask the athlete how much time they have before they need to be at practice or a competition. Then consider what your treatment options can be with the allotted time

Athlete Treatment

Get each patient's permission before putting your hands on their body, inform them of what you intend to do, and whenever possible, make sure that there is at least one other person there to witness treatment from the FICS team.

Verify past treatment pitfalls and successes to see how the patient responds to care. Check and verify contraindications, past medical history and surgical history that may preclude your treatment.



The Chiropractic Sports Physician



*In some instances, less is more.

Your roll is to help the athlete achieve optimal performance through your skills as a chiropractic sports physician.

An important point is that, in some settings, you may only see an athlete once for care.

Keep that in mind when planning your treatment for the athlete.

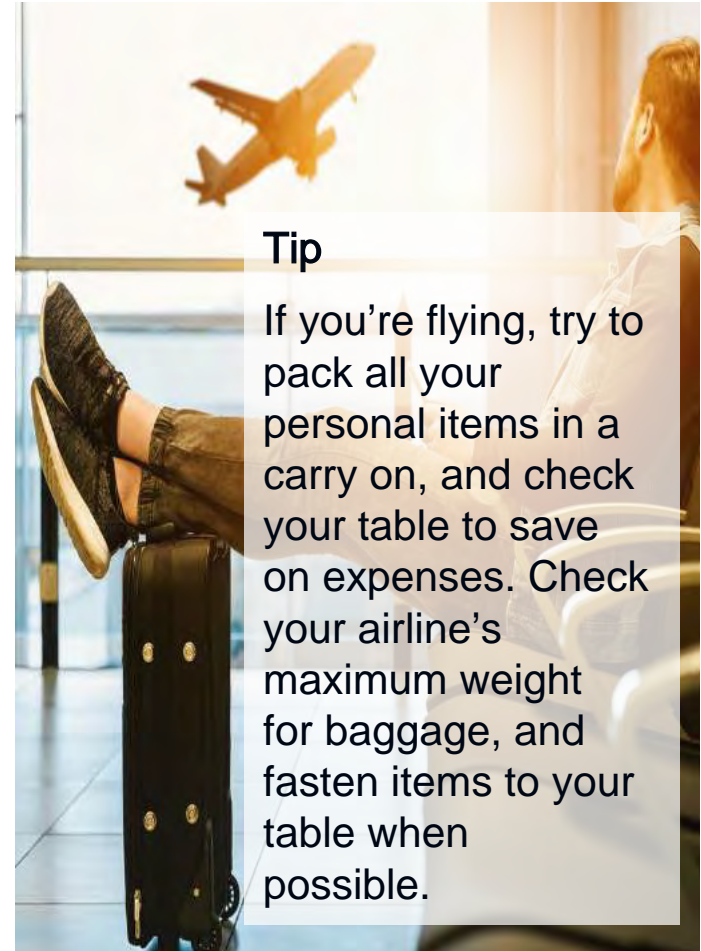


Gear and Equipment

The gear you bring depends largely on what treatments you'll be allowed/expected to perform, your unique skills and qualifications, and the country/time of year.

Minimum requirements per team:

- PPE
- Table
- Basic First Aid Kit
- BP Cuff
- Reflex Hammer
- Thermometer



Tip

If you're flying, try to pack all your personal items in a carry on, and check your table to save on expenses. Check your airline's maximum weight for baggage, and fasten items to your table when possible.



Personal Protective Equipment (PPE)

At a minimum this means gloves and disinfectant. You will have to consult with your Chef de Mission and/or the POC about whether this will be made available for you, or if you will have to purchase it on arrival.

Carrying a small personal hand disinfectant is a good way to ensure your own personal safety. Particularly now, and for the future, keeping your surfaces clean between hundreds of sweaty athletes poses a unique concern for the sport world, but there are cheap options to keep you safe (like using a paper towel roll as face paper, asking POC/janitorial staff for a large spray bottle filled with disinfectant, and informing the MedCom that you would also like your area to be sanitized daily).



