

# Shaw University

## *Athletic Training Education Program Policies*

Department of Allied Health

2007

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## **Clinical Education**

A strong emphasis is placed on clinical experiences, which allow the Athletic Training Student (ATS) to apply theories and concepts learned in the classroom. These clinical experiences include clinical hours with a variety of athletic teams at the intercollegiate, clinical and professional levels. These experiences are invaluable in preparing the ATS for future employment opportunities.

Assignments to various clinical settings are designed to expose the ATS to the various aspects of athletic training. While completing clinical assignments, the ATS must be directly supervised by an Approved Clinical Instructor (ACI). Alternative clinical settings may be utilized and may include sports medicine clinics, physical therapy clinics, college or university health centers, hospital emergency rooms, physician's offices, or other health care settings with a CI licensed in his/her specialty area.

A minimum of four semesters of clinical course work are required in the Shaw University Athletic Training Education Program (ATEP). Each student will have the opportunity to gain experience in four major areas: gender, varying levels of risk, protective equipment, and general medical experiences.

# Communicable Disease Policy

The purpose of the Shaw University Athletic Training Education Program (ATEP) Communicable Disease Policy is to protect the health and safety of the students enrolled in the ATEP. It is designed to provide students, clinical instructors, and faculty with a plan to assist in the management of students with infectious diseases as defined by the Centers for Disease Control and Prevention (CDC [www.cdc.gov]).

## What are Communicable Diseases?

A communicable disease is a disease that can be transmitted from one person to another. There are four main types of transmission including direct physical contact, air (through a cough, sneeze, or other particle inhaled), a vehicle (ingested or injected), and a vector (via animals or insects).

## Communicable Diseases Cited by the CDC:

|                      |                          |                                  |
|----------------------|--------------------------|----------------------------------|
| Bloodborne Pathogens | Conjunctivitis           | Cytomegalovirus infections       |
| Diarrhea diseases    | Diphtheria               | Retroviral infections            |
| Hepatitis viruses    | Herpes simplex           | Human immunodeficiency virus HIV |
| Measles              | Meningococcal infections | Mumps                            |
| Pediculosis          | Pertussis                | Rubella                          |
| Scabies              | Streptococcal infection  | Tuberculosis                     |
| Varicella            | Zoster                   | Viral respiratory infections     |

## Guidelines for Prevention, of Exposure and Infection

1. Athletic Training Students (ATs) must successfully complete annual Bloodborne pathogens modules.
2. ATs are required to use proper hand washing techniques and practice good hygiene
3. Students are required to use Universal Precautions at all times when functioning as an ATs in the ATEP. This applies to UNM clinical sites and affiliate sites.
4. ATs are not to provide patient care if they have active signs or symptoms of a communicable disease.

## Guidelines for Managing Potential Infection

1. A student who has been exposed to a potential infection before, during, or after a clinical experience should report that exposure to his/her approved clinical instructor (ACI) **immediately**.
2. Any student, who demonstrates signs or symptoms of infection or disease that may place him/her and/or his/her patients at risk, should report that potential infection of disease **immediately** to the Shaw Student Health Center.
3. The student is responsible for keeping the ATEP Director informed of his/her conditions that require extended care and/or missed class/clinical time. ATs may be required to provide written documentation from a physician to return to class and/or clinical site.
4. If a student feels ill enough to miss ANY class that student should notify the appropriate instructor **immediately**.
5. If a student feels ill enough to miss ANY clinical experience that student should notify the ATEP Director and ACI **immediately**.

## Clinical Instruction Policy

### First Responder Forms, First Aid/CPR/AED, and Clinical Supervision of Students

1. Athletic Training Students (ATS) must be supervised at all times. Students must be close enough for visual observation, verbal communication, and for ACI/CI intervention if necessary.
2. ATS who perform treatments in the Athletic Training room should have documented evidence of skills checklists with passing grades before these skills can be performed on athletes. These skills should be taught didactic settings. However, these skills can be taught in the training room and in the laboratory portion of a Clinical Experience.
3. ATS who are First Responders must present signed First Responder Forms, a current CPR/AED card and First Aid card. These certifications should be logged on sheets and maintained in each training room by ACI/CI personnel. First Responders who travel alone with athletic teams can perform First Aid and refer injured individuals to appropriate medical personnel or facilities. Also, they may perform preventive taping and stretching. However, First Responders cannot use physical modalities or determine whether an athlete can return to activity. When ATS who are First Responders are not supervised; they cannot obtain clinical hours for their services. ATS cannot be coerced to perform non-credit hours. It is strongly suggested that unsupervised First Responders be paid under work-study programs or the organizations utilizing their services.
4. Students on academic probation cannot travel with athletic teams. Advisors will notify ACI/CI when students are on probation. Two consecutive semesters of academic probation will result in removal of an ATS from all clinical participation.

