



KRUM SPORTS MEDICINE

STUDENT ATHLETIC TRAINER MANUAL



Mission Statement

Guardian & Student Initial: ___ / ___

The Primary Mission of the Krum High School Sports Medicine program is to assist the student athletes by providing healthcare services through injury prevention, recognition, evaluation, rehabilitations, counseling, and guidance, while enabling the athletic training program to provide leadership and character education to the athletic training student and the student athlete. This program will promote ethical conduct, leadership skills, prepare students to make better life decisions, while also creating productive and successful citizens of their chosen profession.

Introduction

Guardian & Student Initial: ___ / ___

It is a privilege to be a part of the Sports Medicine/Athletic Training program at Krum High School. All student athletic trainers will be required to work 2 sports seasons whether it be fall, winter, or spring. If participating or involved in other activities during any season, we can discuss the expectations that follow. Student athletic trainers are expected to be at all assigned practices and games. Student athletic trainers should know all procedures as outlined in this manual. The Athletic Training Staff will make all final decisions.

Goals of the Sports Medicine Program

Guardian & Student Initial: ___ / ___

The goal of Krum Sports Medicine program is to meet the healthcare coverage needs of the KISD athletic programs and to teach students the role of Athletic Trainers in the school setting. We strive to mentor student athletic trainers to become individuals who are leaders in the program, school and community and who represent KISD in a positive manner at all times.

Admission Requirements

Guardian & Student Initial: ___ / ___

Student Athletic Trainers will enroll in the appropriate Kinesiology(Sports Medicine) classes. Admission to the program will be based on multiple factors: students conduct in and out of the classroom, their success in the classroom, and completion of the Sports Medicine Application. Acceptance is determined by the Athletic Training Staff.

Sports Medicine Annual Fundraiser

Guardian & Student Initial: ___ / ___

The Sports Medicine Program will be hosting a donations fundraiser annually. Funds will be collected during the month of March. These funds collected will be deposited into the activity funds to help offset the costs of apparel purchased for the program, sports medicine workshops, banquet, and other activities. If a student athletic trainer is to either quit or be dismissed from the program there will not be a refund.

Retention Requirements

Guardian & Student Initial: ___ / ___

To remain in the Krum Sports Medicine Program, the student athletic trainer must follow the policies and procedures outlined within this handbook, remain eligible to participate in all athletic training activities, be committed to the sports medicine program, and be a model citizen. Disciplinary action will follow the guidelines below:

1st Violation: Meeting with individual and Athletic Training Staff

2nd Violation: Meeting with individual, guardian, admin, and Athletic Training staff: contract agreement put into place.

3rd Violation: Expulsion or removal from the program in relation to contact agreement.

Academics

Guardian & Student Initial: ___ / ___

All Student Athletic Trainers are expected to maintain all academic work as set forth by Texas State Law. This includes maintaining a minimum passing average of 70% in each class to be able to participate in any extracurricular event sponsored by the school district. This is known as the “no pass, no play” rule. If a student becomes ineligible at any point in time during the grading period, the Athletic Training Staff may impose disciplinary actions which could include suspension from the program. *There will be a grade checklist (printed) every three weeks to be signed by each teacher. If a student athletic trainer is failing, they will be suspended until grade is 70% or above.*

ISS/DAEP Assignments

Guardian & Student Initial: ___ / ___

If a student athletic trainer is given ISS it may result in suspension equivalent to days spent in ISS or dismissal from the Krum Sports Medicine Program. If a student athletic trainer is given DAEP it will result in immediate dismissal from the program. All actions will be evaluated on a case by case basis, for more information see Athletic Handbook. Upon 3rd offense post two school suspensions for any reason will result in removal from the sports medicine program.

Confidentiality of Injury Status

Guardian & Student Initial: ___ / ___

All information regarding player injury status is considered confidential and should not be the topic of conversation with family, friends, coaches, or anyone else that is not associated with Krum Sports Medicine Program. Disciplinary action will be taken if FERPA laws are violated, this includes but not limited to photos, videos, or breach of confidentiality. By signing this you agree to follow these guidelines.

The Relationship of the Student Athletic Trainer and Others

Guardian & Student Initial: ___ / ___

Student Athletic Trainers and Staff Athletic Trainers

Student athletic trainers are directly supervised by the Athletic Training Staff. When redirection and correction of actions is needed, the Athletic Training Staff will intervene. This is to assure the highest level of care for the athletes. The student athletic trainer must understand that their job is an important job which needs direction and attention to detail and that a sense of urgency is imperative.

