

### ICSC International Sports Chiro Module 10

#### ICSC10 \_International Sporting Events

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Video Lesson: 56:56

Welcome to module 10 of ICSC, the International Sports Chiropractic module. Congratulations on making it this far, this is the final module for your ICSC, as we work our way through this module, we will be learning a lot about how to become an international sports chiropractor, what you can expect, how you can prepare, and the pitfalls also. At the end of this module, there will be ten assessment questions that you will be required to answer in order to successfully completed, so, pay attention and hopefully that this is enjoyable enough, and the mission with this module is that you can really avoid some of the errors that are so easily made as you travel internationally and just make a smoother transition for you, as you travel out and become part of international teams, it is important to be prepared and we are going to talk about that as we go through this module.

Our objectives for the course are to recognize your role as a FICS chiropractor in the world of sports, understand what you can do to promote FICS and be an ambassador for the chiropractor profession, understand what FICS rules regulations are for international games, and gain a basic understanding of the history of sports chiropractic. As we go through this module we will see what it should look and what you can expect, which I hope will be a really nice information to prepare you for working with international teams.

FICS mission is “empowering athletes to achieve their optimal performance naturally”, and our vision is “every athlete deserves access to sports chiropractic”. Many times, we travel with teams and depending on the federation's funding, they might not have the ability to provide any medical staff with the team, whereas you might be traveling with a team that has a chiropractor physical therapist, athletic trainer, massage therapist, sports psychologist. Our ideas are to level the playing field and provide care for all athletes, so that we do not have some athletes not having access to a roll of tape against some athletes that have a team of experts highly trained to help them.

Leveling that playing field mantra is where FICS is coming from with all our international events. What are the things I need to do to before travelling and working with an international team? The trick is to be prepared for anything and everything, take your time before you travel, and make sure you are prepared, not only with the supplies you are bringing, but also, with the skills you are bringing to the table, understand that at a sporting event, anything can happen. There is never a perfect scenario, so, be ready to roll and change, and be a professional, which is the key here with everything, and be prepared. We first need to start with the basic rules of what it is like to travel with FICS and what we are expecting of you.

These are not of a stringent set of rules, they are basic and pretty straightforward. The most significant points of consideration, you need to make sure you follow these rules, and be prepared. **The number one rule is simple and easy.** This is all what we want to do on a daily basis, be on time, honest, reliable, consistent, positive, and polite. We are not going to be treating any staff, athletes or management with any curve behavior, we are there for the athlete, and we should think about the big picture which is you are there for that athlete, you are part of that team, your job is to help the athlete perform better, and everything else just falls away, we just keep our eyes on that mission.

**Rule number two is to practice safely and legally, and with respect of others.** Be able to communicate what you are doing and communicate with others you might be working with. You might not be there with just another chiropractor, you might be assigned with a physio, a massage therapist, or other professionals, so open those lines of communication up to form a formal cohesive team and work together. That is the whole trick here is that you want to make sure the athletes' experience is as

positive as it can be. Understanding as we plan a venue, much like the one you see here in this picture, these schedules are premeditated well in advance. That being said, we are not going to come in and try to change those schedules at all, we are going to comply to the schedules that have been laid out for us. If there is a change of schedule, you will report to your team lead, which is called the "Chef de Mission", and that team lead will be able to communicate directly with coaches and staff to see all the necessary changes, if they have been put in place or how you can be made aware of changes on a more timely fashion.

**FICS code of ethics, rule number three-five.** This is not how to self-promotion type thing, you are there for the athlete, first and foremost, you are not giving out your own personal business cards, or marketing yourself, you are there for FICS and you are a FICS representative. Dress requirements are simple, you will be dressing nice and neat, professional, nothing bizarre, and nothing wild and crazy, no real ornate jewellery. Make sure that any of your private property is self-maintained. If you borrow any equipment make sure you return it in the same fashion in which you received it, and then, keep your area clean and professional.

**Rule number six and seven, conduct-based.** Make sure that we refrain from any gender, ethnic or racial remarks, any jokes that are not appropriate, understand that we are in multicultural events when we travel, and we want to make sure that you are a professional at all times. Your treatment area that you develop becomes an area that abides by the FICS roles, and one of those rules, of course, **rule number seven is no smoking.** You can see in this picture here, that there has been a tent set-up and this becomes this medical area. Inside that medical area, you are going to make sure that everybody is safe, your patients, athletes, are safe and there are no people coming in, spectators coming in to view athletes. You are not going to let smoking in there, people to get out of the sun, this becomes a medical area, and should be treated as such.

