

## Chapter One

### Six Roles of and responsibilities of an athletic trainer

- Prevention of athletic injuries
- Recognition/evaluation/assessment
- Immediate care
- Treatment/rehab/reconditioning/
- Organization/administration
- Professional development/responsibility

### National Athletic Trainers' Association (NATA)

- The NATA is the primary professional association of athletic trainers in the United States.
- It started in 1950
- The mission of the NATA is to enhance the quality of the health care for the physically active and advance the profession of athletic training through education and research in the prevention, evaluation, management, and rehabilitation of injuries.
- For more information about NATA, go to [www.nata.org](http://www.nata.org)
- In 1990, the American Medical Association (AMA) recognized athletic training as an allied health profession. This endorsement has helped advance athletic training as a profession

### FUNDAMENTALS OF ATHLETIC TRAINING

- ◆ Individuals interested in becoming athletic trainers should possess these characteristics: professional skills, knowledge required of athletic training, enjoyment of athletics, interests in each athlete's well-being, good fitness, and personal health, common sense, and a willingness to complete assigned tasks.
- ◆ A thorough knowledge of anatomy, physiology, exercise physiology, psychology, first aid, CPR, nutrition, pharmacology, therapeutic modalities, rehabilitation protocols and specialized courses in sports medicine are required to carry out the duties of an ATC.

### Where can Athletic Trainers work?

- ◆ Certified Athletic Trainers function as an integral member of the health care team in sports medicine clinics, industrial settings, professional sports programs, educational institutions, and other athletic health care settings.

### Members of the sports medicine team

- Physician
- Athletic trainer
- Coach
- Athlete

### Other members of the sports med team

- Student Athletic Trainer or Sports Medicine Student Assistant
- Nurse
- Dentist
- Referees
- EMS
- Sports Physical Therapist
- Physicians Assistant

### Roles of the Sports Medicine Team

#### TEAM PHYSICIAN

- ◆ The team physician promotes success of the athletic training program.
- ◆ The team physician provides direct supervision of the athletic trainer.
- ◆ A school should have a qualified team physician on the sidelines at a football game or other contact sporting events.
- ◆ The team physician should be immediately available when emergency situations arise.

#### NATABOC CERTIFIED ATHLETIC TRAINER

- ◆ The NATABOC ATC is a highly educated and skilled professional specializing in health care of the physically active.
- ◆ The ATC is vital to every athletic program.
- ◆ Research studies have shown that injury rates will INCREASE without a certified athletic trainer on site at practices and games.
- ◆ Under the team physician's direction, the athletic trainer will evaluate and provide first aid care, give basic treatments (ice/heat), design and implement rehabilitation programs based on physician's protocol, and apply protective/supportive techniques that will allow the athlete to regain a physically active lifestyle.

#### ATHLETES

- ◆ The athlete has the responsibility for keeping in good physical condition, practicing the techniques taught by the coaches, playing by the rules, and following the instructions of the coaches and athletic trainer.

#### PARENTS

- ◆ Parents can assist in keeping their sons and daughters healthy if they are kept updated about their illness or injury.
- ◆ When an athlete becomes injured, the athletic trainer should immediately make the parents aware of the extent of the injury or illness.

#### OFFICIALS

- ◆ Game officials are responsible for enforcing rules, monitoring playing conditions, and cooperating with the athletic trainer and physicians when injuries occur and environmental hazards exist.

## COACHES

- ◆ Coaches must plan practices that include conditioning and training of the athlete and must teach techniques and rules of their sport.
- ◆ Coaches are responsible for selecting, fitting, and maintaining protective equipment.
- ◆ Coaches must update their education by attending clinics that review rule changes, skill development, first aid/CPR, and selected topics in athletic health care.
- ◆ **MOST IMPORTANTLY THE COACH MUST PLACE THE WELFARE OF THE ATHLETE FIRST.**

## STUDENT ATHLETIC TRAINER

- ◆ The duties of the SAT can be defined by their interest, experience in allied health care, and desire to gain knowledge in this profession.
- ◆ SATs need to be certified in CPR and First Aid.
- ◆ Every SAT should start by maintaining a clean athletic training room/facility.
- ◆ Packing of kits and other preparation activities, like providing water and ice to an athletic team.
- ◆ Other responsibilities may be assigned to the SATs, but some will be based on experience

