**Sharyland High School Sports Medicine Handbook**

**Mission Statement**

The primary mission of the Sharyland High School Sports Medicine program is to serve and assist the student athletes by providing healthcare services through injury prevention, injury recognition/evaluation, counseling and guidance, and injury rehabilitation while enabling the athletic training program to provide leadership and character education to the athletic training student. This program will promote ethical conduct, leadership skills; prepare students to make better life decisions, while also trying to create productive and successful citizens of their chosen profession.

**Goals and Objectives of the Sharyland Sports Medicine Program**

The Sharyland Sports Medicine Program has been established with the following goals and objectives in mind:

1. To meet the medical coverage needs of the Sharyland Athletic Programs.
2. To produce quality high school individuals who pass, complete and even excel in all academic requirements necessary for graduation.
3. To produce individuals who learn how to effectively serve others
4. To provide educational experience in a variety of settings.
5. To promote Sharyland High School at all times.
6. To provide the athletic training student with a multitude of opportunities to develop skills that will enhance their knowledge after high school.
7. To have fun with friends working towards a common goal.

**Introduction**

It is a privilege and a responsibility to be a part of the Sharyland Athletic Training program at Sharyland High School. All student athletic trainers will work with the football team and will be assigned a second sport to work (after football). Student athletic trainers are expected to be at all assigned practices and games. Developing a working relationship with the staff athletic trainers and coaches is essential to the success of the student. Student athletic trainers should know all policies and procedures as outlined in this manual.

The most important qualities of a student athletic trainer include the following characteristics: honesty, loyalty, honor and dependability. Missing practice or game assignments without prior approval or contacting a staff athletic trainer will not be tolerated.

**Academics**

The student athletic trainer is expected to maintain all academic work as set forth by Texas State Law. This includes maintaining a minimum passing average of 70% to be able to participate in any extracurricular event sponsored by the school district.

**Work in the athletic training room must not and will not become more important than academic work**. If you need more time to study, or need to miss a work assignment for an academic reason, contact a staff athletic trainer at least one day in advance. It is the responsibility of the student athletic trainer to find a replacement for their assignment. This must be approved by a staff athletic trainer in advance.

Any student who fails a class at an eligibility progress report will be suspended from game participation until the next grade check for the first offense. If a student is suspended from athletic training for failing a class then they must attend tutorials for that class. That student must then pass all classes at the following grade check to become reinstated for game participation. If the student is still not passing all classes at the next consecutive grade check then that student may be dismissed from all student athletic training activities. While on suspension for the first time offense it is expected that the student will still attend practices after any tutoring is completed. The student will be expected to communicate their schedule appropriately to a member of the athletic training staff directly.

If a student fails a second time, the student must then meet with the staff athletic trainers to discuss why the grades are deficient and what the student's goals are. The decision to allow the student to continue in the program will be determined by the Staff Athletic Trainers. If grades continue to be insufficient, then that student will be dismissed from all athletic training duties.

The athletic training staff will have grounds to dismiss students from the Athletic Training Program that are failing after two grading periods. These two grading periods do not need to be consecutive grading periods. Each situation will be handled individually by the Staff Athletic Trainers after reviewing all of the circumstances for the failing grades.

**Student Athletic Trainer Dismissal**

Grounds for early dismissal from the sports medicine program include:

1. Negligence of training room responsibilities.
2. Negligence of practice and game responsibilities.
3. Failure to comply with the policies set forth in the Student Trainer Handbook.
4. Failure to comply with school policies and regulations.
5. Continued failure to meet Texas State Academic Standards.
6. Failure to follow directions of Staff Athletic Trainers or Coaches.
7. Attempting to perform any type of medical or therapeutic procedure that is outside of the student's capability and/or is illegal. (Such as performing ultrasound, e-stim, etc.)
8. Any out-of-school or in-school incidents that break the “Extra-curricular Code of Conduct” (see handout A) or are not becoming of a Sharyland Rattler Athletic Trainer i.e., arrest, fighting, vandalism, drugs, alcohol, etc.
9. Poor attitudes or talking back to Staff Athletic Trainers or Coaches. (Ex. rolling eyes and displaying looks of disgust while being corrected, or exhibiting a patronizing attitude.)
10. Any circumstance as seen fit for dismissal by the Staff Athletic Trainers.

A student who is in violation of any of the above standards will be consulted privately and given an opportunity to explain their behavior. The student athletic trainer must be willing to receive a consequence (suspended from games, given a cleaning assignment, etc…) or be dismissed. In addition, a phone call will be made the parents explaining the situation. If the infraction is not rectified, the student will be dismissed.