Student Athletic Trainers and Student Athletic Trainers

Student athletic trainers are to work directly with their peers at all times of the day. Members are to treat each other with respect no matter their relationship. Members are to build up, encourage, and mentor their peers any chance given. We are a family.

Student Athletic Trainers and Physicians

As a student athletic trainer, you will have the opportunity to get to know and work with physicians that help KISD. You can learn a great deal from the physicians by just watching and listening to them describe various injuries. Feel free to ask questions, but try not to get in their way.

Student Athletic Trainers and Coaches

Learning to get along with the coaches and developing a good working relationship with them is important. Talk with your coach about practice times, game changes, and bus arrival/departure time so you are always informed. However, information about an athlete's injury should not be discussed. Any medical information should be discussed between the coach and Athletic Training Staff. If you have an issue with a coach contact a staff athletic trainer.

Student Athletic Trainers and Athletes

As a student trainer, you are expected to know the correct and appropriate way to interact with student athletes. Inappropriate behavior can manifest as public displays of affection, being distracted at practices/games, fighting/arguing, or unnecessary drama. Such behaviors may result in removal from the sport or removal from the Sports Medicine program.

Public, Media, and The Student Body

You may be asked about the health of an athlete by almost anyone. This information is **CONFIDENTIAL** and should not be discussed with anyone other than the Athletic Training Staff. This includes classmates, friends, and family. In such situations, the proper response would be, **"I DON'T KNOW – I'M A STUDENT"**.

Conduct

Guardian & Student Initial: ___ / ___

You have the responsibility to yourself, your family, your athletic department, and to KISD to conduct yourself in a professional manner. This includes actions both in and out of school. You represent the entire staff, profession and students while you are a part of the Krum Sports Medicine Program, and behavior of either a vulgar or hateful manner will not be tolerated. Anyone who brings undue embarrassment to the Krum Sports Medicine Department and/or KISD may face disciplinary actions. This will be handled on a case-by-case basis by the athletic training staff.

Social Media Websites

Guardian & Student Initial: ___ / ___

Social media websites, including but not limited to Facebook, Twitter, Instagram or Snapchat can be an educational tool, or can be a huge disruption in educational life as well as one's personal life. These websites should not have **ANY** vulgar language, inappropriate photos, comments, cartoons, or links while you are associated with the Krum Sports Medicine Program (especially in Krum Sports Medicine Apparel.) **ANY** inappropriate or hateful content can be grounds for suspension or removal from games, practice, or participation in the program. Social media websites are public and can be seen/monitored by parents, staff, college recruiters, scholarship committees, etc. When on a social media site, you are encouraged to express yourself in a positive and well thought out manner. Show your intelligence and not your anger or contempt when using the internet.

Expected Work Obligations

Guardian & Student Initial: ___ / ___

1. Be on time to class, practices, and games.
2. Check the work schedule several times each week for any changes. A student is only allowed 4 “trades” per semester
3. We are responsible for ALL sports. Enthusiasm and hard work is expected during all sports seasons.
4. You will be expected to work games/practices during the evenings, holidays, and weekend hours. Make good use of free time to maintain academic work.
5. Athletics does not adhere to the same break/vacation schedule that the academic part of school does. **Sports do not stop competing because you have a doctor’s appointment, drivers ed, or vacation.** While these are exciting and necessary times – please remember – just as in the real world you will be responsible for all times you are scheduled.
6. A good attitude is important!
7. Be professional in your conduct around the athletic training room! There should be no horseplay, foul language, or inappropriate behavior.

Curriculum and Grading Policy

Guardian & Student Initial: ___ / ___

The ability to maintain eligibility, to be on time, and dress appropriately for assigned events will determine a major portion of your grade. During the spring semester, there will be classroom responsibilities and hands-on participation. Student athletic trainers will start each nine-week grading period with a 100% as their field grade each week. As the 9 weeks proceeds, there will be point deductions for each infraction from their weekly field grade.

Points lost are based on the following criteria:

- *Missed practice (unexcused) = -5 points*
- *Missed game (unexcused) = -10 points*
- *Not dressing out = -5 points*
- *Partially dressing out = -2 points*

Switching/Trading Assignments

Guardian & Student Initial: ___ / ___

ALL switches for games/practices MUST be approved by the Athletic Training Staff (in writing) at least 2 days in advance. Student Athletic Trainers also may only pick up four coverages. The person requesting the trade is the one responsible for making sure the event is covered by an individual assigned to the same sport. Your commitment to the program is vital. Only four switches will be approved per semester without a meeting with the athletic training staff.