Keep all Contact Surfaces
Clean at ALL times

Tip
It is necessary that you not only sanitize your gear between patients, but also thoroughly clean each piece every night after your shift.

Emergency Medical Equipment



What to Bring?

Consider where you are going, what sport you are covering climate, terrain etc. you and the athletes will be exposed to.


Check with your team members and Chef de Mission about who will provide BP Cuffs and Thermometers, as you will only need one of these per team. If no one has these available or you don't feel comfortable, you can always refer to MedCom or the LOC's local medical staff, or the local paramedics.

In most cases, you are not required to deal with blood or body fluids. If an athlete presents with an open bleed etc., refer them to the local first aid for proper bandaging. However, it is helpful to have a basic first aid kit on hand for small abrasions or in case of emergencies (these do happen)!

FICS International Sports Chiropractor

Site Inspection

Prior to the start of the event, you should inspect the site for suitability, layout, and potential safety hazards. If there is a hazard present, it should be brought to the attention of the event director and/or other administrative personnel for their review and action. Emergency evacuation plans should be reviewed. Always follow the proper chain of command and be diplomatic!



FICS International Sports Chiropractor

DOCTORS RESPONSIBILITIES

TRAVEL TO AND SITE ARRIVAL

The field doctors **must** be able to carry their own luggage and equipment. Bear this in mind when deciding what to travel with. The distance between start/drop off points and treatment centre area should be considered.

It is the responsibility of the Chef de Mission to inform the field doctor the expected time of arrival. This should be at least one hour prior to the start of the event. Upon arrival, the field doctor should check in with the event director immediately. They will inform you of your assignment as soon as possible or when the logistics have been completed.

FICS International Sports Chiropractor

DOCTORS RESPONSIBILITIES

If you are going to be late, you should contact the Chef de Mission as soon as possible. Remember that these people will be extremely busy prior to the start of and during the event.

LAST MINUTE SURPRISES AND NO SHOWS ARE NOT WELCOME AND ARE NOT TOLERATED!

Consequences for these actions are at the discretion of the Chef-de-Mission which may be further escalated to the Chair of the Games Committee and the Chair of the ISFC

FICS International Sports Chiropractor

DOCTORS RESPONSIBILITIES

If a venue requires air travel or a lengthy travel distance. You may consider arriving a day or two early to acclimate to the time change and be prepared for the event. Always confirm these plans with the Chef de Mission/Games Committee Chair prior to confirmation of your travel plans. There may not always be lodging/transportation available for your early arrival necessitating additional personal cost to you.

Emergency Care

FICS' services at events are reserved for acute injury management and prevention. Our services do not extend to emergency care or on -field provision unless this has been expressly agreed upon contractually with the LOC of the event prior to FICS' participation.

FICS Doctors are however, trained and certified as primary contact practitioners and therefore have a duty of care. **In the absence of any emergency services at an event, the emergency care goals are to first stabilize the patient and provide basic life support.**

Staff members who are emergency care certified should be primary care providers in the event of life - threatening trauma.



FICS Selection Process

How are Doctors Selected to Serve at Games?

What is the criteria for selection?

What are the prerequisites for selection?



Criteria for Selection of Personnel to International Teams of FICS



1. Selection of personnel that are of high quality to care for the athletes and staff at sanctioned events
2. Provide a fair method of selection
3. Provide a method in which various qualified personnel may serve
4. Provide for consistency in treatment of athletes and staff

General criteria for selection

- ❖ Geographic location of the event and appropriate licensure
- ❖ Prior experience in the particular sport
- ❖ Prior participation in sanctioned events
- ❖ Level of care provided at past events

Working an Event!!



Tip

Purchase a small Utility Dolly for hauling around your table. We usually have transportation to events, but the venues are large and can oftentimes be exhausting and predispose you to injury when carrying heavy gear.



Your Personal Gear

Should include things like your IASTM tools, K-Tape, Biofreeze or ChinaGel, Scissors, a Massage Gun (like a Hypervolt) and an Activator.

