



Northern York County School District

Student Athletic Training Program Packet

The Northern Sports Medicine Club (or Student Athletic Trainer's Club) is for those students who have an interest in sports medicine and/or an interest in the health care field. This club starts in August and continues through the school year until June. The student athletic trainers are expected to be available Monday through Friday (and some Saturdays). The student athletic trainer's peak hours are from 3pm – 6pm with some night events that last longer. Student athletic trainer's will gain valuable knowledge of first aid, taping/wrapping, stretching, anatomy, nutrition, rehabilitation of injuries, and modalities.

2017-18

NORTHERN SPORTS MEDICINE

Requirements:

1. You must be at least 12 years old.
2. You must have at least, and maintain a C+ average.
3. You must be in good general health and appearance.
4. You must be willing to put in the hours you sign up for to help.
5. You must conduct yourself in a mature, respectful manner at all times.

The Northern Sports Medicine Club (or Student Athletic Trainer's Club) is for those students who have an interest in sports medicine and/or an interest in the health care field. This club starts in August and continues through the school year until June. The student athletic trainers are expected to be available Monday through Friday (and some Saturdays). The student athletic trainer's peak hours are from 3pm – 6pm with some night events that last longer. Student athletic trainer's will gain valuable knowledge of first aid, taping/wrapping, stretching, anatomy, nutrition, rehabilitation of injuries, and modalities.

Note: If you are a student-athlete and wish to become a student athletic trainer, you may do so. Guidelines on attendance can be discussed between the Head Athletic Trainer and the Student on an individual basis.

CONDUCT OF STUDENT ATHLETIC TRAINERS

Student athletic trainers are expected to follow the Northern York Co. School District Code of Conduct in addition to the following:

1. Follow and enforce the athletic training room rules.
2. Assist the certified athletic trainer with whatever is asked of you.
3. Follow the athletic training room policies and procedures.
4. To be on time and be where you are assigned.
5. Neatness and cleanliness in appearance.
6. Proper attire for outdoors and indoors. (Details explained later)
7. Respectful towards fellow student athletic trainers, athletes, coaches, and certified athletic trainers.

ROLES AND RESPONSIBILITIES

The main role and responsibility of a student athletic trainer is to assist the certified athletic trainers with various duties. These include:

IN THE ATHLETIC TRAINING ROOM:

- Providing basic taping and injury care to athletes under direct supervision of the certified athletic trainer and team physician.
- Preparing ice and water for contests and practices (assist managers and visiting student athletic trainers)
- Stocking and re-stocking of medical kits
- Cleaning and maintenance of athletic training room.

ON THE FIELD:

- Assisting the athletic trainer with injuries that occur during practices and contests
- Assisting with taking kits, water, and ice to practices and contests and bringing them back to the athletic training room.
- There is a “Gator” that is on hand for the athletic training use for transporting equipment to contests/events. Student athletic trainers may be asked to operate the “Gator” as long as they are comfortable handling the vehicle and have a valid Pennsylvania Drivers License.

CONDUCT AND ETHICS

1. The student athletic trainer **MUST** be prepared for changeable weather conditions (hot, cold, rain, and wind). Proper outdoor attire is a necessity:
 - a. The student athletic trainer must dress comfortably and appropriately. You must wear clothes that you can move around in and that protect you in the elements.
 - b. Wear a comfortable shoe with tread. Sneakers are fine. Open-toed shoes are not allowed due to safety issues.
 - c. You should have a coat and/or jacket that protects from wind/rain/cold. Gloves and hat too, when necessary.
 - d. It is important to know the weather forecast when covering outdoor activities.
2. The student athletic trainer's willingness to accept responsibilities and carry through to completion; the way s/he acts in the absence of the certified athletic trainer; the way s/he performs these duties, which may not always be popular; his/her appearance and language are all qualities that can make your experience and club a positive, successful, and rewarding one.
3. Athletic training is an integral part of sports medicine. The certified athletic trainer works with and receives direction from the team physician. The student athletic trainer works with and receives direction from the certified athletic trainer.
4. It is crucial that you recognize your limitations and **DO NOT** attempt to provide care that you are not qualified to do. The student athletic trainer should give only those treatments s/he has been instructed to give. Do not give into pressure from coaches or athletes to do otherwise. Doing so can lead to suspension of duties or dismissal from the program.
5. The student athletic trainer also must be able to handle seeing people who are injured and bleeding/vomiting. You may be asked to help with bleeding athletes and with blood/bodily fluid clean-up. You have the right to speak up if you're uncomfortable doing something that was asked of you.
6. As a student athletic trainer, you are part of the team with which you are working. You represent not only yourself, but also the team, the school, and the student athletic trainers club. Negative actions and words towards players, coaches, and officials will not be tolerated.
7. The student athletic trainer can be a vital part of the athletic program. You can learn a great deal that will be helpful to you in your future. If you feel uncomfortable with your responsibilities, speak to the certified athletic trainer. If you have any complaints, ideas, or suggestions, do not hesitate to bring them to the certified athletic trainer's attention. This is your club. You can help design it, build it, and pass it on.

