

***2022-23***

***Student Athletic Trainer Handbook***

Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of athletic injuries and illnesses. Athletic Training is an interesting and growing field of study, but it also involves hard work, long hours, and mental challenges. Our goal is to provide medical coverage to the student-athletes of Grand Oaks High School. It is also our aim to offer our student athletic trainers, a program that will teach the prevention, evaluation, treatment, and rehabilitation of sports-related injuries in a safe and fun environment.

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**WHAT TO EXPECT OF YOUR ATHLETIC TRAINERS**

**Leadership Respect**

**Communication Unity**

**Honesty Positivity**

**Trustworthiness Healthy Challenges**

**ACADEMIC GUIDELINES**

Student Athletic Trainers must make every effort possible to attend and pass all their classes. Constant tardiness and/or skipping will not be tolerated. Students will be accountable for their behavior in the classroom and will be subject to disciplinary action. All Student Athletic Trainers must maintain the UIL’s Minimum Eligibility Requirements.

**DISCIPLINE PROCEDURES**

We expect you to act accordingly in the classroom, the athletic training room, practices, games and in the community. This includes, but is not limited to, being a leader, being responsible for your actions, being accountable for the choices you make, and being respectful to teachers and authority figures. When these expectations are not met, there will be consequences. You have 3 strikes per school year before you are removed from the Athletic Training Program. Every strike will be documented in the SAT’s file.

**Strikes include but are not limited to the following:**

* Notification from teacher or administrator of a problem in class
* Notification from coach with complaints or problems
* Being excessively late or leaving early from practices or games
* Being repeatedly out of dress code
* Excessive cell phone use at practice or games
* Public displays of affection
* Vulgar, discriminatory or otherwise disrespectful language, gestures or social media posts
* Consecutive failure to meet UIL’s minimum eligibility requirements
* Disregard for health and safety protocols
* Actions unbecoming of Conroe ISD, Grand Oaks High School or the sport

**Strike 1:** Warning, discussion of the problem, and or problem-solving tactics to resolve the issue.

**Strike 2:** Discipline notice sent home to parent, to be signed and returned by student and parent. Discussion of the problem and problem-solving tactics to resolve the issue.

**Strike 3:** Parent meeting to discuss the issue and your removal from the program. A discipline note will be signed stating the problem and that you understand you are being removed from the program.

***The following actions warrant IMMEDIATE removal from the Athletic Training Program.***

* Possession, holding, using, buying, selling, hiding illegal substances
* Found under the influence of alcohol, or arrested from possession of alcohol, DWI, DUI
* Theft from school, athletic training room, or another person
* “No call. No show” to any game
* Bullying
* Violence and/or threats of violence
* Breaking patient confidentiality

**Dress Code**

**Practice:**

* Sports Medicine T-Shirt
* Shorts or Pants
  + Appropriate Length
* Avoid Baggy Clothing
* No tights, leggings, or spandex
* Tennis Shoes
  + -No sandals (Birkenstocks, Chaco’s, Crocs, Jandels, etc.)

**Games:**

* Athletic Training Polo
  + -Tucked in
* Pants, shorts or sweatpants
  + -Khaki Pants for all indoor games
  + -Khaki Pants, Shorts, or sweatpants depending on the weather
  + -Jeans WITHOUT HOLES can be worn for Non-District games
* Tennis Shoes

**\*Not wearing the proper clothing will result in immediate removal from activity. If the issue occurs consistently then a strike will be given.**

**Athletic Training Room Duties**

* Report to Athletic Training Room on time
* Check duties on board
* Complete all duties as assigned
* Record all athletic training services provided via provided online documentation system
* Assist in taping, treatments, and rehabilitation
* Do not perform treatments, taping, or rehabilitation without guidance and/or approval from AT
  + SAT’s should follow all rules given regarding AT services. There is equipment that should not be used without detailed knowledge of the treatment performed. These modalities are not toys and should not be adjusted, used, or applied without the guided supervision of a Certified Athletic Trainer.
* Keep Athletic Training Room clean by following the cleaning schedule
* Do not allow equipment to “Walk Away”
* Do not use or give away keys without permission
* Ask Questions
* Never argue with a coach. It is not your responsibility to make decisions regarding athlete participation
* **DRAMA WILL NOT BE TOLERATED**

**Practice and Game Expectations**

The following is a list of expectations for games and practices. Violation of any of these requirements may result in disciplinary action.

* Complete your assigned job duty
* Keep your head on a swivel
* No phones or headphones
* Keep fanny pack stocked with proper equipment
* Pick up trash/foreign objects in your area
* No excessive talking
* No sitting
* Be quiet and attentive when coaches are talking
* Must ask permission to leave for personal reasons

The majority of athletic training duties occur outside of school hours. It is your responsibility to find transportation to and from practices and games when needed. School transportation will be provided to all off-campus events.

**Game Assignments**

All SAT’s will be required to cover two sports throughout the school year. Students are encouraged to voice their preferences, but the Athletic Trainers and coach of each respective sport will have the final say. Assignments will be made and discussed with the student athletic trainer prior to the start of each sport. You are required to be present at every practice and game for your assigned sport unless instructed otherwise by Athletic Trainers.

* Introduce yourself to your assigned coach at the beginning of the season
* Inform an Athletic Trainer of **ALL** injuries
* Report **ON TIME** for taping/treatments
* You are expected to travel with your team unless instructed to do otherwise
* Have a stocked kit and ice bags
* Water should be ready by the start of practice
* Head on a swivel
* Check out, clean and store equipment properly
* Introduce yourself to the visiting athletic trainers and or coach
* Position yourself where you are easily identified and accessible
* You follow all of the coach’s rules when you are under their supervision

**Communication**

SATs will sign up for Sports You to receive important information about practices, events, schedules, etc. Parents are encouraged to sign up for Sports You as well. Please keep the alerts on or check in on it daily.

As previously stated, as an SAT you will be required to attend all practices and games you are assigned to unless otherwise instructed. **If you have a job, please plan your work schedule accordingly.**

It is the SAT’s responsibility to let an Athletic Trainer know of dates he/she cannot cover a game or practice for any reason **with at least 24-hour notice** by turning in a completed schedule change form. **Failure to communicate in a professional or timely manner may result in disciplinary action**

SATs are expected to wear matching attire with other SATs when covering games/Pre-Game, so please use either SportsYou, call, or text to communicate what attire will be worn. **Failure to wear matching attire consistently may result in disciplinary action.**

**Application Process**

Students will be required to complete an application every year for entry into the Grand Oaks Sports Medicine Program. Acceptance Rubric is as follows:

|  |  |
| --- | --- |
| Grades | 40% |
| Teacher Recommendation | 20% |
| Discipline | 20% |
| Effort | 10% |
| Accountability | 10% |

**Student Athletic Trainer Agreement**

I have read the Grand Oaks High School Student Athletic Training Handbook. I fully understand and agree to perform all duties I am assigned to fulfill. As a student athletic trainer, I understand that I am expected to conduct myself in a professional manner. All given rules and expectations will be demonstrated while I represent Conroe ISD and Grand Oaks High School as a student athletic trainer. I understand that violation of any rules outlined in the student athletic trainer handbook or given by administrators, coaches, and staff athletic trainers will result in disciplinary action and/or dismissal from the Grand Oaks Sports Medicine Program. I have had a chance to clarify any misunderstandings and ask any questions that I may have.

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date

I as a parent have read the handbook and understand what is expected of my son/daughter. I also understand that there is a time commitment and a commitment to the Sports Medicine Department. I understand that there are times during breaks or days off the school calendar that my son/daughter might have to attend a practice or game.

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date