**FICS code of ethics rules, number eight and nine.** No use of non-prescribed or illegal drugs, and that goes without saying that you are not giving any prescription items or non-prescription illicit drugs to athletes as well, staff or management, drinking alcoholic beverages, strictly prohibited during your schedule time, and out of your schedule time. If you decide to go out and have a few drinks, a few cocktails with the team that is fine, but, you need to understand that you are always under a watchful eye and public displays of drunken behaviour is really not tolerated. It reflects poorly on you as an individual, and it reflects poorly on FICS. We ask you to please refrain and maintain your level of professionalism at all times.

Sexual content with participants' management and fellow medical professional is strictly prohibited. This is a strict moral code of conduct and behaviour between team members. We need to make sure that this will always be enforced. What you do privately, of course, as your concern, but you are a representative of the FICS team, and you should maintain that standard when you are traveling. Any of the breach of these ten codes of conduct and the code of ethics are grounds for immediate dismissal from the event, and you will be asked to leave, and that puts the Chef de Mission in a very bad position if you have somebody misbehaving and he or she, decides to send you home.

What is it like to work at an event? Let us talk about being selected for a team and about what your expectations are. What do I bring? What is expected of me? How does this work? What team am I with? So many questions, so let us let us have some fun and talk about that. You have worked so hard to travel with high-level athletes and teams and worked with a fabulous and outstanding group of doctors, this is the fun part. Get rid of all the possible drawbacks that you could maybe stumble over, and try to make it a smoother transition for yourself.

First understand the medical team, who makes up that medical team? If we look at this graphic here on the right side of your screen, we see that this team is headed up by your head of medical

commission and your commission members. In other words this is the super organizer of the venue. If we move here to the right side, your local organizing committee "LOC" and that might be your State Association or Regional Association that is helping supply and plan, and organize this venue.

As we run very large events, you may see that these local organizing committees who might have invited an EMS Squad to be on the field or paramedics or staff MDs, however, they might also have asked massage therapists or local physio teams to be there. They all become part of the larger medical team underneath FICS, which our doctors will be working with. We need to form a good working relationship and open that communication up, so that when we are working together in a nice cohesive group, the athletes' safety and care is taken into account.

On this side we have FICS and our Chef de Mission, which is your supervisor at the event. That is the person looking out for you, if there is any change of schedules, the person you will report to with any problems or issues, and then you have your other FICS chiropractors' colleagues here. Remember some teams will travel with their own medical professionals, and that is okay. Those medical professionals will give you a different scope of practice, and they might ask for your assistance, however they might not need your assistance. You are not required to share your equipment with those medical professionals at all, but, having a good relationship also makes for a very nice competition as well.

Here is your hierarchy of how we work in FICS when there is a very large venue. Understanding that there be some times that you will travel in a smaller group, there might just be two chiropractors traveling to an international event, and that would work quite differently, we would not necessarily have the Chef de Mission or the head of medical commission right there for us to discuss and talk about changes, we might have to switch things up a little bit, so we will talk about who becomes the point of contact in all events later in this lecture.

Before you jump on a plane, some great things to consider; take some time before you travel and look at that local scope of practice, see what chiropractors can and cannot do in the country or area you are traveling. Some areas, chiropractors can diagnose concussion, some you cannot, some places chiropractors can look at x-rays, take x-rays, some you cannot. There are many different things to consider and there are some countries that chiropractic is not even allowed so, understanding what you are walking into prevents a whole host of possible problems. Take some time, do your research, look at the local scope of practice, see what chiropractors can and cannot do in the area you are traveling to work at. While you are doing that, familiarize yourself with what local emergency numbers and locations are like, and the distance to the nearest hospital. What is the response time of the local emergency or paramedic squads, are they there on site or do I need to call them? Familiarize yourself with your lodging, how far away is the hotel from where the venue are, what is my travel time going to be like?

Learn a little bit about the language where you are travelling to, this makes it fun and really nice for athletes to hear a little bit of their own language. "Hello, goodbye, thank you, cheers", all these things are nice to learn when you are working with teams from different regions of the world and makes for some camaraderie too.

Important apps to download; WhatsApp is how we all stay in touch with each other when we are in a large venues such as a The World Games. This is a very nice app to have to enable us to stay in communication with each other. It is no charge to use, from continent to continent, post-games, and it makes for a very nice relationship for all these great chiropractors that you are going to be meeting globally, as we touch base after games with many of the people that I have worked with from many different countries. It is through WhatsApp that we do that, and I think it is a very important one for us.

