



DALHOUSIE
UNIVERSITY

DALHOUSIE
*Physiotherapy
Clinic*



DALHOUSIE

STUDENT ATHLETIC TRAINER PROGRAM

**2026 – 2027 Season
Roles & Responsibilities**



HEAD ATHLETIC 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. Soccer, Cross Country, Rugby, and Lacrosse run through the fall semester. All other sports run through both fall and winter semesters.

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 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).
- Keep biweekly correspondence with the Athletic Trainer Coordinator(s) regarding team coverage, athlete injury management, and any other logistical/organizational concerns.
- Stock trainers' kits regularly based on communication with the Dalhousie Athletic Trainer Coordinator(s).
- Meet with coaching staff at the beginning of 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 assigned teams have 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 Medical First Responder Status before the mandatory pre-season education session (date and location TBD).
- Refine skills for basic injury management from Dalhousie Physiotherapy Clinic therapists and guest lectures during mandatory educational sessions.
- 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 attendance of Dalhousie Athletic Trainer meetings as scheduled for procedural updates from the Athletic Trainer Coordinator(s).
- Mandatory participation in and working in collaboration with the Athletic Trainer Mentorship Program.

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 kitbag regularly based on communication with the Athletic Trainer Coordinator(s).
- If your assigned Dalhousie Tigers team is hosting an event (i.e., Shoveller Tournament), you will be responsible for providing onsite coverage for your assigned team or others as needed.
- 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 brought into the clinic at the end of each month to be signed and scanned.

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 10-hours per week (three practices) is expected. 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 ATHLETIC TRAINER

An Assistant Athletic Trainer is not required to have any previous experience. The applicant must be able to commit to be an Athletic Trainer for the duration of their team's season (only Soccer, Cross Country, Rugby, and Lacrosse are Fall semester sports, all remaining team's seasons span across two semesters).

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.
- 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).
- Maintain consistent communications 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 Medical First Responder Status 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.
- 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).





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- 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 6-hours per week (roughly 2 practices) is expected. You may be asked to travel with your respective team.



ATHLETIC TRAINER 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(s)). In detail, each mentee will be assigned to a team starting in September and rotate to another come October, etc. 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 and the Dalhousie Physiotherapy Clinic physiotherapists and guest speakers (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 schedules. If there are any issues with communication, please contact the Dalhousie Athletic Trainer Coordinator(s) at dalat@dal.ca.

