

Heat, Heart, and Head Sports Injury Prevention Symposium

July 27, 2024

8:15-9:00 AM	Registration/Check-In
9:00-9:10 AM	Welcome Moderator- Jeff Cardozo
9:10-9:15 AM	Welcome Dr. Farmer (Video Intro)
9:15-9:40 AM	Exertional Heat Illness & Hydration Dr. Nathan Tipper
9:40-10:05 AM	Sudden Cardiac Death Dr. Josh Altman
10:05-10:30 AM	Sports-Related Concussions Dr. Sarah Chrabaszc
10:30-10:40 AM	Break/Stretch
10:40-11:05 AM	Emergency Action Plan and Medical Time Out Cassie Winkfield
11:05-11:15 AM	Q&A/Review
11:15-11:45 AM	Lunch
11:45 AM-1:00 PM	FEATURE PRESENTATION Intro: Florida Rising Stars - The Hilinski's
1:00-1:10 PM	Q&A/Break
1:10-1:30 PM	Mental Health Jason Vereb
1:30-1:45 PM	Q&A/ Concluding Remarks/Tour Prep
1:45-2:30 PM	VIP Tour- Heavener Football Training Center

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ATHLETIC TRAINING PROGRAM DIRECTOR

Kevin Farmer, MD

Professor
Team Physician - UF Athletic Association
Division Chief, Sports Medicine Division
Medical Director, Athletic Training Outreach
Department of Orthopaedic Surgery and Sports Medicine
University of Florida Health

UNIVERSITY OF FLORIDA INVITED FACULTY

Joshua Altman, MD

Clinical Assistant Professor, Primary Care Sports Medicine
Department of Orthopaedic Surgery and Sports Medicine
University of Florida Health

Sarah Chrabaszcz, MD

Clinical Assistant Professor, Primary Care Sports Medicine
Department of Orthopaedic Surgery and Sports Medicine
University of Florida Health

Nathan Tipper, MD

Clinical Assistant Professor, Director of ORTHOcare
Department of Orthopaedic Surgery and Sports Medicine
University of Florida Health

OTHER INVITED SPEAKERS

Jason Vereb – MS, ATC
University of Florida Health

Cassie Winkfield – MS, LAT, ATC, OTC
University of Florida Health

SPECIAL GUESTS

Mark and Kym Hilinksi

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Heat-Related Illness and Proper Hydration

1. Recognize basic types of exertional heat illnesses.
2. Understand prevention techniques for exertional heat stroke.
3. Describe recognition and treatment of exertional heat stroke.
4. Understand return-to-play decisions for exertional heat stroke.

Sudden Cardiac Death in Athletes

1. To learn common causes of sudden cardiac death in athletes.
2. To learn how to recognize common symptoms of sudden cardiac death in athletes.
3. To learn evaluation and treatment options for cardiac issues in athletes.
4. To learn about the importance of AEDs and feel comfortable in the use of AEDs on athletes on the field or on the court.

Concussion Injuries in Athletes

1. Define a concussion
2. Learn basic on-field and in-the-clinic management of an athlete who suffers a concussion
3. Understand when it is safe to return to play
4. Review of the Florida Concussion Law

Emergency Action Plan and Medical Time Out

By the end of this lecture, you will understand the importance and proper implementation of an Emergency Action Plan and pre-event safety check components.

Mental Health First Aid – Mindset Care for the Athlete

1. Brief review of mental health conditions common in the secondary school athletic population
2. Recognition and response
3. Mental Health Emergencies
4. Developing Mental Health EAP

Our Feature Presentation and their Vision:

The Hilinski's Hope Foundation (H3H) was founded in 2018 by Mark and Kym Hilinski to honor the life of their son Tyler. H3H helps colleges and universities save lives, eliminate stigma, and scale mental wellness programs for student-athletes. H3H does this by sharing Tyler's story, connecting students with mental health resources, and assisting universities to institutionalize best practices. H3H envisions a world where mental health is supported in parity with physical health and equally prioritized by universities as connected to athletic performance.