The information above is contained in the Student Handbook that is available to each of you. In addition; this information was also contained in handouts distributed to CI during ACI training.

By signing this document you are acknowledging that you have read the above and you will comply with these directives. Failure to sign will result in rejection of the ATEP Accreditation Application and/or violation of North Carolina State Law.

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Name

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Date

Cc. Dr. Gaddis Faulcon  
Dr. Joan Barrax  
Dr. Herman Thomas  
Dr. Clarence Newsome

## Transfer Student Application Procedures

In addition to the admission requirements, transfer students will be considered for acceptance into the ATEP upon completion of the following:

- Completion of the Shaw University ATEP undergraduate entrance application;
- Submit syllabus and coursework (include competencies/proficiencies if applicable) from all previous athletic training courses taken;
- The transfer student will need to demonstrate all competencies/proficiencies associated with transfer courses;
- Advisement with the ATEP Director and/or the Department of Allied Professions Chair;
- Minimum cumulative GPA of 2.5 on all transferred courses;
- The transfer student must have obtained a “GPA of 2.25” or better in all transferred athletic training course work; and
- Probationary acceptance may be considered for transfer students who have not met the grade requirement; however, the student will be required to retake the corresponding athletic training course.

## **Transfer Course Acceptance Procedures**

The ATEP Director along with the Department Allied Health Professions chair will review all course descriptions and syllabi. Materials submitted will be compared to Shaw University course descriptions, objectives and competencies/proficiencies to determine if they are compatible.

If the course does not have comparable credit hours, content, objectives, and/or clinical experiences, the course will not be substituted for a Shaw course and the student will follow the normal athletic training curricular plan. If the course is equivalent to the Shaw course, the student will be required to demonstrate all competencies/proficiencies associated with the transfer course. The course will then be placed within the curricular plan where deemed appropriate by ATEP Director and the Department Chair.

In this program the students are prepared to enter a variety of athletic training employment settings by achieving the skills, competencies, and knowledge of an entry level certified athletic trainer. The following technical standards set forth by Shaw University Athletic Training Education Program define the essential qualities necessary for students who are considering admission into the program. These standards meet the requirements set forth by the governing body of all Athletic Training Education Programs, the Commission on Accreditation of Athletic Training Education.

## Progression and Retention Policy

In order for progression and continuation in the Shaw University ATEP, the ATS must comply with the following:

1. Current American Red Cross (ARC) Professional Rescuer or American Heart Association (AHA) Healthcare Provider CPR/AED certification;
2. Annual Bloodborne Pathogens Module current certificate of completion;
3. Appropriate progression through the ATEP Educational Competencies and Clinical Proficiencies as described in course syllabi;
4. Satisfactorily complete athletic training student evaluations as per course syllabi;
5. Maintain compliance with the ATEP: Athletic Training Student Handbook and all Shaw University policies and procedures as outlined in the Undergraduate Catalog;
6. Achieve a "C+" or better in all athletic training courses;
7. Achieve a "C" or better in all general education courses;
8. Maintain cumulative GPA of 2.25;
9. Attend academic advisement session with ATEP faculty each semester; and
10. Adhere to the National Athletic Trainers' Association (NATA) Code of Ethics.

## Shaw University Sports Medicine Emergency Action Plan

### Catastrophic Injuries

This is defined as any condition in which a student athlete's life is threatened or the student athlete risks permanent impairment. These injuries include but are not limited to: cervical spine injuries, head injuries, loss of limb, possible fractures, heat stress and cardiovascular arrest.

