

Sports Medicine and Athletic Training Services

Player safety is a top priority for the tournament organizing committee. Premier Health will be providing athletic training services at the 2018 WFDF World Ultimate Club Championships at Lebanon Sports Complex and Mason High School.

Premier Health's staff of certified athletic trainers will be conveniently located in the medical tent to treat athletes and referees. The medical tent will open two hours prior to the first game each day and will remain open until the last game finishes. Athletes in need of pre-game assistance should report to the medical tent at least 30 minutes prior to their warm-up time. Services provided at medical tents will include:

- Emergency first aid and injury evaluation; playing recommendations
- Concussion evaluation
- Pre-game taping/padding
- Initial management of acute injuries
- Physician referral if necessary
- Call-ahead services to the emergency department, as needed

If an injured athlete requires immediate care, contact tournament personnel. The Premier Health sports medicine team will work closely with EMS to treat the injury and assess the need for possible transport to a local hospital.

If an athlete is diagnosed with a concussion by the medical staff, tournament personnel will be notified and the athlete will be disqualified for the remainder of the tournament.

Get Ready for Ohio!

The following recommendations will help you prepare for the World Ultimate Club Championships in Ohio.

The weather is typically hot and humid during the summer months. Temperatures can be in the mid 80's to low 90's during June and July. Plan on pre-hydrating, hydrating during the games, and re-hydrating after the games. Drink more water than your thirst indicates! It's very hard to catch up once you're dehydrated.

Bring ice and wet towels to the field with you. Put a cold towel around your neck when you come off the field and at half time.

During half time, drink water or a sports beverage, such as Gatorade.

Keep out of the sun when you're not playing. Find shade. Be careful about how long you are in the sun watching games.

Ice water and shade will be provided at each field.