STUDENT ATHLETIC TRAINER DUTIES

GENERAL DUTIES

I. Athletic Training Room

A. Arrive after school and be sure the following are in order:

1. Sufficient tapes of all sizes are available and ready for use.
2. All Containers are full and ready for use.
3. Medical kits are full and ready to be taken to the field. Use checklist if necessary.
4. Prepare ice and water coolers to be taken to the field.
5. Hydrocollator unit has sufficient water.
6. All clean laundry is folded in its proper place.

B. Pre-practice care of athletes:

1. Apply only the wraps, dressings, bandages, protective pads, and taping you are qualified to apply.
2. Do not permit crowding at tables. Take each athlete in their proper order. If crowd becomes too large, ask some to wait in the line outside the door.
3. Be sure the injury treatment record is filled in or needed for any care given.

C. Conduct in the athletic training room during practice:

1. Put the room in order after the last athlete has left. Clean tables and restock supplies.
2. Provide treatments only when directed by head athletic trainer. You should be supervised under the direction of the certified athletic trainer to supply ice massages, moist heat packs, whirlpools, ice packs, and contrast baths.
3. If there are no athletes to treat, use this time wisely. Be practicing procedures on each other or reading related material. You may study your class work once training room duties are completed.
4. Be prepared to care for any athlete who is brought in for first aid.

II. Practices

A. Practice conduct:

1. Take kit, ice, and water to the field before practice begins. Injuries can occur in the first minute of practice.
2. Station yourself and your equipment so you are near the action and can be easily spotted, if needed.
3. Do not turn your back to the practice area to talk. Keep alert at all times.
4. Assist in water breaks.
5. Care for injured players and escort them to the athletic training room if necessary.

B. Post practice training room conducts:

1. Be sure all injured athletes are cared for before leaving.
2. Make a list of supplies needed for the next day, which are out of stock.
3. Clean tables. Generally, put the room in order before you leave.
4. Be sure all dirty wraps and towels are in the laundry bin.
5. Turn out lights and lock the door.

III. Contests

A. Pre contest conduct (home)

1. Dress appropriately
2. Help with the pregame taping at the appointed time. Be dressed and ready to work on time.
3. Go over pregame checklist. Be sure all necessary items are on the field well before the start of the game.

B. Pre contest conduct (away) -you will have the opportunity to travel with teams:

1. Be on time and dressed appropriately.
2. Be sure to complete the away game checklist before leaving.
3. Ride with the players. You are a part of the team.
4. Find the home athletic trainer, introduce yourself as the high school student athletic trainer, and that you are able to help with any injuries that may occur to your athletes.

C. Contest conduct (home or away)

1. During the game, stay close to your equipment. Pay close attention to what is going on. Never turn your back to the field. This is also for your safety (especially at football games). Student athletic trainers need not accompany the head athletic trainer on the field to examine an injured athlete.
2. Stand ready to bring needed equipment onto the field.
3. Always carry scissors, gauze, gloves, and tape in your pocket (or fanny pack).
4. Be prepared to assist the head athletic trainer or coaches with caring for injuries.
5. Assist with giving water and ice to those on the bench during the game.
6. During halftime, assist with water and ice needs.

D. Post game conduct:

1. Be sure all equipment is returned to the athletic training room.
2. Assist players in removing tape, dressings, wraps, and bandages.
3. Prepare and give out ice bags.
4. Put the room in order before you leave.

NORTHERN SPORTS MEDICINE

ACKNOWLEDGEMENT BY STUDENT

I _____ have read these rules and regulations and understand my responsibilities as a student athletic trainer. I also understand that disciplinary action can be taken against me if these rules and regulations are violated.

Signature of Student

Date

ACKNOWLEDGEMENT BY THE PARENT/GUARDIAN

I _____ have read the rules and regulations and I understand the responsibilities of my son/daughter as a member of the student athletic training program. I also understand the disciplinary actions that can be taken if these rules and regulations are violated.

Signature of Parent/Guardian

Date

Student Athletic Trainer Application

NAME: _____ GENDER: _____ GRADE: _____

ADDRESS:

PHONE NUMBER(s): _____

GRADE POINT AVERAGE: _____

ARE YOU:

CPR CERTIFIED: YES / NO
FIRST AID CERTIFIED: YES / NO

EXPERATION DATE: _____
EXPERATION DATE: _____

WHICH DAYS OF THE WEEK WOULD YOU BE ABLE TO WORK?

M Tu W Th F S

WHAT HOURS WOULD YOU BE ABLE TO WORK? _____

LIST SPORTS, RECREATIONAL ACTIVITIES, AND CLUBS YOU **HAVE** PARTICIPATED IN:

LIST SPORTS, RECREATIONAL ACTIVITIES, AND CLUBS YOU **ARE CURRENTLY** PARTICIPATING IN:

WHY ARE YOU INTERESTED IN BEING A STUDENT ATHLETIC TRAINER?
