

GREAT OAK HIGH SCHOOL

SPORTS MEDICINE

STUDENT AIDE ATHLETIC TRAINING  
PROGRAM



## AN INTRODUCTION TO ATHLETIC TRAINING

The purpose of this program outline is to explain requirements, expectations, and standard operating procedures (SOP) for the Athletic Training Student Aides (SA) participating in the Sports Medicine- Athletic Training Program (ATP) at Great Oak High School.

### **WHAT IS ATHLETIC TRAINING?**

Athletic Training encompasses the prevention, examination, diagnosis, treatment, and rehabilitation of emergent, acute, or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

(<https://www.nata.org/about/athletic-training>)

### **WHO IS AN ATHLETIC TRAINER?**

Athletic Trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training, and the state's statutes, rules, and regulations. As a part of the health care team, services provided by Athletic Trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

Athletic Trainers must graduate from an accredited baccalaureate or master's program. The athletic training academic curriculum and clinical training follows the medical model.

(<https://www.nata.org/about/athletic-training>)

## **Vision Statement:**

The Great Oak High School Sports Medicine Program shall provide medical coverage, emergency care, injury prevention, and rehabilitation service with compassionate care to the student athletes of Great Oak High School. GOHS Sports Medicine Program is committed to providing a clinical education experience of recognized excellence to the Sports Medicine Student Aides. The Sports Medicine Program community vision is for student to climb the “branches of excellence” S.P.I.R.I.T. within the field of sports medicine.

## **Mission Statement**

The Great Oak High School Sports Medicine Program delivers traditional medical coverage, athletic training, and sports medicine service to the student athletes of GOHS. The services that we deliver are emergency care, injury prevention, clinical assessment, patient education, therapeutic intervention, injury and medical facility management, and rehabilitation services for all athletic injuries. We are committed to providing the most advanced technology affordable in the prevention, education, and treatment of injuries. Additionally, it is our mission to facilitate the educational development of sports medicine students through clinical instruction and appropriate hands-on medical technique training.

**As a Student Aide (SA) in the Athletic Training Program (ATP), students will invest hours of dedication and commitment in the Sports Medicine Athletic Training Program. Students can also develop skills by enrolling in the Advanced Kinesiology course offered via the Career Technical Education (CTE) Pathway class at GOHS.**

**Student Aides admitted to this program must abide by the rules and regulations further described in this program outline. GOHS Sports Medicine Athletic Training Program students will be held to very high standards and expectations which include, but not limited to, exemplify professionalism, responsibility, and compassion: all qualities of an excellent health care provider.**

**Failure to follow the policies, procedures, or directions of the Head Athletic Trainer, Athletic Director, GOHS faculty, Team Physician(s), and/or coaches may result in suspension or termination from the program. Termination or suspension will be a decision made by the Head Athletic Trainer and Athletic Director. Ultimately, the main responsibility of the Head Athletic Trainer is for the health and well bring of student athletes and the operation of the Athletic Training Facility.**

**Upon termination, a written letter will be signed by the student explaining the reason for termination and parent(s) will be contacted. If a student chooses to resign from the sports medicine program, a letter of resignation that is both signed and dated by the student and their parent(s)/legal guardian(s) will be required.**

## **STUDENT ELIGIBILITY REQUIREMENTS:**

1. Students must have a minimum 3.0 GPA to apply and maintain standard GPA throughout being in the Student Aide Program
  
2. Written consent and a commitment agreement will be made with the student applicant and parent(s)/legal guardian(s)
  
3. Upon admission to the Sports Medicine Athletic Training Program (ATP), all students will be required to become First Aid/CPR certified and complete an Athletic Training Clinical Skills Workshop
  
4. Students must be able to participate in a minimum of **TWO** seasons throughout the school year
  - Summer Schedule is **MANDATORY** (Football practices, Athletic Training Clinical Skills Workshops, Facility Preparation)
  - Sports and other commitments need to be communicated with the Head Athletic Trainer promptly
  - Scheduling accommodations are available dependent upon student/parent/legal guardian communication and Head Athletic Trainer approval
  
