



Sports Medicine Program
Student Athletic Trainer (SAT)
Handbook

PRINCETON SPORTS MEDICINE PHILOSOPHY

Sports medicine is a field of medicine concerned with the prevention and treatment of injuries and disorders that are related to participation in sports. Athletic Trainers (ATs) are certified and licensed sports medicine health care professionals who collaborate with physicians, physical therapists, chiropractors, and other health care providers. Student Athletic Trainers (SATs) are high school students who perform athletic training duties under the supervision of a certified athletic trainer.

Athletic Training is a rewarding and interesting profession that also requires hard work, long hours, and mental toughness. Our primary objective is to provide high quality medical care to the student athletes of Princeton ISD. In addition, we strive to offer a Sports Medicine program that educates student athletic trainers on the prevention, evaluation, treatment, and rehabilitation of sports related injuries in a nurturing and fun environment.

SPORTS MEDICINE TEAM

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PROGRAM ADMISSION

In the spring of every school year, staff athletic trainer(s) and current student athletic trainers will advertise the sports medicine program at Princeton High School and middle schools. Interested students will be contacted and invited to submit an application. Applications will consist of basic information, short responses, and a minimum of two references. After the conclusion of spring football practices, students will be re-evaluated and officially admitted or dismissed from the program. Admitted and retained students will be notified and enrolled in the appropriate sports medicine course.

STUDENT ATHLETIC TRAINER EVALUATIONS

Prior to the conclusion of the school year, the staff athletic trainer(s) will complete an evaluation form on each student athletic trainer and meet with the student to review the form. The evaluation will focus on the SAT's goals, areas of improvement, and overall performance. Student athletic trainers will anonymously evaluate the staff athletic trainers to give constructive criticism and ideas for improvement for the sports medicine program.

ACADEMIC GUIDELINES

The time demands of the sports medicine program require a disciplined approach to academics. All student athletic trainers must maintain a “B average” during UIL grade checks. Constant tardiness, skipping, or poor classroom behavior will not be tolerated. Failure to meet eligibility requirements will have consequences that may result in loss of right to work games and/or disciplinary action.

PATIENT CONFIDENTIALITY

The Health Information Portability and Accountability Act (HIPAA), enacted April 14, 2003, protects an individual from having known private health information that they do not want known publicly.

As health care providers, both staff athletic trainers and student athletic trainers in the Princeton Sports Medicine program are required to follow this law. This means that we are not legally able to discuss with anyone the private health information of the athletes we serve without their consent. Please feel free to ask a staff athletic trainer if you do not know if the situation applies to HIPAA. However, a good rule of thumb is: **If you are unsure, do not comment on it.**

DISCIPLINE PROCEDURES

Princeton Student Athletic Trainers are expected to model outstanding behavior in the classroom, on the field, and everywhere in between. They are leaders, responsible for their actions, accountable for the choices they make, respectful to authority figures, and **a direct reflection on the Princeton Sports Medicine and Princeton Athletics Programs!**

Offenses will be documented on the student athletic trainer’s file and addressed accordingly:

1st Offense: Warning, meeting with staff ATs, discussion of actions to resolve issue(s).

2nd Offense: Call home, write up action plan to resolve issue(s), possible suspension.

3rd Offense: Parent meeting to discuss possible removal from program.

Offenses include but are not limited to:

- Notification from teacher or administration of problem in classroom
- Notification from coach of complaints and/or problem in athletic activities
- Being excessively late or leaving early from athletic events (without staff AT approval)
- Being repeatedly out of dress code
- Excessive cell phone use during practices, games, or treatments
- Failure to meet UIL Minimum Eligibility requirements
- Excessive public displays of affection
- Vulgar, discriminatory, and/or disrespectful language, gestures, or social media.

Offenses that warrant immediate removal from the program include but are not limited to:

- Possession, use, buying, and/or selling of illegal substances
- Under the influence of alcohol or arrested for DWI, DUI
- Illegal and/or inappropriate social media posts, messages
- Inappropriate actions on school property, during athletic events
- Breaking patient confidentiality
- Theft from school, athletics, athletic training room

PROGRAM DRESS CODE

Princeton Student Athletic Trainers attire and presentation reflect directly on Princeton Sports Medicine and Athletics. Student athletic trainers are a part of the medical profession and expected to perform duties that require a specific type of dress. All student athletic trainers must abide by the Princeton High School dress code and Princeton Sports Medicine program dress code.

Practice attire should include:

- Princeton Sports Medicine or Princeton Athletics t-shirt
- Princeton or color appropriate coat or jacket
Exceptions may be made by case by staff AT.
- Appropriate length athletic shorts or pants
No “rolling” waistbands, no sagging, joggers or sweats preferred, leggings permitted with long t-shirt or jacket
- Closed toe athletic or tennis shoes
Vans, converse permitted; No Crocs, Chacos, Birks, or Jandals.
- Hats and other headwear should be color and school appropriate.
- No excessive jewelry or accessories

Game-day attire should include:

Exceptions may be made by staff AT, depending on sport.