Google Maps and Maps.me is also important, you can download the local area map, in case you get lost or you are confused where you are. If you do not have Wi-Fi you can pull that map up and figure out how to get back to your hotel or back to your venue safely.

Skype is another App for video chatting, and other ones to consider are Google translate, very important if you are going to have a multi-regional event where you have athletes from many different countries there, you are not expected to know all these different languages, however, Google Translate is great to assist you. I can give you a fabulous example of one particular time that I was traveling in Austria covering World Championships for Bobsled, and they brought a Romanian Bobsled athlete down to the clinic area and left him there for treatment. I certainly don't speak Romanian at all and he certainly did not speak English, so, it was really quite interesting to try to explain how I was going to treat him and how communicate how we were going to try to return him to play. Well, Google translate really came in handy and helped open those lines of communication up, so I can have an effective treatment and he could have a good result and truly understand what we are trying to do.

Other things like Uber, lift, train, or bus schedules of the local area are also important. If you are in an area that you are going to be doing a lot of traveling, do not wait until you get there to be prepared. Take a couple of nights ahead of time and do some research .Download your Apps, get prepared, double-check your transportation that is set to and from the airport, who is picking you up from the airport, who is taking you to my hotel, who is going to pick you up in the morning and take you to the venue? What time does the venue start all these things you need to prepare ahead of time? Do I have phone numbers of the person that are picking me up at the airport? What if my flight gets delayed? Let me contact somebody. Remember, prepare, it will just ease your tensions as far as traveling goes and also ensure you have a smoother and more successful trip.

You will bring your passport, ID and Visa, but a great tip is to take pictures of them, so, you have them on your phone in case they are lost or stolen. Make two photocopies of them and one photocopy should be in your luggage that you check, and one photocopy should be left at home with somebody that has access to them, in this way, if you lose the original, you have the pictures from your phone, you have the copies in your luggage, and you have a copy at home. There is no way you are getting stuck anywhere if you have taken the time to do all these steps, these copies will be a lifesaver if you ever have a problem with customs or your passport, they will get you back to your home area, pretty safely.

Before the event begins, it is important to know a few people that you will have to stay in contact with and work closely with, and we talked about the Chef de Mission or your FICS supervisor and team lead, and the point of contact who is the person that coordinates the FICS volunteer needs. This person might be somebody more locally in the region that tells us where our hotel is, tells us where the local food is, how we are getting to and from the venues, supplies that are there or not there, they are there to help us make a smooth transition and provide the care that we need to provide.

Make sure you know the medical commission, or at least the head of the medical commission, in case the worst happens so you are familiar with the faces of these people. These are important as we run the event, and then, the local organizing committee and local paramedics, and staff. How it works with larger events where FICS are asked to cover is the local organisers will bring a local paramedics or athletic trainers to cover the field injuries and sideline. Most times the FICS doctor will be in the warm-up area, and at the clinic area back at the hotel. This will vary but will be one or the other or sometimes both. It is not always our role, most times not our role, to provide that acute injury care on the field, however, sometimes things change and you may be asked onto the sideline or you are the only person traveling with a team, and now, you are the sideline person, so, making sure you understand how your hierarchy is working for your particular event and what your responsibilities are.

Plan ahead of time, understanding what your scope of care is, what are you allowed to do with this venue and when you are allowed? Research again, go back and research the country you are traveling to define your role at the sporting federation, making sure you are talking to your FICS Chef de Mission as to what your role is for that venue or event. Remember if you don't have a Chef de Mission, you will talk to your point of contact person, the person that has assigned you this venue, and making sure you understand what are they expecting of me, what is my role? Who do I contact and who do I stay in touch?

Another tip, make sure that you rehearse your vitals, cranial nerve exam, and your SCAT5 exam for adults and paediatrics, making sure you have it on the tip of your tongue. We should not be downloading this SCAT5 App onto your phone when we are doing an evaluation for concussion, you should have that already well in advance, you should be well-prepared. Making sure that skills, you do not use every day, which you might be required to use at this event take a little extra time to brush up so that it is fresh in your head.