The following procedures are to be carried out by an appropriately trained certified athletic trainer (ATC) or athletic training student(s) in the event of injury or illness to a student-athlete. In the event that an ATC or athletic training student is not available on-site at a specific practice or event, the head coach and/or designee shall perform the duties listed below:

1. Immediate care of the injured or ill student athlete
  - a. Check ABCs, Severe Bleeding, and Levels of Consciousness
  - b. Notify athletic training room immediately via telephone
  - c. Begin Rescue Breathing / CPR if needed or necessary first aid care
  - d. If spine board is needed, or an ambulance is necessary, send an athletic training student, coach to call 911 and contact ATC on duty if not on scene. If splinting is not possible, stabilize and comfort athlete until assistance arrives
  - e. Inform the ATC of the mechanism, history, and any other pertinent information. The ATC conducts an evaluation and makes any necessary decisions
  
2. Activation of Emergency Medical System (EMS)
  - a. Identify yourself and your role in the emergency
  - b. Specify your location and telephone number (if calling by phone)
  - c. Give name(s) of injured/ill athlete(s)
  - d. Give condition of injured/ill athlete(s)
  - e. Give time of accident
  - f. Give care being provided
  - g. Give specific directions to the scene of the emergency
  - h. Do not hang up until directed to do so by the EMS dispatcher
  - i. Notify Campus Security at 919-546-8249
  
3. Direction of EMS to Scene
  - a. Open appropriate gates
  - b. Designate individual to "flag down" EMS and direct to scene
  - c. Scene Control: Limit scene to first aid providers and move bystanders away from area
  
4. Documentation

- a. Athletic Training staff must be notified of all emergencies within the athletic department
  - b. Complete an Injury/Illness Report
  - c. Student Health Services must be notified for any NON-ATHLETIC injuries or illnesses or medical emergencies occurring on campus
5. Contact Numbers
- Sports Medicine Office: 919-546-8582**  
**Gym Training Room: 919-546-8447**  
**Dorm Training Room: 919-546-8222**

## **Shaw University – Hot Weather Policy**

### **Weather Conditions**

During times of hot and humid weather, a member of the sports medicine team will determine air temperature and relative humidity using the Weather Service or a sling psychrometer. Even when a particular sport has athletic trainer coverage, it is the responsibility of the individual coach to obtain information pertaining to heat/humidity. It is common practice to use a scale of combined heat and humidity and follow appropriate procedures for each zone of risk (see figure 1). When in the “ALERT” zone, special observation and consideration should be given to athletes susceptible to heat problems (i.e. athletes overweight or underweight due to water loss, history of previous heat injury, and athletes who normally reside in cool and dry climate). Cold water should be easily accessible before, during and after each activity. Furthermore, buckets of ice towels should be used for cooling during breaks. As hot/humid weather approaches the caution or “DANGER” zone, it is important to have several 5-10 minute rest/water breaks for activity lasting over one hour (maximum of 30 minutes between breaks). Practice intensity should be lighter and utilize loose, light colored clothing. When conditions are in the “EMERGENCY” zone, practice intensity should be scaled back or canceled. Unlimited water should be available and breaks should be taken every 15 minutes. Activity should be limited, when possible, to the coolest part of the day (before 10:00 a.m. or after 4:00 p.m.).

### **Weight Monitor**

Requiring athletes to weigh in and out at practice during hot and humid weather is particularly important. Losses of 3 – 5% body weight after practice indicates dehydration. A return weigh-in before the next practice should be within 1 – 2% of original weight. Athletes with 3 – 4% loss should be restricted in practice and watched closely.

Athletes with a 5% or greater weight loss between practices should be held out of all activity and report to the trainer for instruction on proper hydration.

The athletic training room will provide weight charts and scales. Athletic trainers and coaches must take responsibility for implementation of appropriate weight monitoring procedure. The sports medicine staff will assist you in evaluating the data.

### **Running and Conditioning Program**

Workouts off the track, court, field or pool may be necessary to maintain fitness and avoid injuries, but are more difficult to supervise. Therefore, any team involved in such activities must first participate in a fitness test to assure a reasonable cardiovascular level. A 1 ½ miles timed test should be administered by the coach. Any athlete who cannot complete a 1½ miles run in 11 minutes shall be excluded from any team running off the track and should be referred to our strength coach for a remedial, supervised program. Coaches should also make provisions for fluid availability along the course and provide supervision.