

HUENEME HIGH SCHOOL ATHLETIC TRAINING POLICY & PROCEDURES



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Athletic Training Definition

Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. Athletic training is recognized as an allied health care profession.

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations. Athletic trainers must graduate from an accredited bachelor's or master's program.

Certified athletic trainers are educated, trained and evaluated in five major practice domains:

1. Injury and illness prevention and wellness promotion
2. Examination, assessment and diagnosis
3. Immediate and emergency care
4. Therapeutic intervention
5. Health care administration and professional responsibility

Mission Statement

Hueneme High School Athletic Training strives to advocate for its student athletes and provide them with high quality health care. In doing so, the athletic trainer is devoted to the care, prevention, treatment, and rehabilitation of injuries and illnesses while maximizing athletic performance in a safe manner.

Athletic Training Room Policy

- Athletes should check in with their coach before coming to treatments
- Athletes must sign in for injury evaluations or treatments
- Injury evaluations or treatments will be first come first serve, but priority will go to athletes who are in season and on the varsity level
- Injury evaluation & treatments will be held during lunch, during the first hour of 6th period, and directly after school until 4:30pm
- Athletes who show up late will be given a bag of ice and instructed to come back the next day, unless the injury just occurred
- Athletes will not be seen during any other periods and will be sent back to class
- No horseplay or profanity
- No shoes/cleats on the table
- No music in the athletic training room, athletes may bring earphones
- Athletes must wear athletic clothing to treatments
- Treatments are only given upon athletic trainers or doctors approval
- Treatments will be continued until terminated by the athletic trainer

- No supplies are to be removed from the athletic training room without permission from the athletic trainer
- No athletes or coaches are allowed in the room when the athletic trainer is not present without permission

IF YOU DON'T COME IN, YOU ARE NOT HURT!

Hours of Operation

Hours of operation typically begin during lunch and continue through the last in-season or post-season practice/event of the day.

The athletic trainer is on campus for all in-season practices and games during a normal school week. On the weekends, the athletic trainer will be on campus if there is a home in-season game. During holiday breaks, the athletic trainer will communicate with coaches when they will be on campus.

The athletic trainer may travel with a team. The athletic trainer will communicate directly with the athletic director if it is appropriate for them to travel with a team. If the athletic trainer travels with a team, it will be communicated with coaches and administration that they will be traveling on that specific day, and that the athletic training room will be closed.

Injury Reporting

Athletes must report any suspected injuries directly to the athletic trainer. This can be done in person, via email, or via a communication app like band. It will be communicated with the athlete to report the following day during lunch, beginning of 6th period, or directly after school. Athletes will not be evaluated during/after practice unless the injury just occurred.

In the event that an injury happens during a practice/game, the coach should call the athletic trainer immediately if they are not already present. When calling, the coach should state if the injury is an emergency or non-emergency situation. The athletic trainer will then evaluate the athlete immediately. Please do not send another athlete to go find the athletic trainer, or text the athletic trainer.

For emergency situations, please see the Emergency Action Plan.

IF AN ATHLETE GOES TO SEE A DOCTOR FOR ANY REASON, A NOTE MUST BE GIVEN TO THE ATHLETIC TRAINER. ATHLETES CAN AND WILL BE HELD OUT OF ACTIVITY UNTIL A NOTE IS RECEIVED.

Injury Rehab/Treatment

Athletic trainers use several modalities in rehabilitation/treatment of injuries. These include but are not limited to: thermotherapy, cryotherapy, massage, cupping, instrument assisted soft tissue mobilization, stretching, electrical stimulation, ultrasound, dry needling, blood flow restriction training, therapeutic exercise, strengthening/reconditioning exercises, and etc.

The athletic trainer will use what modality and exercises they believe is most appropriate and beneficial for the athlete and their injury or medical condition. If there are any questions or concerns, please reach out to the athletic trainer.

Injury During Travel

When an athlete is injured at an away game or seen by the host athletic trainer, coaches are to alert the Hueneme athletic trainer. Coaches are encouraged to text the athletic trainer as soon as possible so the injury is communicated quickly.

The athlete can see the athletic trainer for evaluation the next day during lunch, beginning of 6th period, or directly after school. **An athlete may not return to athletic activities until evaluated by the athletic trainer.**

Injury Evaluation for Non-Athletes

The athletic trainer will offer to evaluate non-athletes in emergent and non-emergent situations. This includes coaches, administrators, other school activities, parents/spectators at games, and etc. The athletic trainer will give a diagnosis and will communicate what is recommended (e.g physician referral, at-home exercises, physical therapy, etc.)

Concussion Protocol

The athletic trainer and all of Hueneme athletics will follow the guidelines in place from the California Interscholastic Federation (CIF). California state law requires that a student athlete who may have a suspected concussion is to be removed from play and may not return to play the same day. Any student athlete removed from play for this reason must receive a note from a physician (MD or DO) stating that they may return to practice.

Athletic trainers are educated and trained in concussion evaluation and management. The athletic trainer will evaluate the student athlete and if a concussion is suspected, the student athlete will be referred out to a physician (MD or DO) for diagnosis. The athletic trainer will carry out the return to play protocol with the athlete, and collaborate with other school officials if school accommodations are made from the physician.

For more information on concussions, please visit:

<https://www.cifstate.org/sports-medicine/concussions/index>

Concussion During Travel

In accordance with California state law:

“an athlete who may have a concussion during a practice or game is to be removed from the activity for the remainder of the day.”

“Athletes with any signs or symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion.”

Notify the athletic trainer immediately so an evaluation time can be scheduled the following day, or if the athlete may require immediate medical attention.

Athletic Clearance

All students who want to try-out, practice, and/or compete for any Hueneme High School athletics program must be cleared to participate.

In order to be cleared for participation, all students must:

1. Complete the Athletics Physical Form in [English](#) or [Spanish](#).
2. Create an account on AthleticClearance.com
3. Upload Proof of Health Insurance. If you do not have health insurance, [you may purchase health insurance from Meyers-Stevens](#) to be cleared for interscholastic athletics.
*[Click Here for Meyers-Stevens Tackle Football Insurance](#)
4. Sign a Consent & Release of Liability Parent Waiver in [English](#) or [Spanish](#) and physically turn it in to the HHS Athletic Director / Athletic Secretary. "Wet signatures," or signatures signed by hand and in ink, are required and must be on file in the HHS Office.

Athletic Trainer Contact Information

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