5. Students are required to participate **3 days** of the week within scheduled time blocks
  - Time requirements may vary dependent on sports schedules and Head Athletic Trainer discretion

- Weekly schedules will be created between the Head Athletic Trainer and Student Aide. This will allow students flexibility and to voice any other obligations promptly
- Communication regarding illness, unexpected life events, student educational workload, and unexpected schedule changes should be made to the Head Athletic Trainer as soon as possible

## **GENERAL EXPECTATIONS:**

1. As Per Great Oak High School's mission and vision; students will develop a personal mission and vision statement, with periodic goal setting within the program to develop each of the "**branches of excellence**" as it applies to the sports medicine program. Each student will meet with the Head Athletic Trainer at the beginning and end of each season to apply this. **This program is an educational experience opportunity that is a privilege for students to participate in. It should be treated as such and taken seriously**
2. **Academic honesty** and **excellence** is expected. Grade checks and teacher evaluations will be required. Students will be expected to maintain a 3.0 or higher GPA
3. Student Aides **must** have an **athletic clearance profile** and must be cleared through the athletics office in order to participate in this program
4. **Communication** is key to a student's success from medical findings to scheduling of hours
5. **MEDICAL INFORMATION IS CONFIDENTIAL AND IS NOT TO BE DISCUSSED WITH ANYONE OUTSIDE OF THE PROGRAM (HIPAA COMPLIANCE)**
6. Students are expected to be **punctual, professional, responsible, and show the ability to follow directions and communicate** with their peers

and instructors in a professional manner. Students are required to learn, to be taught, and display **professionalism**

7. Students are expected to understand the **National Athletic Trainer's Association (NATA) Code of Ethics** and apply this to their own experience within the student aid program at GOHS.

8. **DRESS CODE:** As a student or Athletic Trainer, our jobs can vary and be physically demanding in nature so as a reminder, please be mindful about your attire. Dress for comfort, the weather, and to make a good appearance. Gaining the trust of athletes, parents, coaches, other medical staff, and school staff all begins with who one presents themselves.

All clothing worn should not show cleavage or excessive skin. The Head Athletic Trainer reserves the right to dismiss a student if attire does not adhere to the dress code standards.

### **DRESS CODE EXPECTATIONS:**

Athletic Trainers are healthcare professionals. Professionalism should be exemplified in the appearance one allows themselves to have. Students in this program will be representing the Athletic Trainer, the Sports Medicine Program, Great Oak High School, and the Medical Staff as a whole. This means that a student's appearance should reflect the level of professionalism expected of healthcare professionals.

Students will be expected to wear a uniform that is professional and functional to meet the needs of events or workload that is scheduled for that day. The Athletic Trainer will deem what is appropriate for the scheduled events or practices of each day and notify students of any changes or requirements as necessary.

**Reminder:** Dress to impress- gaining the trust of athletes, parents, coaches, other medical staff, and school staff all begins with how one presents themselves.

Please adhere to the following dress code: (If you have to ask yourself if your outfit is appropriate, most likely it is not)

- **Closed toe shoes at all times- shoes should be comfortable and functional (might have to jog or run to places)**
- **Good hygiene should be maintained at all times**
- **Medium/long hair length should be pulled back into a bun, ponytail, braid, etc.**
- **Dress for the weather (shorts if hot, sweatpants if cold, rain/winter gear if raining)**
- **GOHS logo polo shirts, T-Shirt/long sleeve, sports medicine shirts, or plain red/black/white/gray/navy blue polo shirts or T-Shirt/long sleeve area acceptable**
- **Khaki shorts or Athletic shorts, at minimum, cover half the length of the upper thigh**
- **ALL CLOTHING WORN SHOULD NOT SHOW EXCESSIVE SKIN, CLEAVEAGE, OR STOMACH (no ripped jeans)**

As a student or Athletic Trainer, our jobs can vary and be physically demanding in nature. Dress for comfort, the weather, and to make a good appearance. This dress code should NOT be seen as a set of rules that should be difficult to follow, but more so a high standard to live by for caring for your appearance in your future career.