Athletic Training Room Policies

Guardian & Student Initial: ___ / ___

1. The Athletic Training Room will be kept clean at all times.
2. All therapeutic equipment/modalities must be handled with care and stored properly.
3. The student athletic trainer is not to change treatment or rehab plans without instruction from the Athletic Training Staff.
4. The student athletic trainer does not administer medication of any type without approval by the Athletic Training Staff.
5. Make sure that all athletes have been taken care of (tape, treatments, etc.)
6. Make sure ALL treatments, rehabs, ect. are recorded in RankOne.
7. Any grievances should be directed to the Athletic Training Staff.
8. ALL treatments and rehabilitation are to be supervised by the Athletic Training Staff.

Cell Phones, Cameras and Electronic Devices

Guardian & Student Initial: ___ / ___

Cell phones are allowed to be in your possession although there are specific rules about the use of phones and other electronic devices. The acceptable uses of cell phones are to contact the Athletic Training Staff via Parent/StudentSquare or radio to inform them about needs in a specific location. Cell phones are not to be used to text or call friends & family during practice, class, or games and pictures of injuries are strictly forbidden. If cell phone use is abused, the privilege of using them will be revoked.

Duties for Student Athletic Trainers

Guardian & Student Initial: ___ / ___

1. Be on time
2. Respect your peers
3. Work events assigned by the Athletic Training Staff
4. Fill/Refill water and ice
5. Clean and Stock the athletic training room
6. Maintain CPR and First Aid Certification
7. Administer First Aid with supervision
8. Report all injuries to the Athletic Training Staff
9. Assist with rehabilitation of injuries
10. Assist with the yearly physicals performed for Krum High School and other duties as assigned

Dress Code

Guardian & Student Initial: ___ / ___

All student athletic trainers will dress appropriately for each class, practice, and games/events.

Practice Clothes

Krum t-shirts, appropriate length shorts or pants, and tennis shoes must be worn to all practices. Krum hats/visors may be worn. Sweatpants & sweatshirts are allowed during the colder season. Fanny packs must be stocked and worn during practice.

Fall Games

Students will wear assigned Krum Sports Medicine game polo and appropriate length shorts or pants. (*agreed upon by the group working the event and the Athletic Training Staff) No jeans with holes/rips/tears or legging will be allowed. Fanny packs must be stocked and worn at all times.

Winter/Spring Games

Clothing will vary depending on the sport/season due to weather. (A minimum of Krum Sports Medicine polo with appropriate length shorts or pants.)

Footwear

Athletic shoes with socks must be worn at all times while participating as a student athletic trainer.

Hair, Piercings & Tattoos

Hair must not be a distraction or dyed in any unnatural manner. Hair must be out of your face. Piercings other than in the ear and tattoos that are visible must follow KISD protocols while in the athletic training room or representing the school.

Letter Jackets

Guardian & Student Initial: ___ / ___

Varsity letters and jackets are awarded after completing 1-varsity seasons in the program.

If you are suspended at any point during your assigned varsity season, you forfeit your eligibility to letter.

Student Athletic Trainer Awards

Guardian & Student Initial: ___ / ___

To be eligible to receive an Annual Athletic Training Award, the student must maintain eligibility throughout the year, must not have received any discipline referrals throughout the year, and must abide by the Krum Student Athletic Trainer Manual throughout the year. Awards will be presented at the end of each year.

1. **Most Improved Student Athletic Trainer of the Year Award**

Description: Returner that has shown great growth of their skills and leadership.

Voted on by the Athletic Trainers

2. **Most Outstanding Student Athletic Trainer Award**

Description: Individual that shows incredible knowledge of sports medicine subjects.

Voted on by the Athletic Trainers

3. **Newcomer of the Year Award**

Description: New Member that shows potential and desire to learn.

Voted on by the Athletic Trainers

4. **Shredded Med Pack Award**

Description: Individual who is always prepared and ready for anything.

Voted on by the Athletic Trainers

5. **Most Valuable Trainer Award**

Description: Individual who is reliable and dedicated.

Voted on by the Athletic Trainers

Lapel Pins:

- Grey 1st Year (KIN I)
- Black 2ndYear (KIN II with Lab/PBR)
- White 3rd Year (SM I with Lab/PBR)
- Blue 4th Year (SM II with Lab/PBR & [IBC * 18 years old])

I have read the Krum Sports Medicine Student Athletic Trainer Manual and agree to abide by the rules as outlined.

Mandatory Meeting on May 3rd in Utility Gym @ 5:30 PM - Krum High School.

Student Name: _____ Student Signature _____ Date _____

Parent Name: _____ Parent Signature _____ Date _____

Student Contact Info:

Email _____ Cell _____

Parent Contact Info:

Email _____ Cell _____