

# WHAT IS AN ATHLETIC TRAINER?

## ATHLETIC TRAINERS

Hold at least a four year degree from a BOC (Board of Certification) accredited institution. They are licensed, certified health care professionals working with athletes on and off the field. Generally they are the first responders when injuries occur during sporting events.

Athletic trainers work closely with coaches and parents and will refer athletes to other health care professionals such as physicians, physical therapists and surgeons when needed.

Athletic trainers hours are determined by sports schedules. Typically they are available after school and stay until sporting events have concluded.

## IN THE TRAINING ROOM ATHLETIC TRAINERS:

- Prepare athletes for competition by taking preventative measures such as equipment fitting, taping and bracing.
- Assess athletes with acute and chronic injuries to determine their participation status.
- Perform sport-specific rehabilitation on injured athletes.
- Provide opportunities for strengthening and conditioning.
- Work with sports staff on proper warm-up, game day preparation and on/off season conditioning.
- Educate athletes, coaches and parents on sports medicine strategies, nutrition and sports psychology.

## DURING THE GAME ATHLETIC TRAINERS:

- Support athletes during sporting events
- Manage any type of musculoskeletal issues including:
  - Shoulder, hip, knee, elbow, hand and ankle injuries
  - Facial injuries
  - Neck and back injuries, spinal cord injuries and traumatic brain injuries like concussions.
  - Triage and wound care
  - Heat-related illnesses
  - Fractures and dislocations
  - Catastrophic injuries