

DALHOUSIE

STUDENT ATHLETIC TRAINER PROGRAM

2027-2028 Season

Roles & Responsibilities

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DALHOUSIE UNIVERSITY

DALHOUSIE Physiotherapy Clinic

The Dalhousie Student Athletic Trainers are a group of volunteer students who have an interest in sports therapy and athletic injury prevention and management. The program is operated and coordinated by The Dalhousie Physiotherapy Clinic, under the supervision of the Clinic Manager.

Please note ~ The Dalhousie Student Athletic Trainer Program is a volunteer-based experiential learning opportunity for university students to develop practical skills in sports injury prevention and sideline care under the supervision of registered physiotherapists at the Dalhousie Physiotherapy Clinic. This program is distinct from an accredited Athletic Therapy education program and does not lead to certification as an Athletic Therapist (CAT(C)).

<u>The purpose of the program is to:</u>

- Provide "on field" first aid care at practices and events for the Dalhousie Tigers varsity and contact club teams
- Provide education in the prevention and management of athletic injuries
- Provide exposure to the field of sports therapy
- Provide within a given trainer group for a Varsity or Competitive Club team a Head Trainer, Assistant Trainers, and Mentees with defined roles for each

<u>Responsibilities of all trainers include:</u>

- Standard First Aid and CPR-C emergency care at practices and games
- Athletic taping
- Basic soft tissue techniques such as massage or stretching
- Sideline care of athletic injuries
- Continuing education through attendance in educational sessions
- Participate in trainer peer education training throughout the season
- Communicating between fellow trainers, coaches and health care providers
- Introduction of visiting teams to the Emergency Action Plans (EAP) and access to medical services and physiotherapy services offered at the Dalhousie Physiotherapy Clinic
- Recognition of the limits of the Athletic Trainer's competency and seeking help when required
- Attendance at a minimum of 50% of the continuing education sessions offered through the Dalhousie Physiotherapy Clinic
- Adherence to the Dalhousie Student Athletic Trainer Program Code of Ethics and Conduct

<u>Varsity season will be based on:</u>

- Senior or Junior Trainer Positions
- Full or Half Year Varsity Team Commitment
- Adherence to Trainer Responsibilities, Code of Ethics and Conduct
- Return of medical binder, kit bag and fanny pack

No experience is required to become an assistant trainer; however, interested individuals are required to have current Standard First Aid and CPR-C

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certification by the beginning of practices. New trainers will not be left unsupervised until they have acquired the necessary skills as determined by existing Head Trainers/ DPC team.

Roles and Responsibilities

Head Trainer

The Head Athletic Trainer position will be assigned to a trainer with previous experience in athletic training. The Head Athletic Trainer must commit to providing athletic training coverage for a full varsity season of the respective team. The following sports run through the fall semester, with the start date being mid-August.

- Soccer
- Cross Country
- Rugby
- Lacrosse

All other sports run through both fall and winter semesters, starting after school begins.

Prerequisites:

- Standard First Aid and CPR
- One season working with a university team as an Assistant Athletic Trainer

Head Trainer Core Responsibilities

Medical Care

- Provide on-site coverage at assigned practice and games for your respective Dalhousie team: making appropriate decisions regarding in-game and practice injuries.
- Assist athletes with injury management, including first aid care, taping, stretching, massage, heat, and/or cold application.
- Provide referrals to emergency medical care as determined by the Emergency Action Plans (EAPs).
- Assist with pre-season medical and functional screening of your assigned team's athletes.
- Assist in injury management of athletes receiving physiotherapy under the supervision of the treating physiotherapist.

- Enforce and educate assistants, athletes, and coaches about the Dalhousie Concussion Protocol.

Team Communication

- Maintain open communication with assigned team's coaching staff, athletes, and Athletic Trainer Coordinator(s).
- Reach out Athletic Trainer Coordinator(s) regarding team coverage, athlete injury management, and any other logistical/organizational concerns as they arise.
- Meet with coaching staff before the start the season to outline expectations and coverage for the upcoming season.
- Ensuring the Athletic Trainers of visiting teams have access to equipment, supplies, space for athlete treatment, the prepared Emergency Action Plans for the respective venues/facilities, and access to physiotherapy treatment as needed.
- Ensuring that your team has access to facilities, EPAs, and supplies as needed while travelling via communication with the home team's trainers.

Teaching / Education

- Acquire an up to date Standard First Aid and CPR-C certification before the mandatory pre-season education sessions.
- Attend and refine skills for basic injury management from Dalhousie Physiotherapy Clinic therapists during the mandatory education sessions.
- Complete your assigned skills checklists and meet the educational session attendance policy.
- Orientation of assistant trainers including initial contact to start with the team, showing around facility, describing policies, and contents of the kitbag.
- Provide guidance and training for Assistant Athletic Trainers including taping, injury management protocols, and other information within your scope of knowledge. This responsibility is ongoing. Assistants will be given the chance to work with athletes when they have attended the mandatory education sessions for a particular skill and the head trainer feels the individual is competent.
- Mandatory participation in and working in collaboration with the Athletic Trainer Mentorship Program.
- Attendance at monthly Head Trainer Meetings.