Make sure that your gear is clearly labelled with your name, insured, registered, etc. Check with your airline to see what restrictions they have for weight and liquids.

*IASTM tools are frequently inspected by airline TSA. Consider checking these item with your luggage or table.

Reporting, Documentation, & Ethics

The team meeting you hold before the event begins will provide you with vital information about your role, treatment setting, and limitations. You will also sign a FICS Code of Conduct that describes in detail what you are restricted from doing (taking pictures with awards and trophies, posting on social media without a consent form, unprofessional behavior, etc.).

Discuss mandatory reporting. Some conditions (concussions, infections, injuries that pose a threat to the athlete or abuse of a minor) must be reported to the MedCom. Inform your Chef de Mission if you suspect one of these scenarios.

Tip

If you suspect that an athlete has a condition that should prohibit them from Returning to Play, you must report this to the head of Medical Commission.



Paparazzi

The treatment area is a “**safe zone**” for the athletes. This is **NOT** an area to ask them for pictures or take pictures of treatment.

Likewise, this is not an area for spectators to take pictures.

The athletes need to feel comfortable in the treatment settings.

ANY pictures of athletes need to have consent



Dr Paul Cheung filmed treating the athlete which was broadcasted live on Abu Dhabi TV.
Powerlifting Championships
November 2019





Documentation

FICS has a standard treatment form that we use at all events. This includes a consent form and an agreement to participate in research. **Athletes must be 18 or older to sign these forms.**

Consistency

Documentation is important for consistency between treatments from different providers.

Organization

It is also vital information for the FICS Research Committee and data tracking, which keeps our providers and sponsors prepared for future events.



Nothing brings cultures
together like sport...

But there are a few **easy**
mistakes to avoid

Tip

Diplomatic professionalism will save you in almost every situation. If you don't know how to respond to a situation, always consult your team members and Chef de Mission.

FICS Professionalism

Avoid talking about hot political situations, even if the patient brings it up first. You never know who may be watching/listening!

Religious discussions or any kind of speech that could be deemed unprofessional.

It is best to keep your opinions to yourself.

Reminder
You may be traveling to a region that has a culture unfamiliar to yours.

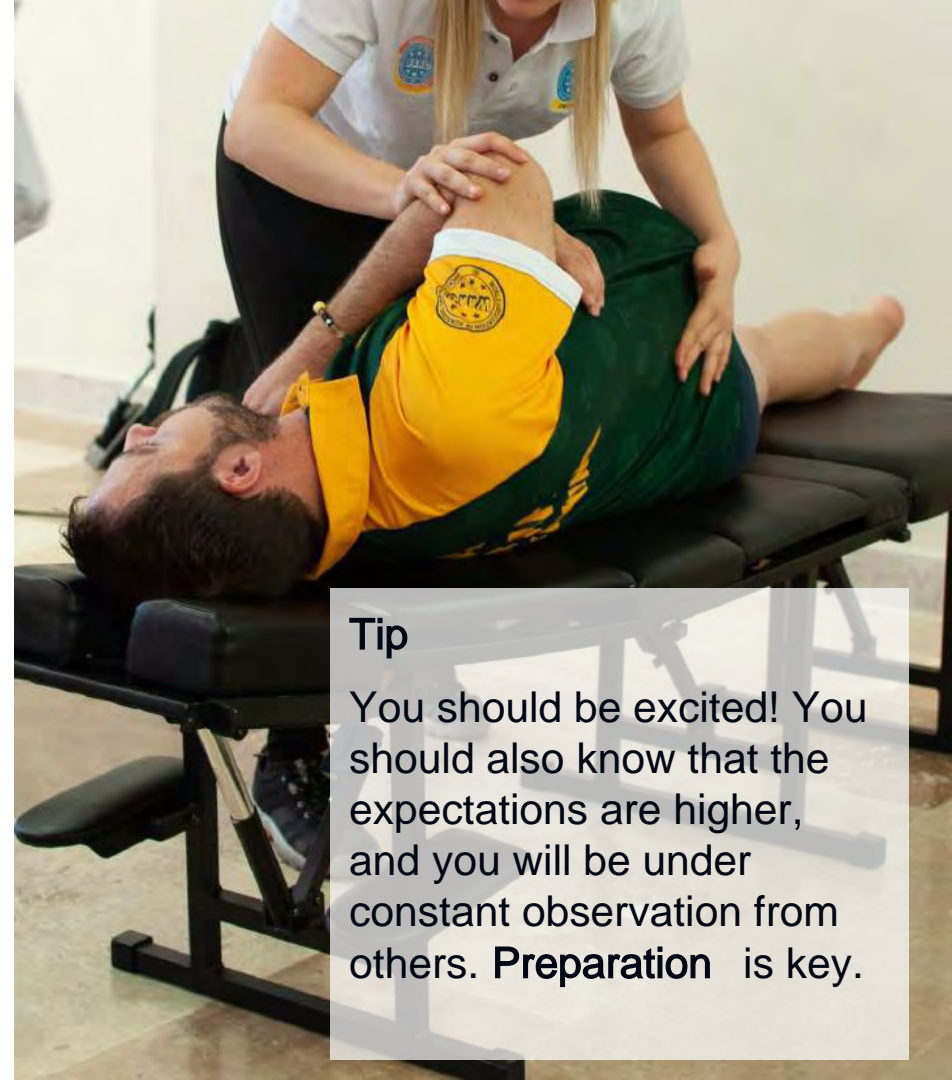
This brings with it different perspectives.





