



WHAT IS AN ATHLETIC TRAINER

Athletic trainers (ATs) are health care professionals who provide a safer approach to work, life and sport. ATs are unique health care providers specifically trained in the prevention of injury and illness.



AT YOUR OWN
RISK

ATHLETIC TRAINERS:

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- ✓ Are not personal trainers. Unlike personal trainers, ATs follow a medical-based education model.
 - ✓ Must graduate from an accredited educational program and pass a comprehensive certification exam.
 - ✓ Are licensed and otherwise regulated in 49 states and the District of Columbia. Efforts continue to gain regulation in California.
 - ✓ Must keep their knowledge and skills current by participating in continuing education.
 - ✓ Work in educational institutions (middle schools, high schools, colleges, universities); professional and amateur sports organizations; hospitals and clinics; corporate workplaces; the military; police and fire departments; and performing arts.

HEALTH TOPICS:

Some of the health topics that ATs are educated in include:

- Orthopedic Injuries
- Concussion
- Heat Stroke and other Heat Illnesses
- Sudden Cardiac Arrest and other Cardiac Emergencies
- Eating Disorders
- Diabetic Episodes
- Exertional Sickling
- Early Onset Osteoarthritis
- Substance Abuse
- Disease Transmission
- Weight Management
- Environmental and Weather Related Health Conditions
- Dental and Oral Injuries

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AT: CORE COMPETENCIES

Injury and Illness Prevention and Wellness Promotion



ATs promote healthy lifestyle behaviors through education and communication to enhance wellness and minimize the risk of injury and illness.

Immediate and Emergency Care



ATs integrate best practices in immediate and emergency care for optimal outcomes.

Healthcare Administration and Professional Responsibility



ATs integrate best practices in policy construction and implementation, documentation and basic business practices to promote optimal patient care and employee well-being.

Examination, Assessment and Diagnosis



ATs implement systematic, evidence-based examinations and assessments to formulate valid clinical diagnoses and determine patients' plan of care.

Therapeutic Intervention



ATs rehabilitate and recondition injuries, illnesses and general medical conditions with the goal of achieving optimal activity level using the applications of therapeutic exercise, modality devices and manual techniques.

WHO IS TAKING CARE OF YOUR ATHLETES?



ATHLETIC TRAINERS

Who are athletic trainers?

Athletic trainers (ATs) are health care professionals who collaborate with physicians to provide:



PREVENTATIVE SERVICES



EMERGENCY CARE



CLINICAL EXAMINATION AND DIAGNOSIS



THERAPEUTIC INTERVENTION



REHABILITATION OF INJURIES AND MEDICAL CONDITIONS

Emergency injuries and illnesses that ATs are trained to treat include:



CONCUSSION



HEAT STROKE



ASTHMA ATTACK



SICKLE CELL CRISIS



DIABETIC EMERGENCIES



SPINE INJURIES



SUDDEN CARDIAC ARREST

To Become an AT

A person must graduate from an accredited educational program and pass the certification examination.

ATs are regulated in 49 states and the District of Columbia. Efforts continue to add licensure in the state of California.

ATs Reduce Risk

Participating in any activity carries a risk. Although rare, sudden death and catastrophic injury can occur in youth sports. Having an AT onsite allows for immediate response if a life-threatening situation arises. ATs work with coaches, administrators and other school district staff to mitigate risk to student athletes and the school. The AT's primary focus is on the needs and safety of the student athlete. The AT must consistently monitor students, facilities, activities and daily procedures to ensure that any injury that can be preventable injury is avoided.

For more information about how ATs provide a safer approach to work, life and sport visit www.AtYourOwnRisk.org.

AT! YOUR OWN RISK