**Duties for Student Athletic Trainers**

1. Responsible for maintaining passing grades/academic work and good work attendance.
2. Responsible for working events assigned by a staff athletic trainer.
3. Responsible for having fluid and ice on the field during practice and games.
4. Responsible for cleanliness and care of the athletic training room.
5. Responsible for stocking and care of supplies in athletic training room.
6. Responsible for being where assigned **BEFORE** the assigned time. Tardiness will result in consequence either game suspension, or loss of a day off for each occurrence, and/or a cleaning assignment.
7. Fulfill duties as asked of you without complaining. You will not be asked to perform any duty that any of the staff athletic trainers have not previously performed.
8. Maintain CPR/First-Aid/AED certification as stated by Texas State Law.
9. Administer First-Aid as directed by the staff athletic trainers.
10. Taping athletes as directed by staff athletic trainers.
11. Report all injuries to a staff athletic trainer.
12. Assist with record keeping as directed by staff athletic trainers.
13. Find a replacement if unable to attend scheduled event or practice.
14. Other duties as prescribed.

**Football Practice Duties / Responsibilities**

1. Pre-Practice Preparation, includes but is not limited to, having water buffalos ready at the practice fields, water bottles ready, fanny packs stocked, med-kits kits stocked, ice chest with injury ice and scoops, etc…
2. Do not place water bottles or water bottles racks on the ground while at football practice.
3. Spread out among the players and be available if anyone needs water, first aid, or other medical attention.
4. Watch the players and alert the staff athletic trainers if an injury occurs.

**When an injury occurs:**

1. Refer athlete to a Staff Athletic Trainer and let him/her decide the appropriate action.
2. Never tell an athlete anything regarding an injury without consulting a Staff Athletic Trainer.

**Code of Ethics**

1. Athletic Training Students should neither practice nor condone discrimination against any person.
2. Athletic Training Students should not condone, engage in, or defend unsportsmanlike conduct during any games.
3. Athletic Training Students should provide care on the basis of the needs of the individual athlete and they should not discriminate in providing care on the basis of athletic ability or a student’s grade (Fresh, Soph, etc...).
4. Athletic Training Students should strive to achieve the highest level of competence. They should use only those techniques and preparations for which they are qualified and authorized to administer. (Ice bags, tape, First Aid, etc.)
5. Athletic Training Students should recognize that personal conflicts and relationships might occur which may interfere with professional effectiveness. Accordingly, they should refrain from undertaking any activity in which personal issues are likely to lead to inadequate performance or harm to an athlete or colleague.
6. Athletic Training Students should consult a member of the athletic training staff about any disputes with an athlete or another student or a coach.
7. Athletic Training Students should not discuss **ANY** medical conditions or injuries with **ANYONE** other then a Staff Athletic Trainer currently serving at Sharyland High School.

**Confidentiality of Injury Status**

**ALL INFORMATION REGARDING PLAYER INJURY STATUS IS CONSIDERED CONFIDENTIAL AND SHOULD NOT BE THE TOPIC OF CONVERSATION WITH FRIENDS OR ANYONE ELSE THAT IS NOT ASSOCIATED WITH SHARYLAND SPORTS MEDICINE! INFORMATION DISCLOSED TO ANYONE OUTSIDE THE SPORTS MEDICINE PROGRAM BY A STUDENT ATHLETIC TRAINER IS GROUNDS FOR DISMISSAL.**

**Training Room Policies**

1. The Athletic Training Room will be kept clean at all times.
2. All therapeutic equipment and modalities must be handled with care.
3. While in the Athletic Training Room, there is to be no horseplay or foul language.
4. Student athletic trainers should not display any inappropriate behavior or public displays of affection towards athletes or other students while in the Athletic Training Room or practice/game field (kissing, hand holding, hugging, massaging, laying down with each other, etc…)
5. Any grievances should be directed to a Staff Athletic Trainer.

**Cell Phones and Cameras**

Cell phones are not allowed to be in your possession during practice or games unless specifically instructed by a staff athletic trainer in order to communicate any athletic injuries. Phones may be left in a cubby in the athletic training room, locked in a Staff Athletic Trainers office, backpack or golf cart. The Staff Athletic Trainers will not be held responsible for lost, stolen or broken cell phones. It is the responsibility of the student athletic trainer to put their phone in a safe area. Parents are welcome to call the staff athletic trainers at any time during practice to relay messages to their child. Students will be allowed to use their phones when practice is over to contact parents.

Cameras are not to be used without permission of a staff athletic trainer. Injuries to student-athletes are confidential and photographs of an injury have to follow specific criteria to protect the injured athlete’s identity. Do not take pictures of an injury unless permission has been given.

**Social Media Web Sites**

Social Media Web Sites, including but not limited to Facebook, Twitter, Instagram, Snapchat or Pinterest can be an educational tool, or can be a huge disruption in educational life as well as one’s personal life. These web sites should not have ANY vulgar language, inappropriate photos, comments, cartoons, or links while you are associated with the Sharyland Sports Medicine program. Any inappropriate or hateful content can be grounds for suspension or removal from games, practice, or participation in the program and dismissal from the sports medicine program. You represent Sharyland High School, the athletic training staff, coaches and students while you are a part of the Sharyland Sports Medicine program. Behavior of either a vulgar or hateful manner will not be tolerated and can even be legally prosecuted. When on a social media site, you are encouraged to express yourself in a positive and well thought out manner. Show your intelligence and not your anger or contempt when using the World Wide Web.