We talked a little bit about that there are different times to treat, that clinic-like setting that might be back at the hotel or at a venue, and then, there is the sideline treatment area. Two different views, and that might change depending on the number of doctors you have, if it is a very large venue, you might have a polyclinic or a clinic set up for a certain number of hours a day to take care of the athletes, and we will also have a group of people right on the sideline or on the field in the warm-up area getting athletes ready. Understanding that this is a state of flux, this plan and that communication is really important to know, we are not treating athletes inside of our hotel room or not treating athletes unsupervised, we are not treating athletes in their hotel room. The only time is if they have an emergency, please make sure that you have proper chaperone and proper supervision when you are with an athlete, and that you are not putting yourself in a compromising situation alone.

We talked about every venue having its own unique setup, and very infrequently is that setup a perfect scenario. You are going to have to bend and be flexible with changes, and sometimes changes happen on a minute to minute, hour to hour, a day to day basis. Some sporting events are weather-dependent, some are not, some might change venues from one to the other, have an area for medical staff, some might not, you will do the best you can with the area you have, it would not surprise me to see that you might be setting people up like we see in this picture here, however, if you need to travel with your table to the venue, you will have a reasonable amount of time with an area setup, so that, you can have your table and time to do a have a nice area set up for the athletes to get treated.

My mission here, is not everything is perfect, and that is okay, we are just going to do the best job we can with this set of circumstances which are given each time. When you are working a venue for FICS, understand that your mission is to treat the athlete, that is your job, and that is why you are there. Treating staff and friends is not the priority. We are also there for coaches' officials and staff, but the athletes have first priority. We are talking about practice time or time right before competition, that is the athletes' time that they get treated, that is not the time for a coach to get treated, it will be okay to treat coach or officials at another time, but not if there are athletes waiting, they come to the front of the line. No treating anybody at the venue, public or family or friends or spectators, you are there for those athletes.

As for treating athletes at an event, and this picture is at The World Games, if you are at a large event like, you will see this scenario where you have many tables setup, and then, a line about athletes waiting. This is not going to be similar to your office where you will have a patient come in, and then, they will come back several times a week, three times or four time a week, you might only see this athlete one time or maybe two times, you have to make the best of that time and keep this in mind when you are treating the athlete.

If they are coming in to get treated just before large competition, there are certain treatments we will stay away from. We are not going to do deep tissue release or something that is going to make them sore before a large competition. Less is more, remember since we do not have a whole treatment plan lined up for the athlete we cannot see them multiple times, so consider what your treatment will be and how you can be the most effective for that treatment. If you are in a different venue where you are traveling with a team for an extended period of time, that may be a different story, and you may need to switch gears and can have a little bit of a treatment plan and then you can manipulate treating the athletes after practice doing more of a deeper release versus only before. Most importantly, consider that you are not keeping an athlete away from practice for competition because of your treatment time. They should not be late to practice because you are treating them, you must comply to the standard, getting them to practice on time or getting them to the competition on time. If there is something that precludes them from practice or competition, we need to discuss what you need to do in that instance.

As we start working with these athletes, some of them may not have experience chiropractic care before or even heard of chiropractors. Take time to explain everything that we are doing ahead of time, and inform the athlete what you are thinking, what your tentative treatment plan is for that day, and what they can expect. Athletes know their bodies very well, sometimes they will tell you how to treat them, and they will tell what not to do. Take a little extra time, as you are running through your clinic day at an international event to ask each athlete about what worked for them and what did not work for them, that is really important because you need to save time, you need to make sure that your treatment is the most effective it can be. But also, we want to see if there are any contraindications to care, do they have a past medical history or a surgical history? Are they taking any medications that might be causing a problem? Did they have a surgery that there is an area that I should not be manipulating? We need to check all these things and see how we can best serve them, not just jump right in there and adjust somebody, and maybe they have had a bad experience in the past.

Remember your role is to help the athlete achieve optimal performance through your skills as a sports chiropractic physician, and that is really where it begins and ends. It is your hands on that athlete, and this is an important point. You are not there to help change their technique because they have coaches and professionals for that, we are not there to change their mindset, there is other people to do that, we are there to be chiropractic sports physicians, and we are there to help them enhance their performance naturally. Please keep that in mind when you are planning your athlete's care, as you might see them one time or for two weeks.

Consider what type of gear do I bring when I travel? I remember traveling for my first event, I truly had no idea what I was to bring and maybe I had brought too much to my first event. Well, that be a problem for you because you have to be able to carry everything that you bought, and sometimes, you are carrying your equipment to treat into different areas a day, maybe more than that, depending on your venue. Let us go back to what your general equipment should look like.

