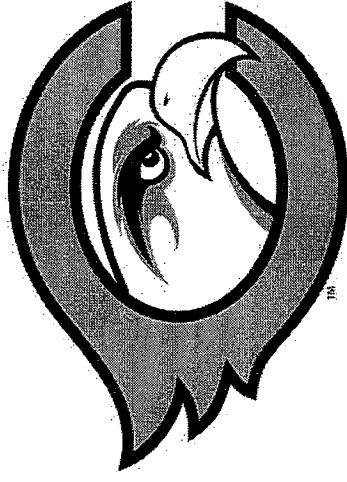


Cabrillo College Sports Medicine



Athletic Training Student Packet

Cabrillo College
Seahawks Sports Medicine
Athletic Training Student (ATS) Guidelines

The goal of the Seahawks Sports Medicine Program is to expose students to the athletic training profession and prepare them for admittance in to a CAATE accredited University. Through course work and clinical experience in the athletic training room, the student will gain competency in all of the different areas of the athletic training profession. The program is divided into three phases, with each phase being at least 1 semester long. It is recommended that ATS meet with an ATC to help develop their educational plan. It is also recommended that each ATS maintain a minimum 2.5 GPA throughout their time in the program.

Phase I (AL): Observation

The purpose of this phase is to allow the student to decide if athletic training is a career option they choose to pursue. The student will have minimal hands on duties with the athletes, but will assist the phase two ATS with athletic training room duties. Phase one ATS will begin practice of the beginning skill competencies. A minimum of 2 hours of work per week is required for this phase and two additional, home or away games are required. The minimum time in the phase one category for an ATS is one semester. Phase 1 ATS's must enroll in Kinesiology 10AL. If ATS fails to meet requirements they may need additional semesters.

Phase II (BL): Basic Skill Competencies

The purpose of the phase II ATS is to begin utilizing some of the basic skill competencies of the ATS under the supervision of a Certified Athletic Trainer. This includes opening and closing duties of the training room, practice and game set up, therapeutic treatment with athletes, taping/wrapping, and record keeping. A minimum of 4 hours per week is required for this phase as well as at least 6 games in a semester. Two of the games worked should be home or away football games and the other 4 mixed among the other sports. Phase II ATS must enroll in Kinesiology 10BL. Progression to phase III will be determined by the ATS ability to comprehend and demonstrate all of the basic skill competencies listed in the ATS Guidelines.

Phase III (CL): Pre-Team Sport Coverage

The purpose of the phase III ATS is to become proficient in the basic skill competencies. It is required for this phase that the ATS has taken first aid and basic athletic training courses. It is also recommended that the ATS has taken human anatomy or be enrolled in human anatomy. A minimum of 6 hours of work per week in the athletic training room is required for this phase, as well as attendance and assistance at all home and away football games, plus 5 home games of the sport the ATS is assigned. During this phase the ATS will learn basic injury evaluation skills for the shoulder, ankle and knee under the supervision of the ATC. The ATS will be assigned to offense or defense for football (fall), and 1 other additional sport. The ATS will be responsible for making sure all injuries are documented with the ATC for their assignments. They will also be responsible for maintaining rehabilitation records for their athletes under the supervision of the ATC. The phase three ATS will also assist in teaching the phase one and two ATS the basic skill competencies. Phase III ATS must enroll in Kinesiology CL.

Cabrillo College Sports Medicine Athletic Training Student Contract

Job Definition: The athletic training student will perform athletic training duties under the supervision of the head ATC. By signing the following document you are agreeing to abide by the rules of the Cabrillo College Athletic Training program and the National Athletic Trainers Association Code of Conduct. The inability or failure to meet these requirements may affect your grade and/or get you dismissed from the program.