Organization

- Develop a coverage schedule for all events and practices amongst Assistant Trainers that is determined by the Head Coach of your assigned Dalhousie Team.

- Stock trainers' kits regularly based on needed supplies and upcoming game and practice schedules.
- If your assigned Dalhousie Tigers team hosts an event (i.e., Shoveller Tournament), you will be encouraged to provide onsite coverage for your assigned team or others as needed with compensation from Athletics.

Organization (continued)

- Responsible for ensuring Assistant Trainers are logging hours regularly and submitting them for volunteer hour approval.
- Responsible for making sure injury logs are up to date on a month-to-month basis and communication through TEAMs is facilitated in the event of an injury.

Remember: A significant aspect of being a Head Trainer is mentoring new Assistant Trainers. This guidance is essential to maintaining a supportive and exceptional Athletic Training Program. Please keep this in mind when applying for a Head Trainer position.

TIME COMMITMENT: Your time commitment will vary based on the team you are working with but the minimum of 15-30 hours per week is expected (most practices and all games). Please note you will be asked to travel with the team and may have to plan for weekend and sometimes weekday travel with the team.

Assistant Trainer

The Assistant Athletic Trainer position does not require any previous experience in athletic trainers' program. The applicant must be able to commit to providing athletic training coverage for a full varsity season of the respective team. The following sports run through the fall semester, with the start date being mid-August.

- Soccer
- Cross Country
- Rugby
- Lacrosse

All other sports run through both fall and winter semesters, starting after school begins.

Prerequisites:

- Standard First Aid and CPR

Assistant Trainer Core Responsibilities

Medical Care

- Provide on-site coverage at practices and games for your respective Dalhousie team as agreed upon with the Head Athletic Trainer and Head Coach at the beginning of the season. Changes to the schedule may occur.

Medical Care (continued)

- Assist athletes with injury management including first aid care, taping, stretching, massage, heat, and/or cold application.
- Assist with pre-season medical and functional screening of your assigned team's athletes.
- Provide referrals to emergency medical care as determined by the Emergency Action Plans (EPAs).
- Assist in injury management of athletes receiving physiotherapy under the supervision of the treating physiotherapists.

Team Communication

- Maintain open communication with assigned team's coaching staff, athletes, and Athletic Trainer Coordinator(s).

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- Maintain consistent communication with your assigned team's Head Trainer and fellow Assistant Trainers of practice and game coverage as determined by assigned team's coaching staff.
- Communicate with the Athletic Trainer Coordinator(s) regarding practice and game coverage, questions about current injuries, and other issues that may arise with coaches, athletes, or other trainers.

Education

- Acquire an up-to-date CPR-C and Standard First Aid before the mandatory pre-season education session (date and location TBD).
- Learn skills for basic injury management from Dalhousie Physiotherapy Clinic therapists and guest lecturers during mandatory educational sessions.
- Complete your assigned skills checklists and meet the educational session attendance policy.
- Accept direction and skills training from your assigned team's Head Athletic Trainer.

Organization

- Stock kitbag regularly based on communication with the Athletic Trainer Coordinator(s).
- Communicate with your assigned team's trainers for scheduling and ensure that all practices and games have coverage.
- Log any injuries on the injury log.

TIME COMMITMENT: Varies with the team you are working with but a minimum of 10-20 hours per week (roughly 3 practices and home games) is expected. You may be asked to travel with your respective team.

Mentee

An Athletic Trainer Mentee is not required to have any previous experience. The mentee can commit to one practice a week in an observational role. Additional practices can be discussed with the Head Trainer for the respective team.

NOTE: Your role as a mentee is to learn through observation and provide support to the best of your abilities.

Prerequisites: None

Mentee Core Responsibilities

Medical Care

- Attend practices for your respective Dalhousie Team.
- Assist Athletic Trainers with injury management including first aid care, taping, stretching, massage, heat, and/or cold application.
- Assist in providing referrals to emergency medical care as determined by the Emergency Action Plans (EPAs).

Team Communication

- Maintain open communication with all trainers and the Athletic Trainer Coordinator(s).
- Schedule determined in advance, in writing, with Head Trainer.
- Communicate with the Athletic Trainers or Athletic Trainer Coordinator(s) regarding practice coverage, questions about current injuries, and other issues that may arise with coaches, athletes, or other trainers.

Education (OPTIONAL)

- Attend educational sessions with the Dalhousie Athletic Trainer Program to learn basic skills (taping, massage, stretching, return to play, etc.) – if possible.
- First Aid and CPR is preferred but not necessary.

Mentees will be assigned to a team on a 4-week rotation (determined by the Dalhousie Athletic Trainer Coordinator, starting in September. This will broaden the skills and education learned through observation. Every sport and team are different; therefore, there is an opportunity to learn in each setting. Mentees are welcome at education sessions held by the Dalhousie Athletic Trainer Program (schedule will be shared)

NOTE: Mentees do not travel with teams and are not able to be left to cover practice alone. Once assigned, mentees will be connected to the Head Trainer of the respective team and are responsible for initiating communication to organize

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schedules. If there are any issues with communication, please contact the Dalhousie Athletic Trainer Coordinator(s) at dalat@dal.ca.