



# **New York State Athletic Trainers' Association**

Athletic Trainers improve the quality of life and protection of the public population regarding the prevention, assessment, treatment, and rehabilitation of injuries and healthcare issues.

# Who is a certified athletic trainer?

- A health care professional with:
  - A minimum of a medically-based bachelor's degree
    - 70% have master's degrees
  - National professional certification
  - State licensure/certification
  - Nationally-required continuing education

# Educational Requirements

- All certified athletic trainers must hold a bachelor's or master's degree with a major in Athletic Training from a nationally accredited athletic training educational program.
- Academic programs in athletic training are accredited through an independent process by the Commission on Accreditation of Athletic Training Education (CAATE).

# Certified Athletic Trainers are qualified!

- Certified athletic trainers are educated, trained, and evaluated in six major practice domains:
  - Prevention
  - Clinical evaluation and diagnosis
  - Immediate care
  - Treatment, rehabilitation and reconditioning
  - Organization and administration
  - Professional development
- Additionally, multiple years of varied clinical experiences are completed throughout their education!

### **Athletic Trainer**

A health care professional who provides the school with health care coverage, risk abatement, safety of students, good PR with parents and cost savings.

### **High School**

By employing an Athletic Trainer, a school improves its risk management and its students don't have to miss valuable class time going off-site for injury treatments.

## **Value of a Certified Athletic Trainer**

### **Community Benefit**

Improved health and safety of children in the community leads to cost savings overall. The community can focus extra money on improving high schools and athletics programs, including athletic training departments.

### **Parents**

Parents have eased concerns over their children's health and well being, save on insurance and don't miss productive work time to handle their student-athletes' healthcare, all benefiting the community at large.

# Value of Certified Athletic Trainers to Student-Athletes

- Certified athletic trainers:
  - Make medically-based return-to-play decisions; No conflict of interest from coaches
  - Help student-athletes maximize their strength and conditioning, reducing injuries and improving athletic performance
  - Provide injury assessment and rehabilitation at school, leading to improved attendance and better grades
  - Give immediate assessment and management of injuries, from minor to career-ending or life-threatening conditions, improving recovery and outcomes

# Student-Athletes Need Us!

- “It means being stronger and healthier.”
  - R. Kennedy, Harborfields HS, NY
- “[They] get me back faster and keep me healthy.”
  - Tailback, Stony Brook University, NY
- “Honesty about my opportunities. Athletic Trainers keep us on the field and in the classroom.”
  - M. Smith, Longwood HS, NY
- “[Certified athletic trainers] are not only there to help kids with physical ailments but also emotional, personal and school issues.”
  - B. Dolan, Harborfields HS, NY

# Value of Certified Athletic Trainers for Parents

- Certified athletic trainers provide:
  - Access to a specialized health care professional for your student-athlete at no charge
  - Immediate and professional assessment and management of on-field injuries
  - Rehabilitation at school – no missed work or classes for travel to a therapy clinic
  - Continuity of care, from the onset of injury to return-to-play

# Value of Certified Athletic Trainers for Parents

- Certified athletic trainers provide:
  - Injury and illness prevention education
  - A reduction in health care costs and co-pays paid out
  - A network for referral if outside medical care is needed
    - Most conditions can be treated by the athletic trainer under the direction of a team physician

# Value for Parents and Student-Athletes

- Certified athletic trainers are:
  - The only health care providers **specifically** trained to work with athletes
  - On school grounds and at other school-sponsored athletic events providing immediate, quality health care services
  - Knowledgeable and capable of educating about:
    - Healthy lifestyles, proper nutrition, exercise regimens
    - Illness and injury prevention during physical activity

# Value for Parents, Student-Athletes, and Community

- Parents and student-athletes share peace of mind
  - Not all injuries can be prevented, but certified athletic trainers quickly and expertly assess injuries, stabilize patients and provide life- and limb-saving measures
- **Provide an excellent resource for student-athlete safety legislation**