Personal protective equipment: rubber gloves, masks, bring your table if requested as part of your planning. If travelling with a table, try to make sure you have more of a lightweight table with and it would be a little bit easier to transport basic first aid supplies, blood pressure cuff, reflex hammer or other equipment you are taking. Traveling with some tape is a great idea, and some of the other things you might like to consider are cuffs, or instrument assistive soft tissue.

Keep an eye on what you are packing for your carry-on and what you are putting in your check in suitcase. Customs love to pull out these instrument-assisted soft tissue tools and keep them. Don't get caught with that happening, pack those in your carry-on luggage, so that we can safely get through check in and get to the venue with all of your supplies. Check the weight of your luggage because if

your bag is an overweight, it becomes very expensive. Please make sure you are keeping an eye on all these things and pack wisely, bring the things that are critical which you think you will need and leave the others at home.

As we talk about personal protective equipment, we need to make sure that we are keeping the surfaces clean around the athlete's treatment areas, we do not want any cross-contamination at all. It is necessary that you disinfect your table and your tools between each athlete encounter, keep them clean, we do not want any athletes getting sick or getting any type of contact dermatitis of any type. Make sure that we have gloves and disinfectant. I usually bring a bag, box or long tube of disinfectant wipes with me as my backup plan. I will talk to the local organizing committee whether they have something for me to use and if I can have disinfectant and a few rolls of paper towel which I can use for headdress paper, the disinfectant, I can clean between each person. However prepare ahead of time.

Emergency medical equipment, this might be different depending on what type of venue you are working at. If you are traveling with a 1, 2, 10, or 30 doctors, you might get on a WhatsApp and decide who is bringing what. Everybody is not bringing 30 blood pressure cuffs, 30 thermometers, we might not need, however, consider too, that if you are working on several venues, for example, at The World Games, you might have ten different venues going on, one person is in a field, one person is in a gym, one person is in a different location, so we might need three blood pressure cuffs or we might need three thermometers. Just checking, what your setup look like for your event, and then, you can step back and say, "What do I need to bring to provide, what emergency medical equipment, how many doctors are coming?" Think of those logistics and type of athlete you are caring for? What is the climate where I am going, is it cold or hot? What type of emergency equipment would I need? For example, if I am working a marathon in South Africa, I might need very different equipment than working at Bobsled in Switzerland. For one, we want to think about heat-related illness, compared to high-altitude or cold-type related illnesses. You are going to pack differently, just taking a step back and saying, "What are my most common injuries? What is the climate going to be like? Let us take a check at the weather, what is the weather going to be like?" Consider what you are bringing, what is the terrain and what type of supplies you need?

As you get to your event, the first thing you should do is visit the venue you are working at the day before that event begins, that day before is vital for planning. Most importantly that day before will assist you undertake a site inspection and walk the track or look at the floor or evaluate the field for potential hazards, things that could be fixed ahead of time to prevent a bunch of injuries. Do your whole site inspection, walk the whole area, keep an eye on where you will be setting up versus where the emergency squad will be, what the evacuation route is, can we get into the field with a rig or EMS squad car or can we not? Think about the emergency evacuation plan. A great example here is a track event I worked at, when I Google Mapped the track the night before the event started, it would take me to the front entrance way of the track, which is great for spectators however I am certainly not getting an EMS truck in there if there was a problem with an athlete. I also checked the weather for that day noting it was going to be very hot and humid for a track event, so I was worried about heat illness. When I got to the event, I made sure that I wrote down the directions on how to get a car or emergency vehicle with equipment to the venue entrance which would allow them to drive onto the field. Thank goodness I did that because I had somebody with heat exhaustion that day, and I had to bring an ambulance into the ground. I was able to quickly copy and paste those directions and send them to the emergency person, to get the ambulance, which was able to come in the backway safely. That could have been a disaster if I had not taken that time and figured out how to safely get a car in ahead of time. This athlete would have been in pretty rough shape by the time the ambulance figured all this out and if I had to leave the athlete to assist them go all the way around and come back in another way.

It is super important to take that little extra time that day before meeting the administrative personnel, meeting any other EMS people that might be working at the event, looking for and addressing hazards, and that site inspection. Be on time for your venue, understanding where your travel is, be able to carry all your own luggage and equipment. Looking for people to help you out will delay or make you late. When you are traveling, know that you must be portable, so, you might be treating on a field or in a gym during the day, pack all that up, bring all of that at home, and then, you might be setting the clinic up in the hotel. Be portable, be wise with that precious packing space, and make sure that you are checking with that event director, if there are any changes in the schedule or one of those drop-off times, can I jump on the van with the athletes on there and plenty of time, ahead of time? Or do I need to get my own ride? All these things are very important to consider that day ahead of time, all logistics, but they make for a pretty rough event if you cannot get there.

