

# ATHLETIC TRAINING

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An Athletic Trainer (Certified), ATC, is certified by the National Athletic Trainers' Association, Board of Certification. NATABOC certification requires a course specific Bachelors degree from an accredited program and passing an extensive written board exam. Athletic Trainers (ATs) are health care professionals who collaborate with physicians and Athletic training is recognized by the American Medical Association (AMA) as a health care profession. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic Trainers are a highly educated and skilled health care professional specializing in athletic health care. We are not personal trainers. Note: California does not regulate Athletic Trainers, so not all "trainers" are certified.

**OBJECTIVE:** My overall goal is to protect the student athlete, (SA), coaches, school, and district; as well as maintain compliance with NATA, State laws, CIF rules, and ensure our SA's health and safety while competing in Westview Athletics.

**WHAT I NEED FROM YOU:** Help me, help you! I am only one person for all the sports we have on campus and work to accommodate all of our in-season team practices, games, tryouts, playoffs, etc. I am significantly outnumbered, especially when there are playoffs/tryout season overlaps. Your support, patience, and understanding is appreciated. Please let me know what the best way to communicate injuries and updates with you, ie: text, email, google doc, etc.

1. I send out a standard email with general housekeeping at the beginning of each season. Your attention and response to those emails is appreciated to help prepare for the upcoming season.

2. **TICKET TO PLAY:** All students must physically hand you their Ticket to Play (TTP) in order to tryout or physically participate. **No Ticket, No Play, No Exceptions!** The Ticket to Play is their Emergency Card, and is **confidential!** Please review the form for any medical conditions or medications for each student. After tryouts, TTP's should be turned in to Charlotte to be added to team's binders. Please check your teams Home Campus accounts! If a SA turns stuff in late, do not ask me to rush it. My attention will not be on late paperwork, especially in a two season overlap.

3. **Injuries:** Student athletes should be sent to me when you are in season for preventative care, if they were/are injured, or if you suspect an injury. My philosophy involves taking care of the small things before they become big things, so please encourage your SAs to see me sooner than later. I am also an advocate of **active rest**, meaning I try to keep them involved in practices/team as much as possible while allowing an injury to recover. I will stress how important it is to report **head injuries** (or suspected head injuries) to me asap. If you are away, please have the host AT evaluate the SA. There is specific paperwork that needs to be taken to the doctor in order to diagnose/clear the student-athlete, as well as certain State Laws/Ed Codes/CIF policies we need to follow. Westview concussion paperwork is available on the website. **Communication on Injuries:** Please feel free to text or email me with injuries that may occur after my hours/away games. Communication on injuries is expected, please don't assume the SA has informed me. My cell is for **coaches only**, please do not give to students or parents! My office number and email can be given out and in on the website. **IF YOU HAVE A SERIOUSLY INJURED ATHLETE** while under your supervision, (required immediate medical care, MD/hospital), you **MUST CALL OR TEXT** Steve or Christina.

4. **Schedules:** Throughout the season, please let me know of game changes, do not rely on someone else to tell me. I need to be able to plan for injury rehabs, concussion return to play, and in general knowing who is where on campus/off site. To make it easier, just cc me on emails to Charlotte. I'd rather have too much information than nothing at all. Please be considerate of my time/schedule as well, and let me know of your teams schedule changes asap, so that I can be available. In turn, I will do my best to communicate my schedule/hour changes as well. Steve and Charlotte must also be notified.

5. **Review your coaches' binders** and have it with you at all team activities, as well as review your SAs Emergency Cards/Home Campus for any health concerns that your team needs to be aware of, especially if they are required to carry lifesaving medications, (diabetes, inhalers, epi-pens, AEDs, etc). You are responsible for their health and safety when they are with the team. Detailed Emergency Action Plans with phone numbers are in your binders. Emergency information is also available via the Home Campus App, please see Christina for information/instructions.



6. Team introductions: If you would like me to come and speak to your team to introduce myself, why/where/when I am here, hydration, injury reporting, etc, please let me know so we can work out a time that is best for both of us. It does help the SAs to see who I am vs just being sent to my office and they have no idea where it is, or who they are even looking for.

7. TR hours: I am almost always on campus by 4th period for off role and early release, and will be on campus until ~7pm, or the last home game is completed. TR is first come, first serve. Keep in mind, that I may not always be in my office if I'm called to an injury or covering an event. I will typically leave a sign on my door saying where I can be found. **I am not on campus on the weekends or school holidays/breaks**, so if you have practices or games on those days, please know your emergency action plan procedures. If you need a review, please ask! If your team will need access in to the locker rooms or team rooms for games/early releases, there must be a coach present. I will not open/unlock unsupervised facilities for students without a coach present for safety reasons.

8. Emergency Action Plans (EAP's): Per CA State Law EAPs must be posted at each venue. Please do not remove the posted action plans, if you do not like where they are placed, please let me or Steve know and we will work to find a more suitable locations. If you notice the EAP for your venue is missing, please let me or Steve know ASAP. All venue EAPs are posted online, and your site specific EAP in also in your teams binder. If the nearest AED requires a key, please see Charlotte or Vicki to check out the key, (back fields and baseball AED key is DK29). **YOU ARE PART OF AN EMERGENCY ACTION PLAN**, so please review your specific venue EAP and let me know if you have questions.

9. Med kits: PLEASE have them with you for all away games! Kids should get taped/wrapped etc before they leave campus. If they just can't make it in, they will need to take the med kit to the host AT, just as I ask visiting teams for their med kits. This is the standard through the county with ATs. If you have a practice or game on a holiday, Saturday, or other non-school day, please have your med kits. If your med kit needs to be restocked during the season, please let me know and give me at least one day to get it stocked and returned.

10. Away games: the host team is not required to set out water/ice, especially water bottles/cups. While most do, others do not. If you would like to take water and/or bottles with you, just let me know and we can arrange it. Again, please have your teams get prepped before they leave campus. It is not the host ATs responsibility to prepare our teams, just as it's not mine to prepare visiting teams. Take your med kits and be prepared to deal with minor cuts, nose bleeds, etc. Also be aware that not all schools/venues might not have an athletic trainer on site. If a student needs medical assistance, please ask the host coach to call their AT or activate that sites EAP.

Please let me know if you have any unique needs or concerns for your program and I will do my best to accommodate!