

Tarkington Athletic Training Student Aide Rules and Guidelines

Goals of the athletic training student aide program:

1. Provide high-quality care to Tarkington athletes in the areas of first aid and emergency care, injury prevention, and rehabilitation.
2. Learn about the profession of athletic training and begin gaining experience in the field of sports medicine.
3. Learn how to properly administer first aid and CPR and how/when to use an AED.
4. Learn skills that apply to daily life, such as hard work, professionalism, perseverance, time management, and organizational skills.

Physicals

1. Due to the physical demands of the athletic training profession (lifting coolers, being outside in hot or cold weather, running to an injury, etc.) all athletic training student aides will be required to have a cleared physical on the UIL physical form before they can begin working with teams. This can be obtained from the UIL website or the supervising athletic trainer.

Practice and Game Dress Code:

1. Practice: Shorts are acceptable in MAROON, GREY, or BLACK. Shorts MUST BE longer than your fingertips. Tarkington shirts or shirts that are school colors are acceptable unless given practice shirts by the supervising athletic trainer.
2. Games: Gameday wear will be black pants and the game day shirt that will be given to the student aides for use throughout the year. Failure to dress appropriately for games will result in the athletic training student aide not attending the game that day.

Letterman

1. To letter as an athletic training student aide, each student must work two varsity sports and will order their letterman in the spring semester. Every student aide will work football, once the football season is over they will be assigned to a winter or spring sport.

Rules and Expectations:

1. The athletic training student aide's first duty is to their academic studies. The students may be excused from athletic training room duties to pursue academic responsibilities when necessary but must discuss their absence from practices or games with the supervising athletic trainer.
 - a. Athletic training student aides are expected to be passing all of their classes. Failure to do so will result in removal from the game and practice coverages until passing.
 - b. Report Card: If the student aide is failing at report card, they will not work practices or games for 3 weeks. At the 3-week mark, if they are once again passing all of their classes, they are welcome to return fully. Failing more than one 6 weeks in a season will result in removal from the program for the remainder of the year. They are welcome to re-apply the following year.
2. The athletic training student aide is expected to attend team practices and games unless excused by the supervising athletic trainer. If the athletic training student aide misses more than 1 practice during the week, they will not work a game that week unless the absence was previously discussed with the supervising athletic trainer.
 - a. Repeated offenses will result in removal from the athletic training program.

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3. When practicing directly after school, the athletic training student aide is to arrive in the athletic training room no later than 15 minutes after school is dismissed. When an athletic contest is not directly after school, the athletic training student aide is to be in the athletic training room 1 hour before the beginning of the event in order to help set up unless that time is changed by the supervising athletic trainer.
4. The athletic training student aide is expected to stay with the team until the event is completed, assist with the treatments, before and after the event, participate in the evaluation of any new injury, and help clean the athletic training room. The athletic training student aide is encouraged to ask questions about injuries, rehabilitation, and treatments.
5. The athletic training student aide will work to learn new taping techniques, treatment techniques, and general first aid. To tape athletes for practice, the athletic training student aide will be evaluated by the supervising athletic trainer to assess competency.
6. The athletic training student aide will ensure that daily athletic training room maintenance duties are completed before they leave the athletic training room. (wiping down treatment tables, restocking tape and wraps, putting away towels, etc.)
7. The athletic training student aides will conduct themselves as a model student and student aide at all times. Respect is to be shown to coaches, teachers, administrators, and other students.
 - a. Failure to meet this standard will result in a warning and parent contact the first time.
 - b. IF there is a second time, the result will be removal from the program for the remainder of the semester.
 - c. If at the end of the semester, they would like to re-join, a meeting can be scheduled to discuss expectations.
8. The athletic training student aide will not talk to anyone outside of the athletic training room about any athlete's condition. This is a violation of the athlete's privacy and will be taken seriously. All matters pertaining to an injury or illness discussed in the athletic training room should stay in the athletic training room. Breach of this rule will be taken seriously and will result in removal from the program.
9. The athletic training student aide will be subject to the Code of Conduct rules and punishments as stated in the student handbook as well as the athletic handbook.
10. Each athletic training student aide will be added into Healthy Roster which is our electronic medical record system. This is where all of the documentation including their physicals and handbooks will be kept. Parents will have access to their child's profile and their uploaded documents.

Parent Signature

Date

Student Signature

Date