

BRIGHTON HIGH SCHOOL ATHLETIC TRAINING



STUDENT HANDBOOK

Introduction

This manual was prepared to give you the student an insight into the guidelines, policies and procedures which are expected to be adhered to by the student trainers here at Brighton High School. This manual has been designed to assist the student in fulfilling practical experiences and educational learning in Athletic Training. The student is expected to read this manual and follow the guidelines that have been established. If you have any questions pertaining to this manual or about guidelines and policies, please contact the Head Athletic Trainer.

Purpose of the Athletic Training Program

Education:

To give students an opportunity to deal with real life injuries and to gain a perspective into the health profession.

Service:

The purpose of the Brighton Athletic Training program is to aid in the:

- a. Prevention of athletic injuries
 - b. Recognize and care for those that occur
 - c. Refer to the appropriate medical specialist
 - d. Rehabilitate the athlete so that they may return to full participation as safely and quickly as possible.
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Policy Governing Student Athletic Trainers

The enrollment of student athletic trainers is governed by the following policy:

- A. All persons selected as student athletic trainers must be in good academic standing.
- B. The head athletic trainer will clear student athletic trainers for enrollment and/ or dismissal.
- C. SATs may be switched between or temporarily assigned to another sports during peak workloads and during the inactivity of another. Assignments or reassignments may be made at the discretion of the head athletic trainer.
- D. SATs are assigned to their specific duties according to the present needs as determined by the athletic training staff.
- E. All SATs are required to report early to assist in two-a-day football practices.
- F. SATs are expected and required to report for assigned shifts each prescribed day unless properly excused.


- G. Each student athletic trainer must remember that at all times he/she represents Brighton High School and the Athletic Trainer Department.
 - H. The following are disciplinary measures in regards to SATs. These measures will be taken when such parties fail to perform duties or conduct themselves in a reasonable manner as determined by the Athletic Training Staff. The Head Athletic Trainer reserves the right to dismiss a student immediately if conduct or violation merits such action.
 - 1. First violation- written warning signed by Head Athletic Trainer and SAT
 - 2. Second violation- written warning signed by Head Athletic Trainer and SAT and sent to parent/guardian.
 - 3. Third violation- dismissal from the Athletic Training program.
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Student Role in the Brighton Athletic Training Department

The SAT (student athletic trainer) at Brighton High School hold the important role of representing the Athletic Training Department, the Athletic Department and Brighton High School. While developing skills and knowledge necessary to the profession the SAT must be able to maintain a high level of proficiency in the classroom as well as in the training room. The SAT is expected to act professionally at all times and must exhibit responsible behavior in and out of the athletic training room. The SAT is a respected individual, but must earn that respect by maintaining high standards of exemplary behavior and showing respect for others including the Head Trainer, coaches, fellow SATs and student athletes.

Student Role in the Brighton Athletic Training Department



- A. The athletic training room facilities are primarily for the athlete participating in the interscholastic programs at Brighton for the evaluation and treatment of injuries. In the case of an emergency situation involving another person outside of the athletic program, first aid will be administered and further assistance will be called for. No other treatment or evaluation will be offered other than immediate first aid.
- B. When the Head Trainer is not present in the athletic training room, the office is to be locked at ALL TIMES. These facilities are under the direct supervision of the Head trainer and no one else is allowed to use the facility without their knowledge and approval.
- C. Athletic Training Room Schedule:
 - 1. Treatment hours will take place after school except for the special situations.
 - 2. It is necessary that attention be given to athletes in all sports whether they are conditioning during preseason workouts or in an actual preseason practice. Sports that are in season will have first priority. **Sports with events on that day will have first priority.**
 - 3. All athletes will be signed in each day (comprehensive study).
 - 4. All chores must be done before and after practices and games.
- D. Athletic Training Room rules: 
 - 1. No one is allowed in the athletic training room without the supervision of a student athletic trainer or the Head Trainer.
 - 2. No athletes may administer treatment to himself/ herself or to anyone else.

3. No athlete may take anything from the athletic training room unless permission is given from the Head Athletic Trainer.
4. No athlete may help themselves to supplies or equipment unless permission is given from the Head Athletic Trainer.
5. Put bags, coats, etc. in places provided, not throughout the athletic training room.
6. No horseplay in the training room.
7. No profanity in the athletic training room.
8. No loitering in the athletic training room.
9. All information is confidential- do not discuss it with anyone outside of the athletic training staff.
 - a. what you hear in the training room stays in the training room
 - b. you are my eyes and ears for athletics

E. Dress Code:

1. Students must wear appropriate clothing at all times when covering practices.
 - a. No open-toed shoes are allowed
 - b. No dresses or skirts are allowed to be worn on the practice field.
 - c. No low cut shirts.
 - d. No white shirts.



e.

or

2. While covering an event, SATs must wear their polo athletic training shirt. Khaki shorts or pants must be worn during all events. At no time may jeans be worn during an event.
3. If you are covering an inside athletic event (basketball, volleyball) you must wear long Khaki pants.
4. During cooler weather you may wear jackets, sweatshirts and warm clothing.
5. A proper uniform also includes brown belt, tennis shoes and white socks.

F. Personal qualities:

1. good appearance and personal cleanliness
2. leadership and self confidence
3. sense of humor and enthusiasm
4. competence and good judgement
5. emotional stability and maturity

Student Athletic Trainer and Head Athletic Trainer

The Head Trainer is your main supervisor in the athletic training room and athletic venues. They are responsible for you actions and behaviors. If you have something that you need to discuss with me please set up a time and speak with me when we are not busy.

1. **Role with the Head Athletic Trainer:**

- a. Carry out all instructions
- b. Ask question- seek information
- c. Must communicate with the staff if you cannot cover an event. This must be done in a timely fashion.
- d. Inform me of injuries as soon as possible.

2. **Role with the coach:**

This is a very important relationship and it could keep you out of trouble if you learn to get along with the coaches. NEVER discuss injury situations with coaches! Player information should come from the Head Athletic Trainer only! If you have a problem with a coach, you don't try to handle it, contact the Head Athletic Trainer.

3. **Student Athletic Trainer and Student Athlete:**

Being an SAT will give you an extensive relationship with the student athletes. These relationships should not affect the way you treat he/she while on the job. You need to maintain an air of professionalism while working. If this professionalism is not maintained, student athletes may come to expect special favors and selective treatment from you. Also be cautious of athletes when they become "buddies" with an SAT. The athlete will become aware of the shortcomings and weaknesses of that SAT, which have nothing to do with his/her athletic training ability. This can lead to a conflict and the lack of respect for your skills and authority. We are not forbidding close relationships and friendship with athletes, but merely point out some problems that may arise. We want to maintain a professional atmosphere in the training room and you are expected to follow these guidelines to help us in this cause.

4. NO talking to the media!

Modality Procedures

Modalities are to be used only by the ATC or a qualified college student athletic trainer under direct supervision of an ATC.

Directed supervision means that an ATC must be present in the room when following specified modalities are used:

Hot Packs
Ultrasound
Electric Stimulation

Taping

1. All student trainers will learn how to tape.
2. Athletes must be evaluated by the ATC, and a need for taping established.
3. Athletes being taped should be on a rehab program unless otherwise specified.
4. Student trainer will pre-wrap athletes before practices and games.
5. No ankles will be taped without direct authorization from the Head Trainer.

