

# What a Full Time Athletic Trainer Can Do For You

Michael West, ATC - Retired  
Principal – Martin Luther King High School  
President Elect – CIF Southern Section



# What is a Certified Athletic Trainer

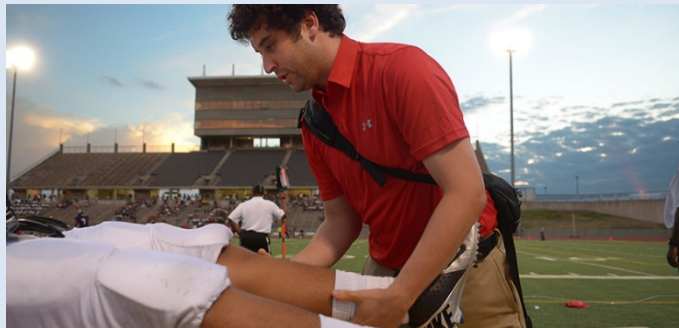
- A Certified Athletic Trainer is an expert in providing quality health care for the prevention, treatment, and rehabilitation of injuries
- Bachelors or Masters Degree from College or University that offers an accredited Athletic Training Program
- *Starting in 2022, Athletic Training will become an entry level Masters Degree profession*
- Successfully pass the NATA-BOC Certification Examination
- Mandatory continuing education



# Athletic Training

## Educational Competencies

- Evidence Based Practice
- Prevention and Health Promotion
- Clinical Examination and Diagnosis
- Acute Care of Injury and Illness
- Therapeutic Interventions
- Psychosocial Strategies and Referral
- Health Care Administration
- Professional Development and Responsibility



# Why Emphasize Expectations to Your Athletic Trainer

- In order to emphasize expectations, you as an administrator need to know and understand their role
- Lets the AT know that you are aware of what they should be doing
- Doesn't allow your employee to fall to a substandard level of performance
- Provides and reinforces a standard of care for your athletes
- Allows you to justify job modifications or justification as necessary





# Athletic Health Care, not “Trainer Coverage”

Ice, water and tape are great, but there's more to it

- Record Keeping
- Rehabilitation
- Coaches Education
- CPR & AED Education/Provision/Use
- Current Information
- Athlete/Parent Education
- Student Education
- Concussion Protocol
- Environmental Monitoring



# Communication with Parents

- Preseason parent meeting
- Phone calls when there is an injury
- Rehabilitation status
- Immediate injury care handout
- Head injury symptom & care sheet



# Communication with Coaches

- Regular injury reports
- Rehabilitation progress
- Assist in injury prevention
- Stretching routines
- Sport specific strengthening exercises
- Athlete eligibility
- Articles of interest



# Communication with School and District Administration

- Injury data for each season or for the year
- Multi-year comparison data
  - Identification of injury trends
  - Demonstrates why the Athletic Trainer is necessary
  - Can justify position if budget cuts occur
  - Can justify change in job status





# Team Physician Relationship

- Coordinate athletic physicals with physician and accompanying groups
- Coordinate game coverage
- Act as a liaison between physician and other medical resources
- Evaluate effectiveness of physician



# Documentation and Record Keeping

- Athletic Physical Examinations
- Athletic Clearance Information
- Injury/Accident Reports
- Treatment Logs (Computer Database)
- Season/Year-end Reports



# Professionalism

- Expect appropriate attire
- Interactions with coaches and staff
- Interactions with students
- Interactions with parents





# Formal/Informal Evaluation

- The evaluation and guidance of a full-time district employee is more thorough than for a contracted employee
- District/Site input may vary when hiring a contracted employee
- Who is officially the contracted employee's supervisor?





# Prioritizing the Hiring of a Full Time Athletic Trainer

- Determine commitment to student athlete safety
- Districts who have made the commitment have not looked back
- How many unduplicated students can be served by a Full-Time Athletic Trainer
- Review district LCAP priorities to determine if an Athletic Trainer can be covered by these funds



# Considerations For Full-Time Athletic Trainer Compensation

- Classified employee job classification with possible CTE teaching responsibilities
- All Athletic Trainers will eventually need a Master's Degree
- Quality position along with compensation will attract quality applicants and reduce turnover
- Minimum salary of \$50,000 plus benefits is recommended



# Its Time to Prioritize Student Athlete Health and Safety

- Athletic Training regulation coming soon
- Take the burden off the rest of the athletic department
- Reduce your liability exposure
- American Medical Society for Sports Medicine, American Academy of Family Physicians, CIF State Sports Medicine Advisory Committee, CIF State Leadership, and CIF Southern Section all agree – ***IT IS TIME***



# Questions?