The role of an international sports chiropractor is challenging, but unforgettable and rewarding.

- ❖ You have a job that allows you to see the world
- ❖ Treat elite athletes and be an ambassador of your profession



Tip

You should be excited! You should also know that the expectations are higher, and you will be under constant observation from others. **Preparation** is key.

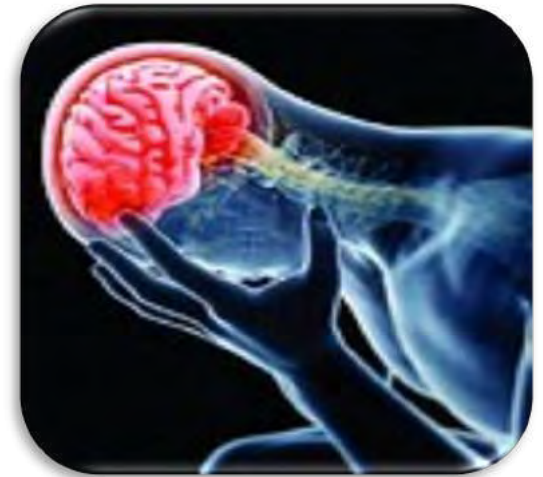


Case #1 Muay Thai event in Italy.

A 17 year old male from team Spain presents with a headache and right shoulder pain.

He speaks little English.

They are able to relate to you that their injury took place the day before. You also notice a black eye and bruising.



How do you proceed?

Note that this patient is a minor, with obvious signs of head trauma.

Head Trauma Protocol

What is your head trauma and concussion screening protocol?
How will you handle this patient on-site?



HEAD TRAUMA AND CONCUSSION EXAM FL

PRIMARY CONCERNS

Signs and Sx of deteriorating level of consciousness, life threatening bleeding, etc.

REPORT OR RETURN TO PLAY

Decide whether an apparent risk exists or if the athlete can return to sport. Consult MedCom when necessary.

**RULE OUT
EMERGENT
CONCERNS**

**IDENTIFY CURRENT CONCERNS, TREAT
APPROPRIATELY, GIVE DISCHARGE INSTRUCTIONS**

CONCUSSION SCREEN

Use the SCAT5 and a Cranial Nerve Exam (or your own exam flow)

TREAT AND DISCHARGE

Provide treatment and follow up instructions appropriately and document.

Case #2

You are working Tug of War World Championships in England. A 39 year old female from the Swedish team presents with right sided shoulder, arm and low back pain that is 6/10 OPS.

She states the LBP kept her from sleeping because she couldn't get comfortable. She has never seen a chiropractor before, but her physio is busy today so she thought she would try it out. How do you proceed?

