

# Brighton Student Athletic Training Program



# Welcome

Thank you for your interest in the BHS athletic training program. Your assistance is vital to the athletic program. This is a serious time commitment so if you feel unable to make practices and games please let me know so we can work out a schedule. I am excited to get to know you and teach you the skills needed to become a great athletic training student. We are going to have a great year!

~Lisa

## Purpose of the Athletic Training Program

Education:

To give students the opportunity to deal with on the field injuries and to gain a perspective of the athletic training profession.

Service:

The purpose of the Brighton Athletic Training Program is to aid in the:

- Prevention of athletic injuries
- Recognize and care for injuries
- Refer injured athletes to the appropriate medical specialist
- Rehabilitate the athlete so they may return to play

## Policy Governing Student Athletic Trainers

- a. Student athletic trainers must be in good academic standing
- b. The head athletic trainer will clear student ATs for enrollment/dismissal
- c. Sport assignments or reassignments may be made at the discretion of the head athletic trainer
- d. SATs are assigned to their specific duties according to the present needs as determined by the head athletic trainer
- e. All SATs are required to report before the school year begins to assist with two-a-day football practices
- f. SATs are expected and required to report for assigned shifts each prescribed days unless properly excused
- g. The head athletic trainer reserves the right to dismiss a student immediately if conduct or violation merits such action

## Student Role in BHS Athletic Training Program

As a student athletic trainer you will be representing the Athletic Training Program, Brighton Athletics, and Brighton High School. SATs must be able to maintain a high level of proficiency in the classroom as well as the athletic training room. SATs must act professionally at all times. The SATs must show respect to players, coaches, and other SATs.

- a. When the head athletic trainer is not in the training room the office must be LOCKED.
- b. Treatment hours will take place after school.
- c. Athletes who are in season, have a game that day, have a bus to catch, etc. will have first priority in the training room
- d. Athletes are not allowed to take equipment from the athletic training room unless given permission by the head athletic trainer
- e. What you hear in the training room stays in the training room

## Dress Code

- a. No open toed shoes or heels
- b. No dresses or skirts
- c. No low cut shirts or extremely short or spandex shorts
- d. While covering an event SATs must wear their athletic training shirt and khaki pants or appropriate length shorts
- e. During cold days sweatshirts, coats, hats etc. may be worn. Stay warm!

## Student Athletic Trainer and Head Athletic Trainer

1. Role with the head athletic trainer
  - a. Carry out all instructions
  - b. Ask questions and seek information. Never be afraid to ask
  - c. Communicate if you cannot be at an event. Let head athletic trainer know in a timely fashion if you cannot be somewhere or if you are going to be late
  - d. Let head athletic trainer know if you are aware of an injured athlete
2. Role with coaches
  - a. Show respect at all times
  - b. Never discuss an injury with a coach, that is a job for the head athletic trainer
  - c. If a problem occurs with a coach let the head athletic trainer know as soon as possible
3. Student athletic trainer and student athlete
  - a. It is important to remain professional even though you may be friends with the student athlete
  - b. Do not give special treatment to any one athlete
  - c. Leave any drama you may have with a student athlete at the door

## Football Two-a-days

- a. The majority of your work will be during end of the summer football practices
- b. These days are long so make sure you get plenty of rest, eat well, and HYDRATE
- c. Mornings begin at approximately 6am. If you do not have a ride, contact myself or another athletic training student
- d. Bring a lunch and/or snacks
- e. It is rate that practices end exactly on time. Make sure you tell the person picking you up at the end of the day that you will most likely be dismissed a half hour after the end of practice

## Student Athletic Training “Training Camp”

Before football two-a-days we will be having a student athletic trainer “Training Camp”. These are days in which you will learn much of what you will need to know for the beginning of the season. You will learn taping, stretching, basic first aid skills, and daily athletic training duties. If you have anything you would like to learn please let me know. I want to share as much information with you as possible. These will be long days and the times will be determined in the summer.