If you are going to be late or an emergency has come up, please contact Chef de Mission or your supervisor in the area, making sure that there is no last-minute surprises or no-shows. Nothing is worse than having a bunch of athletes and teams on the field, and there is nobody there to help them, so, let us just avoid that, and if there is a problem we can get somebody else to fill your spot, remember if this does happen, there is grounds for immediately dismissing you from the event and that is at the discretion of the Chef de Mission. Let us talk about, your volunteer status as a FICS representative, so typically, how it works with FICS at the moment is that it is your responsibility for the air travel fees to get there, once you are there, FICS will cover your hotel and FICS will cover your meals, and your transport to and from the mountain, that is how it is most times, however, I cannot say that is that every time, things change and FICS are working to get more funding to support volunteers.

Sometimes you are travelling to some fun areas that you might never go to on your own or with family or friends. You might decide to arrive a few days ahead of time to do some touring and see the sites, and that is okay, but that is on your expense. You would not have the transport available to you nor necessarily the hotel of your choosing, for those days you arrive early. That hotel would be your responsibility for those nights, until the day before the event, so, understand that is at your own personal cost. Remember FICS services are reserved for acute injury management and prevention, they do not extend to emergency care on the field, remember we talked about that earlier in this lecture, most times we are in the warmup areas or in the clinic area, and most times the local organizing committee would have provided an emergency or paramedic squad for on field treatment. It does not happen all the time, if that is not happened and you are there, and you have got to be trained and ready, and well prepared. Brush up on your skills and make sure that you know the appropriate emergency contact phone numbers to get an emergency medical squad (EMS) in there and be able to stabilize somebody adequately before the emergency team gets there, so that, you can get them ready for transport. Any staff members that emergency-certified will have priority to cover the emergency injuries if they do arise.

What is the selection process? What does that look like? How do you get picked for a FICS team? There are two different venues here and that is why I provided these two pictures, if we look at the picture on the left, this is CSIT World Sports Games, Spain 2019. This is the group of doctors that provided care for athletes, and you will notice a larger group and then on the right side, which is me in the front left, I am traveling with the Austrian Bobsled Team for World Championships, and I was the only chiropractor. Two very different roles, you are the only chiropractor on the right photo, and then you have this larger team on the left, team of great doctors with all these fabulous skills from all around the globe. Let us talk about how FICS pick these individuals and the selection process? FICS have a team of personnel that have been selected ahead of time that select the general teams to go to events. They have a very nice process where they prioritize experience and new doctors. You might be prioritized based on geographical region or your prior experience or if you have worked at a sanctioned event before or maybe you have worked that particular sport before, and if you have

worked with FICS in the past. These are some of the general criteria which FICS consider for selection. The whole idea is to provide a fair, non-biased selection of sports doctors, so the same people are not going all the time to the same events. This is aimed at giving everybody an opportunity to travel, looking at a balance of very experienced doctors and somebody on the newer side so that you can be trained and gain that experience working at event. This allows a terrific process on mentoring old experience doctors with the new doctors and growing this great professional sports chiropractic team in a positive way.

What is it like to work at an event? What can we expect as you become part of a team and you travel with a team, or you work at a large event? What do I need to think about? We talked a little bit earlier about the tools that you would bring, I would like to bring utility dolly, and I put my table on it and I roll it, and then I have my medical kit that goes over my shoulder, and then I bring a small shoulder sling bag for when I got to go on the run and really treat acute things, and I need a small amount of things. I typically travel with three different sized table and two different sized bags, and in those, I might have my different types of tape that I like, different types of lotion or emollients, whether it is Biofreeze or or any type of massage lotion, I always like to bring different types of instrument, assisted tools that I like personally. We have limitations with traveling, things like liquids and gels, we need to keep to a minimum unless you are going to put them in your check back. My advice with your check bag is to put some tape over the tops of any lotions or gels so they stay closed, because these lotions love to explode in your bag and ruin all the rest of the content of your luggage. Chalk that up to experience and I hope that does not happen to you. I have used sport tape to tape the tops of gels and liquids to keep them secure, it will save you a lot of time in clean up.