- Assist with first aid, rehabilitation, treatment and taping of athletic injuries to the best of my abilities under the guidance and supervision of the ATC's and team physicians.
- Assist with all daily functions of athletic training room, including cleanliness. Ensure athletes are following athletic training room rules. Wipe down tables in between treatments. Clear clutter. WORK, there should be not sitting/computer while athletes are in the athletic training room.
- Assist in record keeping, especially sign in log and initial injury report. ATS should ensure every athlete is signed in before treatment and start an initial injury report for all new injuries.
- Prepare sports medicine equipment for games and practices and help clean following activity
- Take initiative on improving knowledge and skills. Be involved in treatments and rehab.
- Assist ATC with rehabilitation of athletic injuries.
- Assist the ATC with maintenance and inventory of equipment and supplies
- Essential that you are in the athletic training room during your assigned times. Be on time and stay your entire shift.
- Be Professional. You are representing the Cabrillo College athletic program and our athletic training profession.
 - Attire: Must wear athletic training t-shirt or Cabrillo Athletics related shirt. Collared shirt and khakis for games. Closed toed SHOES at all times while working for the athletic training program. You cannot work if dress code is not followed
 - Maintain respectful behavior to coaches, athletes, peers and staff
 - Do not fraternize with in-season athletes. You are here to perform a job please do not let personal life interfere with your job duties
 - Treat all athletes equally
- Be respectful and courteous to visiting teams, Cabrillo coaches and staff, and all sports medicine staff
- Maintain confidentiality of ALL athletic injuries
- Communicate with ATC's, coaches, staff. Ask questions; don't make assumptions that could cause further injury.
- Assist with fluid management. Our job to ensure adequate hydration of our athletes. Be there with water/Gatorade as they come off the playing surface and during time outs.
- I agree to maintain a GPA of at least a 3.0 in my coursework while working as an athletic training student

I have read and initialed the above statements and understand that if I cannot comply with these rules and regulations my grade and my position may be affected.

Signature of ATS _____ Date: _____

Kinesiology AL: Clinical Experience in Athletic Training Phase I
KIN AL

Phase I (AL): Observation

The purpose of this phase is to allow the student to decide if athletic training is a career option they choose to pursue. The student will have minimal hands on duties with the athletes, but will assist the phase II ATS with athletic training room duties. Phase I ATS will begin practice of the beginning skill competencies. A minimum of 2 hours of work per week is required for this phase and two additional, home or away games are required. The minimum time in the phase I category for an ATS is one semester. The phase I ATS must enroll in Kinesiology 10AL. If ATS fails to meet requirements they may need additional semesters.

I am registered for KIN AL: Yes or No (Circle One)

Signature: _____

Date Started

Date Completed

Hours Completed

Students Signature

Mark Ramsey, MA, ATC, CSCS
Head Athletic Trainer/Instructor

Kinesiology BL: Clinical Experience in Athletic Training Phase II
KIN BL: Basic Skill Competencies

The purpose of the phase II Athletic Training Student is to begin utilizing some of the basic skill competencies, learned and practiced during phase I, under the supervision of a Certified Athletic Trainer. This includes opening and closing duties of the training room, practice and game set up, therapeutic treatment with athletes, taping/wrapping, and record keeping. A minimum of 4 hours per week is required for this phase as well as at least 6 games in a semester. Two of the games worked should be home or away football games and the other 4 mixed among the other sports.

The ATS should register for KIN BL. Progression to phase III (KIN CL) will be determined by the ATS ability to comprehend and demonstrate all of the basic skill competencies listed in the ATS Guidelines, as well as approval from the instructor.

I understand and am in agreement with the obligations to fulfill my requirements for being an athletic training student.

I am registered for KIN BL: Yes or No (Circle One)

Signature: _____

Date Started

Date Completed

Hours Completed

Students Signature

Mark Ramsey, MA, ATC, CSCS
Head Athletic Trainer/Instructor

**Kinesiology CL: Clinical Experience in Athletic Training Phase III
(KIN CL): Pre-Team Sport Coverage**

The purpose of the phase III ATS is to become proficient in the basic skill competencies. It is required for this phase that the ATS has taken first aid (KIN 13) and basic athletic training courses (KIN 10A & 10B). It is also highly recommended that the ATS has taken human anatomy and physiology (BIO 4). A minimum of 6 hours of work per week in the athletic training room is required for this phase, as well as attendance and assistance at all home and away football games, plus 5 home games of the sport the ATS is assigned. During this phase the ATS will practice basic injury evaluation skills for the shoulder, ankle and knee under the supervision of an ATC. The ATS will be assigned to offense or defense for football (fall), and 1 other additional sport. The ATS will be responsible for record keeping for their assigned sport including: Pre-participation insurance and physical packet, initial injury forms and injury progress reports. The phase three ATS will also assist in teaching the phase one and two ATS the basic skill competencies.