- Princeton Sports Medicine or Princeton Athletics polo
- Princeton color appropriate coat or jacket
- Appropriate length black, khaki, or school color shorts or pants.
- Closed toed athletic or tennis shoes.

SAT DUTIES

Student athletic trainers (SATs) have duties to fulfill at treatments, practices, games, and other athletic events. In order to maintain a safe and educational environment, expectations and rules must be followed.

Student athletic trainers (SATs) are expected to follow all Princeton Athletic Training Room (ATR) rules. Modalities are not toys and should not be used by SATs without proper training and/or supervision by the staff athletic trainer(s). Athletes and student athletic trainers can be seriously injured with improper use.

Student athletic trainers are responsible for the following duties:

- Report to the ATR, practice, and events on time!
- Check task board
- Record treatments and rehabs for staff ATs
- Assist in taping, treatments, and rehabilitation
- Fill, clean, and store coolers and hydration devices
- Set up for practices, games, and events
- Keeping the ATR clean and tidy

Student Athletic Trainers should NOT perform the following, without supervision by a staff AT:

- Evaluate and make a diagnosis of an injury
- Prescribe treatments and/or rehab
- Allow athletes to perform self treatment
- Apply modalities they are untrained in
- Giving away keys or equipment (towels, bottles, braces)

PRACTICES, GAMES, EVENTS, TRAVEL

Student athletic trainers will attend practices, games, and events for their assigned sport. Games are a privilege and will be treated as such. SATs are expected to behave in a professional manner during events. SATs should not be a distraction or liability.

Transportation is a major part of athletic events. You are responsible for transportation to home practices and events. School transportation will be provided for off campus events. When traveling off campus with a sports team, you are under the supervision of the coach.

SPORT ASSIGNMENTS

Student athletic trainers will be required to cover two sports during the school year. All SATs will work football in the fall and a preferential sport in the winter or spring. No SAT will be assigned to volleyball in the fall unless requested and approved by staff AT and coaches. Preferences will be taken into consideration for second sport assignments, but staff ATs and coaches will have the final say. A minimum of two SATs will be placed at each sport (one upperclassman and one underclassman). Student athletic trainers are required to set up practice and be at games for their assigned sport.

Second sport assignments include: Boys Basketball, Girls Basketball, Boys Soccer, Girls Soccer, Baseball, Softball, Powerlifting, and Wrestling.

SATs are expected to:

- Introduce themselves to coaches and managers (including visiting coaches and SATs)
- Inform a staff AT of all injuries
- Report on time for taping, treatments, and events

- Travel with the team unless discussed otherwise
- Have a stocked kit and supplies
- Get water and supplies set up before practice and games
- Properly clean and store equipment

COMMUNICATION

Student athletic trainers will sign up for SportsU to receive information about practices, games, events, treatments, etc. Parents are encouraged to sign up as well.

Again, as an SAT you will be required to work all practices and games. If you have a job or other commitments, please plan your schedule accordingly. Repeatedly missing practices and games is not acceptable. If you know in advance that you will be missing a game or event, it is your responsibility to find a replacement SAT. Replacement SATs must be approved by a staff AT.

It is the SAT's responsibility to notify a staff AT if he/she cannot cover a practice or game and has not been able to find a replacement, with at least a 48 hour notice. We understand that emergencies happen, but communication is key!

PROGRAM OUTLINE

	CLASS	FALL	WINTER/SPRING	OPPORTUNITIES
YEAR ONE	Sports Med I	Football 1-2 practices/week 1 treatment/week 1 game/week	2nd sport Practice set up 1 treatments/week 2 games/week	Educational Event SAT Superlatives
YEAR TWO	Sports Med II	Football 1-2 practices/week 2 treatments/week 1 games/week	2nd sport Practice set up 1 treatments/week 2 games/week	Educational Event SAT Superlatives Letterman (upon completion)
YEAR THREE	Sports Med II or III	Football 2-3 practices/week 2 treatments/week 1-2 games/week	2nd sport 3 treatments/week 2 games/week	Educational Event SAT Superlatives Scholarship
YEAR FOUR	Sports Med III	Football 1 practices/week 2-3 treatments/week 1-2 games/week	2nd sport 3 treatments/week 2 games/week	Educational Event SAT Superlatives Scholarship Mock Interview

SAT AGREEMENT

I have read the Princeton Sports Medicine Student Athletic Trainer (SAT) Handbook. I fully understand and agree to perform all duties I am assigned. As a student athletic trainer, I understand that I am expected to conduct myself in a professional manner. All rules and expectations will be demonstrated while I represent Princeton ISD Athletics and Sports Medicine as a student athletic trainer. I understand that the violation of any rules outlined in this handbook or given by administrators, coaches, and staff athletic trainers will result in disciplinary action and/or dismissal from the Princeton Sports Medicine program. I have had the opportunity to clarify any questions or concerns I may have.

Student Name (please print) _____

Student Signature _____ Date _____

Parent Name (please print) _____

Parent Signature _____ Date _____