# Value of Certified Athletic Trainers for Secondary Schools

- **Reduced liability** – preventing injuries and illnesses supports risk management at the school
- **Reduced absenteeism** – student-athletes can stay at school for immediate first aid and on-going rehabilitation
- **Competitive athletics** – student-athletes are conditioned to perform to the best of their ability, giving the school a competitive edge
- **Public relations** – hiring an athletic trainer shows you care about the health and safety of your students, faculty and staff
- **Faculty in-service** – as qualified health care professionals, athletic trainers can provide faculty in-service training

# According to the American Medical Association...

## ***Policy H-470.995 Athletic (Sports) Medicine***

The AMA believes that: ... (7) high school administrators, athletic directors, and coaches **to work with** local physicians, medical societies, and medical specialty societies, as well as government officials and community groups to undertake appropriate measures to ensure funding to provide the services of a certified athletic trainer to all high school athletes...

# Essential Services

Only Certified Athletic Trainers can provide:

- On-site, immediate, emergency care
- Management from injury to return-to-play
- Field coverage at practices and games
- Ongoing injury prevention – strength and conditioning, taping, brace adjustments, safety equipment fitting
- Injury tracking and trending services – a vital role in injury prevention and communication
- School health-care administration – can be in conjunction with other school health-care providers
- School or district public health representative

# Exclusive On-site Services

- Coordination and collation of pre-participation physicals
- Concussion baselines and brain injury assessments
- Injury and illness prevention services
- Conditioning, strengthening, proprioception training programs
- Nutrition education or consultation services
- Equipment and field safety and inspections
- Development of appropriate safety policies:
  - Emergency action and evacuation plans, Weather policies
  - Asthma action plan, Concussion policy
- MRSA and other skin infection prevention

# Unique Value Services

- On-site rehabilitation:
  - Timely, safe, and efficient return-to-play
  - Improved attendance; Keeps student athletes in school instead of missing class time for treatment at outside facilities
  - Progression monitored under the direction of a physician
  - Money is saved in health insurance costs; no co-pays!

# Value of Certified Athletic Trainers to the Community

- Can provide community education:
  - Coaches and physically active individuals can learn more about injury and illness prevention, potential risks, nutrition, and other health topics
  - Many athletic trainers can perform CPR training
  - Employees learn about potential health risks, on-the-job injury prevention, and general health and wellness
- **Provide an excellent resource for student-athlete safety legislation**

# Cost Analysis\*

- 1992: One certified athletic trainer was able to provide student-athletes with 3,172 treatments, valued at **\$475,800** compared to the cost of similar treatments off-site
- 2000: With two additional certified athletic trainers on staff, 11,127 treatments were provided valued at **\$1,669,050**
- 2006: Three certified athletic trainers provided 13,766 treatments for student athletes, valued at **\$2,753,200**

# Reduced Liability

United Educators General, a liability insurance company, reviewed 31 student injuries or deaths that occurred in connection with athletic practices at member institutions since 1996. Students and their families most commonly cited one or more of the following grounds for liability:

- Failure to:
  - Adequately supervise practices and related sporting activities
  - Give proper instructions and warn of dangers
  - Offer reasonably safe facilities or equipment
  - Provide adequate emergency response

***All of these are the essential and standard duties of athletic trainers!***

# The Value of Certified Athletic Trainers in Liability Reduction

- “Health and safety: A school’s first responsibility is to keep students safe. An athletic trainer is an essential part of the athletic program, supporting individual students who have incurred an injury and advising coaches about practices that support minimizing or reducing injuries.” - Chad Harris, Evanston High School
- “[Athletic trainers] are first responders to sports injuries. They are the catalyst of information to coaches and athletes.” - Sherri Stice, Cy Fair ISD
- “It only takes one time to have something happen (without an athletic trainer nearby) to make it pay for itself.” - Tim Leeper, AD, Fairgrove High School