

# CHRISTIAN BROTHERS

## *Sports Medicine* Policies and Guidelines 2018-2019

Members of the CB Sports Medicine Staff are expected to assist the Athletic Trainers (ATC) and Athletic Training Interns while learning the skills of the Athletic Training profession. The time commitment required of Student Athletic Trainers (SAT) is as follows:

### Level One SAT:

1. You will work only under the direct supervision of the ATCs or Intern.
2. On school days you will be required to spend a minimum of 1 hour daily in the athletic training room working on skills, maintaining the athletic training room, caring for athletes and assisting the ATCs and Intern as needed.
3. Games:
  - Fall students will be assigned to 1 football game per week
  - Winter/ Spring students will be assigned to work at least 1 rugby game in addition to working from open to close one day per week.
4. Students must continue to reapply to the program on a yearly basis.

### Requirements to move to Level Two

1. Have all Level One skills signed off and Level One workbook complete
2. Successfully complete two full seasons
3. Complete an application and be accepted into the program for the next year

### Level Two SAT:

1. You will be assigned to a team and work only under the direct supervision of the ATCs or Intern.
2. On school days you will be required to spend a minimum of 1 hour in the athletic training room working on skills, mentoring the Level One SAT's, maintaining the athletic training room and assisting the ATCs and Intern as needed.
3. Competitions - You are required to attend all home competitions for the team to which you are assigned.
4. Students must continue to reapply to the program on a yearly basis.

### Independent Study Option:

1. Must be a Senior and enrolled in the Independent Study Class for one semester.
2. Must complete all Level One and Level Two sign off sheets and workbooks.
3. On school days you will be required to spend a minimum of 1 hour a day in the athletic training room working on skills, mentoring the Level One and Level Two SAT's, maintaining the athletic training room and assisting the ATCs and Intern as needed.

### Dress Code:

- Practice Days: Students may dress in either school dress code attire, or appropriate athletic shorts and a Christian Brothers shirt.
- Game Days: Students must wear their Christian Brothers Sports Medicine Polo with either khaki pants, long shorts, or capris. Proper clothing will be allowed for games where inclement weather is forecast.
- You are expected to be neatly groomed at all times. All school policies will apply regarding facial hair and clothing.

#### Expectations:

1. SAT's will be in the athletic training room on practice days or at competitions on their assigned days. If an SAT will miss an assigned practice or competition, she/he must notify Mrs. Calista, Mrs. Kuhn, or Ms. Cortes as soon as possible and will be required to find their own replacement for competitions.
2. SAT's are responsible for maintaining academic work and are subject to the same grade checks as athletes.
3. SAT's will complete a cleaning task and sign out daily.
4. All SAT's are expected to assist in the daily cleaning and maintenance of the athletic training room and equipment.
5. SAT's will be taught various athletic training skills which are to be applied only in the presence of the ATC or other responsible CB staff member.
6. SAT's are expected to respect the confidentiality of all athletes. All information regarding player injury status is considered confidential and should not be the topic of conversation with friends.
7. The athletic training room is a co-ed facility. SAT's are expected to act mature at all times. Inappropriate sexual innuendoes or jokes will not be tolerated.
8. On competition days the SAT's are expected to arrive on-time and ready to work. SAT's will be responsible for assisting in the set up and clean up for the competition including, but not limited to, filling coolers, setting up taping tables and assisting the visiting team's ATC. SAT's are not allowed to use cell phones on the sidelines unless in an emergency.

#### Removal from Program:

Once an SAT is given a warning, they will remain with a warning until the school year ends. If a second offense occurs, removal from the program will result and the SAT will need to apply to re-enter the program the following school year. Warnings may also be given for an offense that is not described below depending on the severity and frequency.

#### The following offenses will result in a warning:

1. Missing a practice day in the athletic training room without notifying an ATC
2. Failing to sign out on the time sheet in the athletic training room
3. Arriving late to a game without notifying the ATC covering the event directly
4. Missing an assigned game day without notifying the ATC covering the event directly
5. Missing an assigned game day without finding coverage
6. Missing more than 2 assigned games in a season

Working as a member of the Sports Medicine Staff can be a very rewarding experience. The health and wellbeing of the athlete is our priority with education and experience of the Student Athletic Trainer coming second. This means that SAT's are expected to behave more maturely than other students their age. The Sports Medicine Program offers the SAT excellent hands on experience and an opportunity to have a positive high school experience. One of the main benefits of working as an SAT will be the discovery of their interest in medicine and the hands-on experience. SAT's will never be asked to make medical decisions or be placed in a position where their actions could cause somebody harm. Students are a valued member of the Sports Medicine Staff and are treated as such. **A firm commitment is a necessity.**