## Chapter 2

### Athletic Training Room

- Rehabilitation
- Treatment (First Aid)
- Office
- Storage
- Hydrotherapy
- Physician's exam room
- Taping (Prevention)

### RECORD KEEPING

- In order to ensure proper treatment of the athlete, careful records should be kept on all athletes
- All athletes are required to complete a **Physical Exam** and have it on file. The Physical exam should include past and present conditions of the athlete
- Another form that is important is the **Accident/Incident report form**. This form should include these items: athlete's name, sport, date and time of accident/injury, place of injury, evaluation of injury, first aid and treatment provided, rehabilitation recommendations, and medical referral to a physicians.
- An accident/incident report form is important when the injury involves athletic insurance coverage and reporting.
- The **Daily Treatment Form** is another important document to be kept when injuries. There should be a place on this form for the athlete's name, date and

time, treatment provided, protective techniques, and rehabilitation procedures utilized.

## Emergency Action Plan (EAP)

### Components of an EAP

- Emergency Personnel
- Emergency Communication
- Emergency Equipment

### **Emergency Personnel** could include

- Athletic Trainers
- Team Physicians
- Coaches
- First Responders (Fire Fighters, Police, etc.)
- EMS

**\*\*Certification in CPR, First Aid, Disease Prevention and Emergency Plan Review is essential for personnel associated with games, practice, skill instruction, and strength/conditioning.\*\***

### Roles within the Emergency Team:

- Immediate care of athlete
- Emergency equipment retrieval
- Activation of EMS
- Directions of EMS to the scene

### Activating the EMS systems

- Call 911 of local emergency number
- At LRHS call 9-911

### Providing the following information to EMS:

- Name, address, and telephone number of caller
- Number of athletes involved
- Condition of athletes
- First aid treatment provided
- Specific directions to locate emergency scene
- Other information as requested by dispatcher

### **Emergency Communication** should include:

- An available, working telephone
- Side line assistance (EMS at games) or doctor on call

Emergency equipment should be:

- On site
- Easily available
- Limited by skill and ability

**TRANSPORTATION:**

- Injured athletes should be transported to the venue by parent/guardian or EMS depending on the situation
- Coaches, students, ATC should never transport athletes in a personal vehicle

**\*\*Review LRHS Emergency Action Plan\*\***

Legal Liability and Insurance  
Chapter 3

Liability- the state of being legally responsible for the harm one causes another person

It is important for the athletic trainer or coach to know the legal limitations of their responsibilities in providing athletic health care as dictated by the laws and statutes in the specific state where that individual is employed.

**The Standard of Reasonable Care**

The Standard of Reasonable Care- assumes that an individual is a reasonable and prudent person.

**What can get a healthcare provider sued?**

Negligence- the failure to use ordinary or reasonable care

TO BE CONSIDERED NEGLIGENT, an individual making a complaint must establish three things:

- A duty of care existed between the person injured and the person responsible for the injury
- Breached duty by failing to use reasonable care
- Damages/injuries resulted

Torts- Are legal wrongs committed against the person or property of another

Torts are generally placed in one of three categories:

- Nonfeasance or an act of omission- when an individual fails to perform a legal duty
- Malfeasance or an act of commission- when an individual commits an act that is not legally his to perform
- Misfeasance- when an individual improperly does something they have the legal right to do

## **How are we protected?**

### **GOOD SAMARITAN LAW**

- The good Samaritan Law provides limited protection to someone who voluntarily chooses to provide first aid

### **STATUTE OF LIMITATIONS**

- A Statute of Limitations sets specific length of time that individuals may sue for damages from negligence.
- Generally, 1-3 years is the time frame in most states

### **ASSUMPTION OF RISK**

- An assumption of risk can be expressed in the form of a waiver signed by the athlete and or the parent /guardian, or implied from the conduct of an athlete under the circumstances of his or her participation in the activity.

### **PERSONAL LIABILITY INSURANCE**