

## ATHLETIC TRAINERS DO'S & DON'TS

*Athletic trainers provide medical services to all types of people – not just athletes participating in sports – and do not train people as personal or fitness trainers do.*

Athletic trainers will:

- Examine injured person to determine if:
  - the athletic trainer can take care of the injury on site
  - the person can go to the doctor on their own
  - 911 needs to be called
- Tape body parts, bandage injuries, close cuts pre-game or for continuation of play
- Determine possible presence of concussion and whether athlete can continue play
- Recommend braces for injured joints
- Provide bags of ice for injuries
- Instruct injured athlete on what the injury is, care of injury, possible consequences if care plan is not followed including long term debilitation, in writing if requested
- Will acquaint parent(s) or guardian with the injury and the proper care for the injury, in writing if requested
- Will acquaint the coach with the nature of the injury and provide an estimate of recovery time
- Fill out proper paperwork for 911 calls and for concussions
- Provide their phone number to athlete, parent(s) or guardian for follow-up questions

Athletic trainers will not:

- Give medication directly to athlete, but to coach, parent(s) or guardian
- Put dislocated bones back in place
- Approve an injured athlete to play because it's a BIG game
- Provide transportation of any kind