FICS require documentation of each athlete encounter, this is important for many reasons, and we need to always have documentation for what we do, and how we have treated. FICS has a research team that we keep track of all our patient-athlete interactions, and this helps FICS predicting how many doctors need to be on event or which teams utilize doctors the most or least, and what type of treatment they typically do. We take this research, the documentation records that we collect, and the research team analyse this deidentified data to project the future needs for events. This is good for FICS when talking to the sporting federations about the event needs. They can see, where the FICS chiropractor where used the most, for example when we did 200 treatments in three days, we definitely need more doctors in that area next year.

That documentation reporting is very important, that is a mandatory thing. Talking about concussions, anything that poses a threat to an athlete or something that what I call as a "no-go", in other words, not allowed to participate, cannot return to sport, we need to know what our steps are for precluding somebody from care. Do I need to talk to the Chef de Mission? Do I talk directly to the coach? What is my step for somebody that has an injury that means they cannot return to play. Talk about that at the meeting the night before, and figure out what your plan is, who you are making the call to discuss it with, the coach, your supervisor, and making sure that we are following good sound medical evidence-based practice medicine, and we are not returning somebody to the event, in an unsafe way. If we are diagnosing a concussion, they do not return to sport the same day, make sure we are following good medical guidelines.

As we are treating an athlete, we talked a little bit about what happens before coming into your treatment area, and if we look at the picture here on the left, we see that you are not always going to get that nice private medical room or the nice tent. You might be given a table in a hallway, and you don't want cameras around that area. Your treatment area becomes a safe zone for athletes, that is a zone where the athletes can come in and feel safe, and not on cameras, spectators, Paparazzi, or you asking to take pictures of them, that is really not permitted. We need to make sure that we are making the athlete comfortable enough to come in, discuss their medical health with you, get treated in a very private way and they are trusting you to do that. Therefore don't confuse that with an opportunity to

take a picture. If you want to take a picture with an athlete at another time, and it is not a treatment time, and not in the treatment area, it must be done with athlete's consent.

We have already talked about documentation, but I want to discuss the athletes that maybe younger than 18, what do we need to do about that? We need to have a signed consent form to treat anybody under the age of 18. All the athletes older than 18 will sign their own forms when they come in, if they come to you with an injury that is under the age of 18, we need to talk to their coach or their contact person, I am getting the appropriate signature, so that I can provide treatment and put my hands on them, do not begin treating anybody that is underage without the proper consent. I am going to just say one more time, we need to have our documentation. It is important, if you are at a venue today and a different venue tomorrow, that the next chiropractor coming in to your first venue can come in and look at your notes and have an idea of what care was provided. In this way, if the athlete comes in and says, "I felt great with that doctor who was here yesterday." That new chiropractor can review the notes and try to replicate that treatment, or if the athlete felt worse, the doctor can try to change that treatment up. This is vital information for the FICS research committee and data tracking. I want to another time that documentation is done, as chiropractors we all hate documentation, let us be honest, myself included, but it is a necessary and very important for us as we move through an event.

Nothing brings culture together better than sport, it is fun and the bond that you get with athletes and other chiropractors that you are working with, coaches, really makes the world a small place, and is very rewarding and fun. But your professionalism is important, please make sure that you know every situation might be a little bit different than you are accustomed to, let us not offer your opinion or anything unless you discuss that with the Chef de Mission or your local supervisor. If there is a problem or an issue that you see may be arising, let us go back and let us discuss it before we act from a single point of view.

We talked a little bit about this earlier in the lecture and I want to bring it through one more time, as you are traveling to different countries and regions, you are experiencing different cultures and with that come a different set of values and concepts as to what is normal, what is abnormal, what is socially acceptable and what is socially accepted. It is important you understand that, and your way might not be the only way. Keep discussions and your opinions to yourself because we never know who is around and listening, and you might be offering suggestion just based on your point of view.

We are all from different areas in the world and we need to respect everybody from their regions, and their own culture. I think that is the great thing about sport and you honour that as you consider that culture. Remember your role as an international sports chiropractor is challenging, there are lots of things to consider, but it is so rewarding, it is just an unbelievable experience to travel with these teams and take care of these athletes that works very hard to get to this level of competition.

