

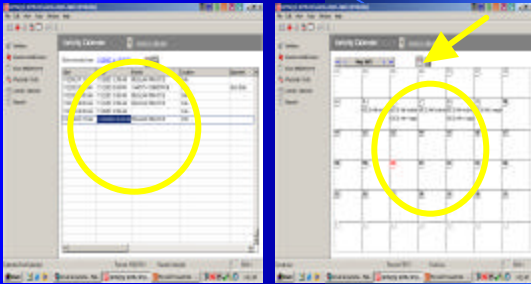
Activity Calendar

- Activity
 - Team, activity, location, start and end times
- Environment
 - Surface, condition, temps, indexes
- Participation
 - Participants, exposures

Activity Calendar

The Activity Calendar Page is the most frequent non-injury page you will visit. **There are three main information resources needed for the calendar: activity, environmental conditions, and number of participants.** We cannot effectively draw conclusions about any season or period of participation nor compare risk among different participants or sports without this information. **It is critical to enter these data daily**, because it accumulates daily. Daily entry also saves time in the long run. Most of the information here is straight forward so I will not spend much time with it, but a couple of items on each screen will be reviewed.

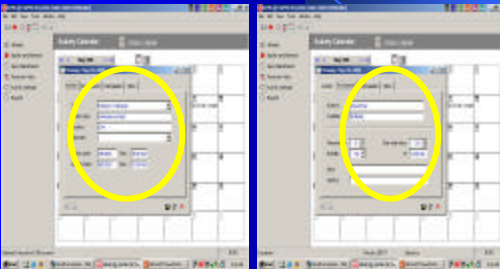
Activity Calendar



Lists or Calendar

You can organize your calendar appearance to be in the form of a list (left circle) or a calendar (right circle) by selecting one or the other icons (arrow) at the top. When you left click the mouse on a date or empty line, you can get a new entry. You can also get a new entry when you double click (left mouse button) on an entry. This will allow you to edit an entry as an option.

Activity Calendar



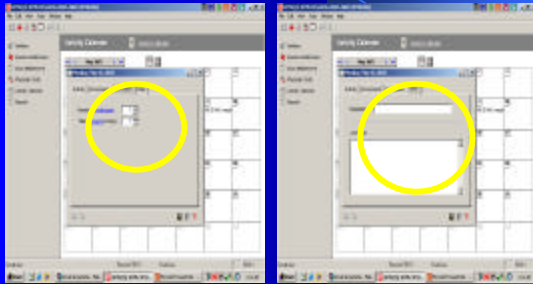
Activity and Environment Screens

On the left of this slide is the Activity information screen (left circle). Here is where the type of activity (i.e. practice), location, and start and end times are entered. We enter all coach-directed team activities.

Individual activities, even with a coach are not followed unless your staff wish to do this. As you can see, competitions may be one of the activity options so a box is available to designate opponent.

On the right side of the slide is the Environment Screen (right circle). **The key features reported for most sports are the surface and the condition of the surface.** You will need to ask your staff and possibly host team what the specific surface is and sometimes how old it is. Look through the descriptors in this section to become familiar with the options. I would recommend it for all of the option categories on other pages as well. These help to give you a context of athletic training and medical terminology as well as categorical constructs in these areas. Heat and humidity or other environmental indexes or features may be important to chart, especially when it comes to risk factors and assessment of practices with prevention recommendations. Review health and safety practices and standards of care for monitoring of environmental conditions with your staff.

Activity Calendar



Participants and Other Screens

The Participants screen (left circle) is actually an input screen or a calculator for your use. These are critical numbers to monitor each day. **The number of athletes who participate in a full practice are those who are at risk to injuries during participation. If an athlete is injured during the practice, no matter how long they participated, they are counted in the number of participants; however if an athlete has to leave a practice for non-injury reasons without participating in at least half, they are not counted.** This general principle about who is there at a practice is up to staff, but

closely follows this guide. By clicking on the highlighted participants or exposures, you will get the calculator for help in recording the number. Exposures are unique to each sport, so for the first entry involving games, always go to the calculator. The calculator will give you a reminder about how to calculate exposures. For example, Volleyball counts those players who actually enter a game as one exposure for the game, but the number of games is counted in a match to calculate the total exposures for a match. If we played 5 games in a match with UNI and 11 girls played in each game, our recorded match exposures would be 55, not 11. After that first entry, you may enter the number of participants and exposures either way.

The last screen is for Other exposure issues that relate to risk (right circle). Most common on this screen is a space for describing equipment. If new protective equipment is being issued or coaching equipment for learning is being used, this is the place to identify the use. Other comments may include things such as a softball or baseball game going 18 innings, or the coaches punishing players for sloppy performances by running extra stairs at the stadium. These go on at practices and games but are lost in the information without this recording.

Activity Calendar - Review

- Daily records accumulate
- Practice/contest specifics
- Risk factors

Review

The Activity Calendar Page is a large file of daily activity information that is critical to the analysis of the injury risk factors associated with every sport. This is an important daily record that should be easy to enter after the first couple of times and should be reviewed for specifics especially for exposures when contests are involved.