



# Taylor High School Sports Medicine



## Student Athletic Trainer Handbook

The field of Sports Medicine can be very rewarding; however, it can also be very challenging. It will require hard work, dedication, teamwork and self-discipline. The hours may be long and sometimes stressful when you are trying to satisfy the many requests made of you. Our goal is to provide medical coverage to the student athletes of Taylor High School. It is also our aim to offer to our Student Athletic Trainers (SAT) a program that will teach the prevention, evaluation, treatment and rehabilitation of sports-related injuries to further their knowledge in Sports Medicine.

### GOALS

- Maintain academic excellence
- Learn as much first aid and athletic training information as you can while in the program
- Become a leader amongst your peers in the program, school, and community

### PERSONAL QUALITIES

As a SAT, dependability is an important component. With an extensive athletic program and with the amount of work that must be done, it is essential that you can be depended upon. This includes such things as following directions, reporting on time, applying tape/wraps correctly, giving treatments properly and carefully, cleaning and taking the initiative.

### LETTERMAN IN SPORTS MEDICINE

Any student athletic trainer that participates in three sports will be eligible for a Letter Jacket with the following conditions:

- The student must have finished the season of each sport in good standing.
- The student must have been eligible for the entire season of each sport for that sport to count as one of the three

### WORK SCHEDULE AND HOURS

- Being in the Student Athletic Training Program is a huge time commitment.
- It is very important that you know the times you are to work.
- You need to report to the training room/your assignment as quickly as possible, dressed appropriately, so the athletes can get to their practice/game in a timely manner.
- If you know in advance that you are unable to report for your assignment or class, it is imperative that you contact the Staff Athletic Trainers as soon as possible by text, call or email, so that arrangements can be made for coverage.
- Do NOT tell another student to communicate your absence to the Staff ATs. Be responsible and communicate for yourself.

### ABSENCES AND APPOINTMENTS

You will be required to attend all practices, games and events, in which you are assigned. They are all mandatory. Please do not schedule doctor's appointments, Driver's Ed times, etc. during practices and games unless it is an absolute emergency. If you have a job, please plan your work schedule accordingly and communicate your work schedule with the Staff Athletic Trainers.

- Unexcused absences will result in a deduction from your grade.
- If you have **two or more** absences from practices during the week (excused or unexcused) you will be unable to work the following game day.
- Excessive absences will require Staff ATs to discuss your commitment to the program.
- We understand as high school students that you may be very busy, but Sports Medicine is a commitment and should be treated as a priority.

### NEW STUDENT ATHLETIC TRAINERS

Students who are just beginning with the program will undergo a one-month probationary period in which they will be observed and evaluated by the Staff Athletic Trainers. At the end of the month, the student and Athletic Trainer will sit down and decide whether or not they will continue on in the program based off of:

- Student's ability to show up on time for all assigned practices and games
- Student's ability to be mature, responsible, show initiative, and willingness to learn
- Student's ability to communicate with others in the program and Staff Athletic Trainers

Students who are unable to meet the expectations of the program will not be able to continue after the one-month probationary period.



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## PERSONAL BUSINESS

Be ready to work when you arrive in the athletic training room for your assignment. Take care of eating, changing, restroom breaks, and other personal business prior to training room duties. Also be prepared if you are working long assignments by bringing snacks, appropriate clothing, or other items allowed by the Staff Athletic Trainers.

## TRANSPORTATION AND TRAVEL RULES

As an extracurricular activity, we conduct 99% of our activity outside the normal school hours. It is your responsibility to find transportation to/from practices (i.e. early morning practices, after school practices, etc)

School transportation (to and from school) will be provided for all games/events. The Staff Athletic Trainers prefer for all SATs to travel with their respective teams to/from games through school transportation. If a SAT needs to take personal transportation to/from the event venue, an TISD Post Activity Student Release form needs to be on file at least one day PRIOR to the event.

When you travel with teams to games and events, it is important that you conduct yourself in a respectful and professional manner. You will sit in the front of the bus with the coaches. You are expected to dress as you would for home games as well.