**Dress Code**

As a member of the Sharyland Sports Medicine Team you are expected to maintain a professional appearance at all times. As a student athletic trainer, we are expected to follow the rules and standards of the Athletic department and Sharyland ISD.  Final decision on any dress code issue is to be at the discretion of the staff athletic trainers.

All student athletic trainers will dress appropriately for each event. The student athletic trainer will wear designated apparel issued for that particular sport. You are responsible for all issued shirts, backpacks, jackets, polo’s, etc. Loss or failure to return the issued clothing at the end of the year will result in replacement at your cost.

**TO BE PREPARED YOU SHOULD HAVE**:

* At least one good quality Sharyland Sports Medicine T-shirt. – Will be provided.
* At least one good quality Sharyland Sports Medicine Game Polo. – Will be provided.
* At least 3 pair of good quality shorts.
* At least one pair of good quality **Docker** style khaki pants. **Jeggings ARE NOT ACCEPTABLE! NO SKIN TIGHT PANTS WILL BE ALLOWED!!**
* At least one pair of good quality wind pants.
* At least one pair of **athletic** shoes. **Flats, Toms, Crocks, Sandals, Uggs, or boots will NOT be acceptable.** Exceptions to boots only are possible for rainy weather, but approval must be received beforehand.

**Hats**

* Hats/visors may be worn and are encouraged for practice.
* Only SHS hats may be worn to games.
* All baseball style hats/visors must be worn to the front.

**Practice**

* Sharyland Sports Medicine t-shirts and shorts (if provided) must be worn to all post school practices without exception.
* Sharyland High School Dress Code applies to all Student Trainers while on campus or traveling with an SHS team.
* Athletic shoes as outlined earlier must be worn for practice and games.
* Fanny packs must be stocked and worn during practice unless approved by a staff athletic trainer.

**Varsity Football and Other Games**

* Students will wear assigned Sharyland Sports Medicine Game shirt.
* Students will wear **Dockers** style khaki pants or coordinating warm-ups/wind pants.  These garments must be of good quality and look professional. **NO SKIN TIGHT PANTS WILL BE ALLOWED!!**
* Fanny pack must be stocked and worn at all times.

**DO NOT**

* Do not wear shorts that are not in dress code.
* Do not wear pants with holes in them.
* Do not wear pants that are frayed or have cuts in them.
* Do not wear off the shoulder shirts.
* Do not wear spandex or tights.
* Do not wear spaghetti strap shirts, razor back shirts or sleeveless shirts where a bra can be seen.

**DRESS CODE DISCIPLINE**

* If you are not in SHS dress code you will be asked/told to correct the problem.
* If a dress code violation is not willfully and quickly corrected, the student will be given a warning and may be asked to leave and not return until the problem is corrected. If it continues then it may result in result in not working the varsity contest.
* Continued dress code violations will likely result in dismissal from the Student Athletic Training Program.

**The Relationship of the Student Athletic Trainer and Others**

1. **The Student Trainer and Staff Athletic Trainers:** Staff athletic trainers are your immediate supervisors, and you are responsible to him/her at all times. Feel free to discuss anything with him/her at all times. When the student athletic trainer is corrected by a staff athletic trainer there shall not be any inappropriate remarks or looks of disrespect towards the staff athletic trainer. The student athletic trainer must understand that their job is an important job which needs direction and attention to detail and that correction will need to be made occasionally.
2. **Student Trainers and Athletes:** As a student athletic trainer you are expected to know the correct and appropriate way to act towards student athletes. Although the staff athletic trainers cannot keep student athletic trainers from dating an athlete, it is highly discouraged. If the student athletic trainer decides that he/she will date a student athlete, he/she understands that if problems arise due to the relationship, that cause problems in treating the student athlete then the student athletic trainer may be dismissed from either that sport or the Athletic Training Program. Remember, when relationships fail, feelings are hurt and emotions run high. Also, the truth is exaggerated and rumors can begin. The staff athletic trainers cannot, and will not step in to prevent rumors and gossip from occurring or continuing. If you wish to become a student athletic trainer to get to know an athlete for potential dating, please do not apply for a position. Flirting, kissing, hugging, and other inappropriate behavior towards any athlete will not be tolerated from a student athletic trainer. This kind of behavior will be grounds for dismissal.

**Working Hours**

1. **You should be on time every day.**
2. **If you are going to be late for any reason then it is your responsibility to communicate it to a staff member.**
3. You should check the schedule several times each week for any changes. Schedules will be made available by request, displayed in the training room, and on the athletic training website.
4. On occasions, games and travel may run as late as midnight or later, so you should learn to make good use of free time to maintain academic work.
5. If you enrolled in an athletic period, you should WORK the entire period, just like any other class. Sitting and talking or horsing around will result in unfinished work.

I have read all of the information in the Student Trainer Handbook. I am aware of the needed work ethic and understand that good grades are the priority of the program. I have also shared the Student Trainer Handbook with my parents and am fully committed to the Sports Medicine Program.

**Student Signature**  **Print Student Name** **Date**

I have read the information contained in the Student Trainer Handbook and give my child full consent to participate as a Student Athletic Trainer.

**Parent/Guardian Signature**  **Print Parent/Guardian Name** **Date**