

**It's Not at All a Uniform Approach**  
***Tailoring Sports Equipment Removal***



# Translation

## Pittsburgese

- Yinz guys
- Dahntawn
- Sammich
- N@

- Stillers

## “English” (Texas)

- Y’all
- Downtown
- Sandwich
- ?
- Football team with 6 Super Bowl trophies



## Appropriate Care of the Spine Injured Athlete

Pre-Plan  
EAP and Time out



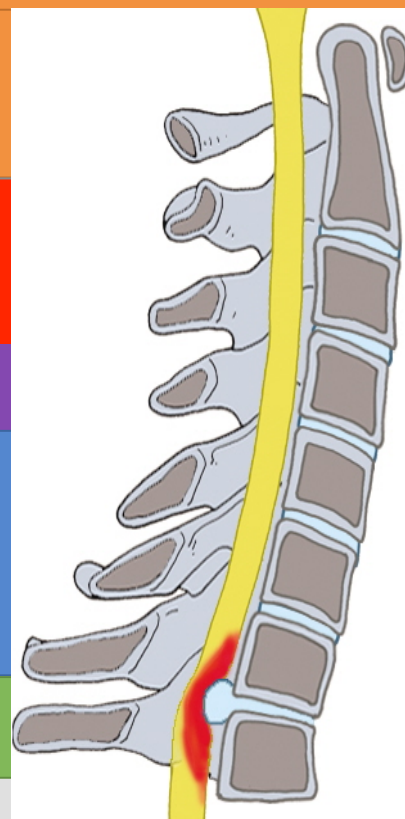
Remove equipment  
on scene

Equipment varies by sport



Rigid cervical device  
transports with rigid  
immobilization

Research





# 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

**S**ituation  
**T**raining  
**E**quipment  
**P**eople  
**P**re-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 of 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





Steely McBeam



Rowdy