## GAME DUTIES AND CONDUCT

Students working games should arrive at least 30 minutes before game/travel time to get everything and everyone ready (check with Staff Athletic Trainers for specific report times). Football is a little more demanding in the sense of set-up; therefore, the athletic training staff begins hours before kick-off. It is crucial that everyone involved is on time, has already eaten and is appropriately dressed, and knows the tasks required of them so they can get things done efficiently.

## RELATIONSHIPS WITH DEPARTMENT PERSONNEL AND ATHLETES

While you are primarily working directly under the Staff Athletic Trainers, you are also working with coaches and athletes. Respect, courtesy, and cooperation should characterize your relationship with all personnel. Should a coach ask something of you which is inconsistent with what you have been taught, or told, cooperate with them and discuss the event with the staff ATs when you return. Your job as a SAT is to assist the Staff Athletic Trainers and the coaching staff.

Student ATs specifically should **NOT**:

- Give healthcare advice to an athlete without consulting a Staff AT
- Perform evaluations on athletes
- Independently make decisions about injury treatments, procedures, or activities
- Make return to play decisions
- Be expected by coaches to act as a Staff AT would during away competitions (making RTP calls, deciding treatments, evaluating injuries, etc).

If you have a problem with an athlete, it is imperative that you tell one of the Staff Athletic Trainers immediately so it may be taken care of. Athletes are to treat SATs with respect and vice versa. Never get in a yelling match with other student AT or athletes.

## GRADES

Students in the Athletic Training Program are expected to pass all classes with a 70% and above. All exempt UIL courses will require a 60% or above to pass. If you fail any classes at the 6 weeks reporting period, you will be ineligible to work any games until the next progress report to regain your eligibility. *You will still participate in all practices assigned during this time!* If you are passing at the next progress report period, you will regain eligibility.

**If you fail a second 6 weeks period, your eligibility for the following semester in the program will be up for discussion.**

## DISCIPLINE POLICY

We expect you to act accordingly in the classroom, with your family, and in the community as you would in the athletic training room, and on the field/court. This includes, but is not limited to, being a leader, being responsible for your actions, being accountable for the choices you make, being respectful to teachers and authority figures, and so on. When these expectations are not abided by, consequences will be at the Staff Athletic Trainer's discretion.



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## DISCUSSION OF INJURIES

At NO TIME are you to make statements to or give information of any type to a member of the press, another athlete/student, other parents or anyone. ALL INJURY INFORMATION IS STRICTLY CONFIDENTIAL AND NEEDS TO BE REPORTED TO THE STAFF ATHLETIC TRAINERS AS SOON AS POSSIBLE. If anyone should ask you what happened, you simply tell them that you don't know or are not at liberty to say. At no time are you to discuss or give recommendations about an athlete's injury to a coach. That is the job of the Staff Athletic Trainers. (Also, NO pictures of any treatments or athletic injuries.)

## ATHLETIC CODE OF CONDUCT

All Taylor Student Athletic Trainers will adhere to the TISD Athletic Policy that will be signed prior to the start of the school year.

## CELL PHONES

Cell phones come in handy however; they will not be abused in the training room/practice/games/events. Students should not be "scrolling" on social media, facetimeing, calling, or texting during athletic practices or games. Repetitive cell phone abuse could result in phones being checked in and out for practices and games. NO pictures of any treatments or athletic injuries.

## DRESS CODE

The Athletic Training staff will be neat and professional looking. All SATs must adhere to the school dress code. No clothing should be distracting. **Dress code for specific sporting events will be up to the assigned Staff AT.**