It allows you to see the world and treat elite athletes, remember, you are an ambassador for your profession, you are just a small view of a big profession. Back to the Bobsled team that I worked with in Austria, the Romanian team had never heard of a sports chiropractor, and at the end of my stay they asked me to go in and find a sports chiropractor in their area that they could go to. That is what it means to me to be an ambassador, and that is what it should mean to you. We are opening the doors for our profession, and so, we need to understand that it is just not us they are looking at, and they are looking at your profession. Let us step up and be the best chiropractors we can be and the best professionals we can be, this is a positive representation for FICS, but, it is mostly a positive representation for your profession.

We are going to finish with two case studies, just to get you thinking and I will work through it to show you how to think a little bit differently?

### Case #1 Muray Thai event in Italy

You are not in your office anymore and it is not only your rules anymore. Let us talk about a 17-year-old male from team Spain, who presents with a headache and right shoulder pain. He does not speak much English, but they were able to tell us that the injury took place the day before. You see some bruising on his eye as well, and you think about concussion. If we got bruising on the eye, we want to make sure we rule out a concussion first, I know he has right shoulder pain, but you have to take the priority that might preclude them from participating first, and then after we rule that is ok, we can get to the shoulder injury.

I want you to think about head trauma but you must go back and make sure you have proper consent from this person. This is a 17-year-old male, and you are not to begin your SCAT5 or anything until you get that proper consent. Sometimes it is a little bit of a delay in treatment, so you can have the athlete sit and wait while you send his friend or team member to go find the coach. Maybe you already have the proper form sign, that would give you the release to start your assessment, and then you can sign your documentation that you have received that release to treat that person. Once you get that release, you can start working through your head trauma protocols. We covered these protocols in the first ICSC01 module, and we talked about what you are seeing, looking for, your signs and symptoms, ruling out emergency concerns and we are ruling out a concussion that would preclude them returning to play, in other words not allowing them to play. So, we will do our SCAT5 concussion screen, and we can report whether there is any projected concussion or not. We need to document this, have we returned them to sport, or have we not returned them to sport, and then we would go ahead and work on the shoulder injury second, making sure that you think about if the athlete is safe to return to sport, are they going to make the injury worse if they return to play, or are they safe and you don't believe they will sustain another injury? That is where your brain needs to think.

### Case #2 Tug of War Championship

This female from the Swedish team presented with a sore right-sided arm and low back pain, and a 6 out of 10 on the pain scale. If you read the left side of your screen in the orange area, you see that she reported that lower back pain kept her from sleeping, she had a restless night's sleep and has never been to a chiropractor before, which may not be too uncommon. She travels with a physio but the physio is busy, so she thought she would give the Chiropractor there at the event a try. You should be thinking how to proceed and where to go, do we have proper consent, do we have our documentation started with the age of this athlete, what treatments can I provide in this country and in this setting? Consider whether you can talk to the physio quickly and see how she cares for this athlete or her pending diagnosis? Has she had any imaging? Does she have the larger herniated discs that I need to treat or need to maybe change my treatment plan? Does she have a history of Lumbar fracture? Making sure we understand all the contraindications to care for this athlete before we jump in and adjust her.

You may only treat this person one time and it is not uncommon, so, what I like to say to the everyone I teach is, let us try to educate and guide the athlete in a positive way to sports chiropractic.

Communicate with the athlete and their coaches as to stretches or exercises. The athlete maybe able to these on their own, maybe they are with a sporting federation that does not have a budget for a sports chiropractor to travel with them, so ensure you give them a positive experience and some of your knowledge, sharing stretches and exercises they can travel with and take back home for follow up care? Can we point them in a direction to help these athletes to educate themselves as to their injury, which will help them be successful in the future. That is what we are all about, we want to see each person achieve their optimal performance.

The experiences you gain when you travel as a sports chiropractor are super rewarding, I would not change even one of my travel experiences for anything. You walk away a better sports chiropractor with each experience, you understand what other athletes have at their disposal or what sadly the

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athletes do not have at their disposal, you learn a lot about health care in different countries, and you also learn how to treat high-level athletes. It is a time that I feel like you gain these great relationships, and you walk away a lot better each time, not even a little bit better, as you travel, you are educated in a different way, and this broadens your perspectives in so many ways.

I emphasise the positive attributes of doing something like this and the extended personal growth that you will gain. You are an ambassador for the chiropractic profession. If you stick to these four bullet points you will be in great shape for your travel, and you will have a successful venue.

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

**Remember, greatness is your being, and excellence is your doing.**

I thank you all for taking this module with me and I look forward to your continued journey as sports chiropractors and being the best professional that you can be. I applaud you for your continuing education and trying to better yourself, and lastly, I look forward to meeting many of you at future events.

[End]