The ATS should register for KIN CL. The ATS will be graded on their ability to comprehend and demonstrate all of the basic skill competencies listed in the ATS Guidelines, their ability to manage their sport, and their ability to instruct the Phase I & II ATS.

I understand and am in agreement with the obligations to fulfill my requirements for being an athletic training student.

I am registering for KIN CL: Yes or No (Circle One)

Signature: _____

Date Started

Date Completed

Hours Completed

Students Signature

**Mark Ramsey, MA, ATC, CSCS
Head Athletic Trainer/Instructor**

Cabrillo College Athletic Training Student Daily Hours Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
9:00am						
10:00am						
11:00am						
12:00pm						
1:00pm						
2:00pm						
3:00pm						
4:00pm						
5:00pm						
6:00pm						
7:00pm						
Special Request:						

Special Request:

Please block (X) out your daily schedule for work, class, etc in the appropriate time slots. Leave the times you are available to work in the athletic training room BLANK. Make your request for days and times you would like to work under special request. I will accommodate as much as possible, but no guarantees.

Student Athletic Trainer Guidelines

Basic Skill Competencies

Taping/Bracing:

Lower Leg:

Ankle Wrap	_____	Horseshoe	_____
Basic ankle	_____	Arch(Medial/Transverse)	_____
Advanced ankle	_____	Low Dye	_____
Blisters(Open&Closed)	_____	Great Toe	_____
Achilles	_____	Shin Splint	_____

Knee:

Knee Wrap	_____	Medial Instability	_____
Lateral Instability	_____	Hyperextension	_____
Patellar subluxation	_____	Patellar Tendon	_____

Thigh:

Quad Wrap	_____	Hamstring Wrap	_____
Groin Wrap	_____		

Upper Extremity:

AC wrap w/ pad	_____	AC Tape w/o pad	_____
Shoulder Instability Wrap	_____	Shoulder sling/swath	_____
Elbow Hyperextension	_____	Elbow Wrap	_____
Wrist	_____	Wrist/Hand	_____
Thumb	_____	Specialty thumb	_____
Buddy tape	_____	Finger Tape	_____

Evaluations:

Shoulder	_____	Ankle /Foot	_____
Knee	_____	Hip/Thigh	_____
Back	_____	Forearm/Wrist/Hand	_____
Elbow	_____	Neck/Head	_____

Athletic Training Student Guidelines

Basic Skill Competencies

The Athletic Training Student must display knowledge and proper technique to complete each skill.

General Athletic Trainer Duties

T.R. opening procedures	_____	T.R. closing procedures	_____
Practice Set up	_____	Game Set up	_____
Supply Restocking	_____	Kit stocking/restock	_____

Record Keeping

Athlete Sign In	_____	Injury Evaluation	_____
Incident Report Form	_____	Rehab. Progress Note	_____
Inventory	_____	Physicals	_____
Insurance Forms (1A, 1B,)	_____	Coaches Injury Report	_____

Emergency Care

Bleeding	_____	Wound Care	_____
Concussion Management	_____	Splinting	_____
Emergency Action Plan	_____		

Immediate Injury Care

R.I.C.E.	_____	Sprain	_____
Strain	_____	Fracture	_____
Dislocation/subluxation	_____	Contusions	_____

Rehabilitation/Therapeutic Modalities

Cryotherapy	_____	Thermotherapy	_____
Contrast Therapy	_____	Electrical Stimulation	_____
Ultrasound	_____	Combo: US/E-Stim	_____
Massage	_____	Stretching	_____
PROM/AROM exercise	_____	Resistive Exercise	_____
Cardiovascular Exercise	_____	Plyometric Exercise	_____