- Practices:
  - **Tops:** T-shirts, long sleeves, jackets, and sweatshirts may be worn. Taylor logos/colors are preferred. Tank-tops, cut-offs and crop tops are not allowed. Shirts should be appropriate length – not too short or too long. Shirts will tucked-in if you cannot see your pants/shorts.
  - **Bottoms:** Athletic Shorts, athletic pants, jeans, khakis may be worn. Yoga pants, pants with holes, or short shorts are not allowed. Shorts should be appropriate length - not too short.
  - **Shoes:** Tennis shoes are required for outdoor sports. Tennis shoes/closed toed shoes are required for indoor sports.
  - **Caps:** Hats and visors may be worn. Taylor logo/colors are preferred.
- Games:
  - **Tops:** Taylor Sports Medicine t-shirts or polos must be worn for events/games. During cold weather games – layers are welcome.
  - **Bottoms:** (Shorts must be appropriate length)
    - Football: Black and Khaki shorts or pants are required.
    - Other sports: Black or khaki shorts or pants are preferred. Dark colored jeans without holes are OK.
  - **Shoes:**
    - Football: Tennis shoes are required
    - Other sports: Tennis shoes are preferred. Closed-toed shoes are required.
  - **Caps:** Hats and visors may be worn. No distracting logos/colors.

If you are not in proper dress code, you will be asked to correct it immediately and will not return until done so. Failure to correct your appearance will lead to consequences at the discretion of the Staff Athletic Trainers. No SAT will be allowed to work games/events if they are not in dress code and will lead to penalty in grade due to leaving the staff and team short-handed.

## SUGGESTED CONDUCT FOR A SUCCESSFUL STUDENT ATHLETIC TRAINER

- Be on time
- Dress right all the time without being asked or told to change
- Take the initiative, don't have to be told to go do something
- Be able to take constructive criticism to make yourself better
- Have a good, positive attitude and be flexible
- Work hard all the time, especially when no one is watching
- Don't make excuses or be lazy
- Don't get caught up in drama or cliques. Leave the drama at the door!
- Be a leader
- Communicate with your teammates, Staff Athletic Trainers and coaches
- Be a team player and support one another in the training room as well as in the classroom
- Practice your skills when you have down time
- Volunteer as much as you can when help is needed
- Treat others as you would want to be treated
- Don't blame others for your downfalls or mistakes; be accountable for your actions.
- Be positive and supportive of others and their successes



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- Present yourself well. Bad perception could be very detrimental to your character even if you have the best of intentions
- Work hard at your sports so that you may be requested back by the coaches
- Take care of business in the classroom!

## OVERVIEW:

### GENERAL RESPONSIBILITIES AND EXPECTATIONS (UNDER THE DIRECTION OF STAFF ATs):

- Assisting the Staff Athletic Trainers with treatments of athletic injuries
- Assisting the Staff Athletic Trainers with rehabilitation of athletic injuries
- Taping and wrapping athletic injuries
- Administering basic first aid
- Reporting all injuries to a Staff Athletic Trainer
- Learning by observation, listening, participating, and asking questions
- Learning the location and purpose of all equipment and supplies in the training room and be able to use them
- Assisting with current stocking of all types of equipment and supplies
- Preparing equipment and supplies for all practices, games, meets and contests
- Proper cleaning and storage of all equipment and supplies used during practices and or games.
- Maintaining storage areas in a neat and organized fashion
- Keeping the training room clean and organized at all times. It is a medical facility and should be treated as such
- Performing other duties as assigned by the Staff Athletic Trainers
- Communicating with parents/guardians about sports medicine assignments

### HOURS:

- Student Athletic Trainers are required to work all practices, games, and events of the sport they are assigned.
- There may be times where all SATs will be working tournaments for other sports in shifts.
- Some assigned times may be over school breaks, weekends and holidays
- SATs must notify a Staff Athletic Trainer if they will be absent or unable to fulfill their assignment on a particular day

### GRADES:

- Students in the Athletic Training Program are responsible for passing all courses
- If a SAT fails any classes, they will be ineligible as per UIL rules. They will be able to help with practices but cannot help with home or away games until they regain their eligibility.

### DRESS CODE:

- All Student Athletic Trainers will dress professionally and respectfully at all times. The importance of this is to represent yourself, the team, school, and your family in a positive way.

### DISCIPLINE:

- Will be at Staff Athletic Trainers' discretion
  - This could include: penalty in grade, phone calls home, working extra hours, losing Varsity game privileges, dismissal from program, etc.

If you have any questions, please feel free to contact one of us at any time. Thank you.

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