### **ATHLETIC TRAINING FACILITY RULES:**

1. All policies and procedures per Temecula Valley Unified School District and Great Oak High School are implemented in the Athletic Training Facility and all other areas (fields, courts, pool, etc.) or other campuses that Athletic Training Student Aides are providing medical coverage at
2. Students must actively participate in any medical coverage and perform daily duties
3. Any changing or dressing will be done in the appropriate locker room. Arrive promptly in appropriate clothing and be ready to work in the Athletic Training Room. All Student Aides must abide to the following dress code (students not adhering to the dress code will be asked to leave):

- Closed toe shoes, athletic shoes
- GOHS related T-Shirt or Polo
- Athletic/gym shorts are okay
- Khaki pants, Bermuda length, capri length, or khaki shorts (Please be mindful about the length of the shorts)
- Athletic leggings, joggers, and hoodies/sweatpants are acceptable per weather conditions
- Hair length longer than shoulder length should be pulled back (braid, ponytail, etc)

4. **DO NOT** play with any medical equipment

5. GOHS Faculty, Administration, and Student Aides are allowed to use the Athletic Training Facility Desk Computer with permission from the Head Athletic Trainer

6. Students **MUST** pay attention when covering practices and report any dangerous situations immediately

7. **DO NOT** administer any treatment to yourself during scheduled working hours

8. Memorize emergency procedures that will be practiced for any given situation, so that a student is prepared to respond in the appropriate manner when an emergency arises

9. Students must maintain **CONFIDENTIALITY** at all times. Students will **NOT** discuss other student's medical information or injuries outside of the Sports Medicine/Athletic Training team. Violating confidentiality will result in immediate dismissal from the program

## **STUDENT RESPONSIBILITIES:**

- **CONFIDENTIALITY:** Maintain confidentiality of the athlete and their injury/illness at all times. Failure to comply will result in immediate dismissal from the program

- Ø Maintain a daily record of injury evaluation, treatments, and rehabilitation

- **Student Attendance:** Students are expected to attend all practices/games/clinical workshops they are assigned to. Students will be expected to work a minimum of 3 days a week at a minimum of 2 hours per day. Any other obligations should be discussed with Head Athletic Trainer ahead of time for accommodations to be made.

- Ø Record time in and time out

- Ø Sign off on daily duties/cleaning check list

- **Maintaining a sanitary medical facility:** An Athletic Training Facility is a medical facility and should be presented as one. Staff must maintain cleanliness and treat the facility as such.

- Ø Clean/sanitize treatment and taping tables, counter space, medical and rehabilitation equipment, whirlpool, hydroculator (hot pack), shelving, water bottles and caps, water coolers and lids, and ice chest

- Ø Wash, dry, fold, and restock laundry in appropriate place. Any and ALL dirty laundry should be placed in the dirty laundry hamper after use.

- **Athletic Practice/Event Preparation:** For every practice or event

- Ø Prepare hydration station supplies, injury ice, medical kits, and sideline set up in a timely manner. Break down field/sideline set up and return medical equipment/supplies to the Athletic Training Facility

- Ø Clean/sanitize water bottles, lids, water coolers, and injury ice chest following practices and events and properly store away to dry

- Ø Students must pay attention when covering practices/events and report any dangerous situation immediately

- **Practice Emergency Preparedness/Student Aide Proficiencies:** During times that the Athletics schedule is slow, practice proficiencies or emergency procedures as instructed by the Head Athletic Trainer

- Ø Skills include, but are not limited to; wrapping, taping, ice bag making and wrapping, stretching, etc.

- **Treatment/Observation:** Observe and assist the Athletic Trainer, during clinical learning opportunities, with injury evaluations, treatments, and rehabilitation as

instructed. Perform treatments or assist with rehabilitation when instructed and supervised by the Athletic Trainer

· ***Inventory/Medical Supplies:*** As supplies are restocked from our total inventory, update inventory numbers for each supply used

Ø Restock tape drawers, first aid counter, and medical kits daily

Ø Notify Head Athletic Trainer if any supplies need to be ordered or any broken equipment