What treatments can you provide (In this country? In this setting?)

Try using your resources to look up the local scope of practice, and make a plan for how you would treat this patient.

Think about your treatment plan and action

Reminder that you may only see this **patient one time.**

They may or may not have access to a sports chiro near their home.

Communicate with the coaches when necessary.

Helping the athletes with good communication and education will allow them to continue to treat themselves or, seek proper care when they return home.



The Experiences You Will Gain Traveling as an International Sports Chiropractor Are Very Rewarding!!

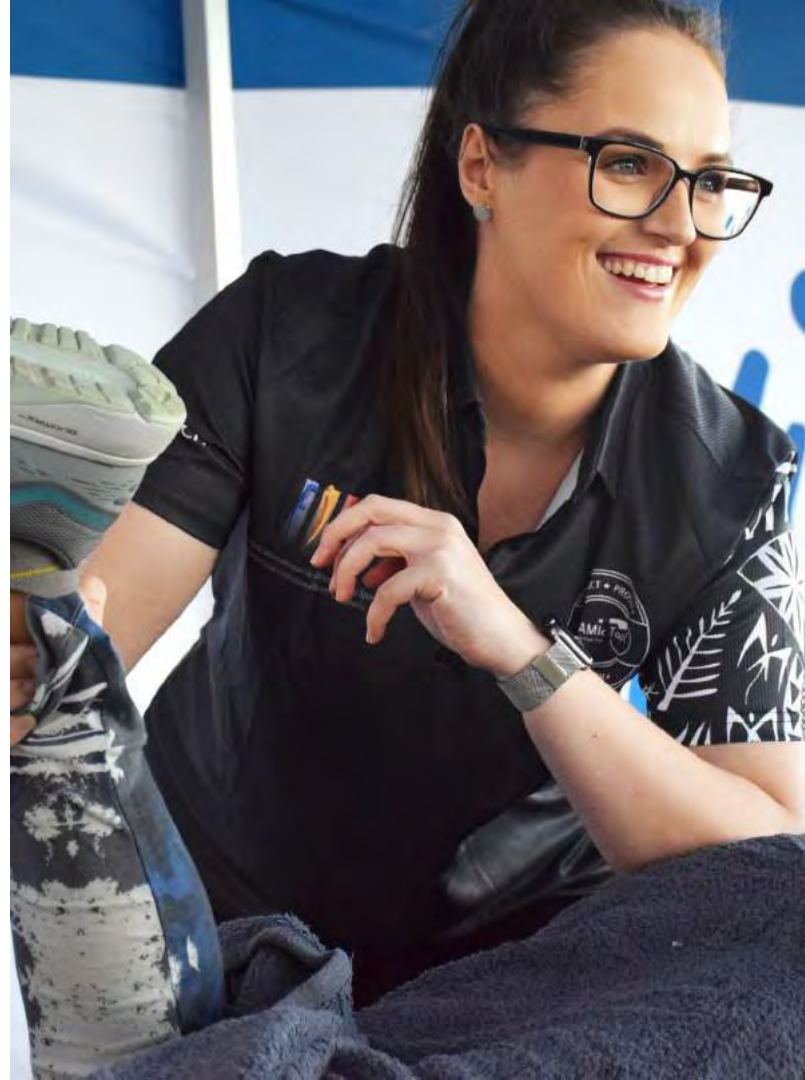
- ❖ These assignments are also a time of professional growth
- ❖ You will learn about healthcare in different countries
- ❖ You will understand what health care athletes have access to
- ❖ You will learn how to treat high level athletes from many countries
- ❖ Mostly, you will be a better sports chiropractor with each experience



Most Importantly

You are an ambassador to the chiropractic profession.

- ❖ Present yourself professionally at all times.
- ❖ Be there for the athletes above all else.
- ❖ Function within your scope of practice.
- ❖ Stay connected for possible delays or changes in the schedule.





Many Thanks
Greatness is your BEING
Excellence is your DOING

