



# The Academy for Sports Dentistry and the European Association for Sports Dentistry Joint Consensus Statement Defining the Qualified Sports Dentist

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## SUMMARY

The objective of the Sports Dentist consensus statement is to provide dentists, physicians, athletic trainers, coaches, teams, athletes, school administrators and the public with guidelines for choosing a qualified Sports Dentist. This document is intended to provide a global guideline for identifying and describing a Sports Dentist. The statement will also provide the definition of a Sports Dentist and the recommended minimum standards necessary to be defined as a Sports Dentist. The statement will also describe the responsibilities and role of a Sports Dentist, who in turn, serves as a Team Dentist. This consensus statement has been developed with collaboration between the Academy for Sports Dentistry and European Association 4 Sports Dentistry. These associations are committed to providing the most current education, research, and related information in the field of Sports Dentistry.

## DEFINITION OF SPORTS DENTIST

**A licensed dental professional with advanced specialized training in the prevention, diagnosis, and treatment of oral injuries and conditions associated with athletics and exercise. The sports dentist acts as a critical part of an athlete's medical team, providing emergency trauma care and supporting ongoing optimal oral health and education.**

A Sports Dentist must have extensive knowledge in prevention, diagnosis and treatment of sports related dental and oral-facial injuries. A Sports Dentist must have an in-depth knowledge of sports culture and practices and be an effective communicator and educator. A Sports Dentist should be registered with their relevant professional licensing body with an active license to practice dentistry, maintain an active membership in a professionally recognized sports dentistry organization, and stay current in the sports dentistry field through continuing education programs and evidence-based research. The goal of a Sports Dentist is to enable the athlete to realize his/her full potential by providing optimal care for their oral health during and outside athletic participation.

## RECOMMENDED STANDARDS OF A SPORTS DENTIST

- Experience and continued training in prevention, diagnosis, and treatment of oral injuries and conditions associated with athletics and exercise.
- Understand and have expertise in sports-specific risks
- Understand and have expertise in Dental and Oral-facial trauma prevention
- Mouthguard fabrication and maintenance with clear understanding of relevant technology advances
- Identification of any dental, postural or sport-related health/medical issues
- Immediate trauma treatment for hard and soft tissue injuries, including:
  - Management of tooth avulsion, fracture and displacement injuries
  - Suturing techniques and hemostasis
  - Initial infection control and debridement
  - Use of non-rigid splinting techniques
- Interim restorations
- Guide return-to-play decisions following oral and facial injuries to ensure safe athletic re-entry
- Awareness and management of long-term care and consequences of such care
- Understand the roles and responsibilities of other members of the sports medicine team, including but not limited to: reporting hierarchy, contacts and coordination of care
- Demonstrate knowledge of broader sports-related health concerns including, but not limited to:
  - Concussion, red-flag signs
  - Heat exhaustion/stroke
  - Airway compromise
- Understand athlete medication and supplement use, pharmacology relationship to athletic use and risk
- Be aware of and understand how to identify and address drug or substance misuse and abuse, eating disorders, or performance-enhancing drug use
- Have a clear understanding of supplement, prescription and non-prescription medication regulations in relationship to anti-doping rules which may involve substances used to enhance performance, manage pain, or treat health conditions, divided into legal medical care and banned doping agents.
- Maintain active membership in a professionally recognized Sports Dentistry Organization
- Participate annually in Sports Dentistry continuing education courses
- Understand and apply knowledge of Sports and Athlete Psychology



- Demonstrate good educator skills through written and oral communication, including educating players, coaches, and parents on the risks of oral injuries and proper protective gear usage
- Perform counseling or refer in areas of nutrition, substance/tobacco use and self-image

## ROLE OF TEAM DENTIST

A Team Dentist is a Sports Dentist as defined above who affiliates with a Sports Team or Athletic facility to carry out the following:

- Provide pre and post season examinations documenting and explaining current state of oral health with recommendations for pre-, in-, and post-season care
- Follow current pre-participation evaluation guidelines
- Be accessible 24/7 to address any dental/oral-facial emergency that may arise
- Be knowledgeable in the latest treatment protocols for dental trauma
- Provide the highest quality properly fitted splints and/or mouth guards as needed per sport
- Be knowledgeable about doping protocols including anti-doping guidelines protocols and illegal substance use
- Be knowledgeable about the psychological health of the athlete
- Have in-depth knowledge of the specific sport culture and practices
- Be an active member of the sports or athletic facility medical team, working in coordination with the team physician, athletic trainer and associated health care providers
- Demonstrate understanding of the proper chain of command within the medical team
- Provide onsite or immediate response coverage for on-field/court on competition/event days
- Provide proper documentation of any care provided, discussed or consulted upon.
- Determine and help coordinate post injury care including:
  - Immediate and long-term rehabilitation
  - Training and competition precautions
  - Return to play timeline parameters
- Nutrition education as it relates to dental oral health
- Maintaining athlete confidentiality
- Be knowledgeable of local regulations and laws as they apply to sport
- Understand and accommodate team and individual athlete schedules for non-emergent care
- Understand and accommodate high priority or urgent care according to team and individual athlete schedules