

## **Mission Statement**

The Ridge Point High School Sports Medicine Program's primary goal is to provide high quality medical care which includes the prevention, recognition, treatment and rehabilitation of injuries and illnesses to all student athletes regardless of sport, gender or ability level. In addition, the RPHS Sports Medicine Program prioritizes a safe return to play protocol for all student athletes. Our secondary goal is to educate and develop student athletic trainers into productive members of society and prepare them for their future careers. We strive to meet these goals in a manner that brings pride to our school, athletic department and community.

## **Objective Statement**

The Ridge Point High School Sports Medicine Program will do their best to be accessible to every athletic team, student athlete and coach whenever possible. We will do our part in maintaining a safe environment for athletic practice and competition concerning both the condition of the field or venue and weather contingencies. We will continuously strive to find new and effective treatment protocols, rehabilitation techniques and preventative care to the needs and goals of our athletic programs. We also want the athletic training room to be a positive environment where each student feels welcomed and comfortable. As for the student athletic trainers, they will gain knowledge of anatomy & physiology and sport related injuries. They will learn to assist with immediate care of injuries, observe and understand basic rehabilitation techniques and exercises, assist with immediate care of injuries, observe and understand basic rehabilitation techniques and exercises, assist with the application of modalities and understand its effectiveness. Finally, they will assist with general athletic training procedures during games and practices.

## **Ridge Point Sports Medicine Staff**

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### **Affiliated Doctors**

Dr. Nader Ayub, MD  
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Methodist Sienna Clinic  
8330 Hwy 6, Suite 110  
Missouri City, TX 77459

### **Facilities**

Ridge Point High School  
500 Waters Lake Blvd  
Missouri City, TX 77459

Field House Athletic Training Room #R311  
Gym Athletic Training Room #F113

## **Expectations of the Student Athletic Trainers**

1. A student wishing to be a part of the Ridge Point Sports Medicine Program must read through this handbook and sign the commitment along with a parent or guardian.
2. It is important that the SATs understand that participation in the program is an opportunity that is being extended to them; it is a privilege, not a right.
3. SATs are expected to commit to everyday after school, during the class period and potentially Saturdays. This includes scheduled competitions for football in the fall and other game coverages for additional sports throughout the school year.
4. SATs are expected to be on time after school on days required, ten minutes after the bell and will be dressed appropriately (see dress code policy) and ready to work in a professional manner. SATs are required to stay until the end of practice or until the end of competition (exceptions may apply due to family conflicts or necessary tutoring).
5. If a SAT is going to miss a commitment, they must tell the staff athletic trainer at least 24 hours in advance. If there is no communication, the SAT may be dismissed from further participation.
6. If a SAT is unable to maintain a minimum of a C average in all classes, they may be placed on probation and unable to travel with the athletic training program for three weeks or until grades are improved. This includes failing two classes in one grading period or one class in two grading periods.
7. SATs will complete the proficiencies included later in the handbook and will only be allowed to practice these skills on athletes once they have been approved by the staff athletic trainers.
8. SATs will abide by and enforce all Athletic Training Room, FBISD and RPHS rules and behave in a professional manner. Remember, you are representing the entire Ridge Point High School Sports Medicine Program.
9. Expectations and education of the SATs are guided by the NATA position statement on proper supervision of High School Athletic Training Student Athletic trainers (see attached document).
10. SATs must be under the direct visual supervision of a licensed/certified Athletic Trainer when assisting with any athletic training services.
11. Coaches and school administrators must not allow or expect SATs to act independently with regards to the evaluation, assessment, treatment and rehabilitation of injuries. Additionally, it is paramount that SATs not be expected, asked or permitted to make “return to play” decisions. Specifically, SATs must not engage in the following activities:
  - a. Interpreting referrals from other healthcare providers
  - b. Performing evaluations
  - c. Making decisions about treatments, procedures or activities
  - d. Planning patient care. Independently providing athletic training services during team travel
  - e. Using therapeutic modalities on athletes.

12. SATs are also expected to follow the policies and procedures set by their staff Athletic Trainers. These rules will include:
- a. Abide by the Texas Board of Health regulations and NATA position statement for high school athletic training SATs
  - b. Regular attendance as discussed by the student and the Athletic Trainer
  - c. Proper dress as discussed by the student and Athletic Trainer
  - d. Appropriate and suitable behavior both inside and outside the athletic training room
13. Texas State Law states that under NO CIRCUMSTANCES is a SAT to evaluate and/or treat injuries. This opportunity is to be utilized solely for the high school students to observe the daily professional duties and responsibilities of an Athletic Trainer and can ultimately be a valuable educational experience. Under the direction and supervision of the staff Athletic Trainer, the SATs can complete the following tasks as it pertains to athletic training:
- a. Maintenance of the hydration stations (i.e. Filling coolers and water bottles with ice and water and cleaning of the equipment after use)
  - b. Basic wound care
  - c. Assistance with emergency response
  - d. Basic taping techniques
  - e. Assisting with rehabilitation exercises

Please note that these duties and skills can only be completed and utilized if under the DIRECT SUPERVISION of the staff Athletic Trainer and only if the staff Athletic Trainer deems them ready to utilize these skills.

Ridge Point High School will not be held liable for high school student athletic trainers that practice beyond what they have been approved to do. The certifications and state licensure of the staff Athletic Trainer can and will likely be revoked if they are found in breach of the law by allowing students to perform skills that they are not educated enough to perform and not authorized by the TX Board of Health to do.

As this experience is a privilege, not a right, failure of the SAT to abide by any of these rules or regulations will result in dismissal from the high school's athletic training observation and aide program at the discretion of the staff Athletic Trainer.

## **Switching/Trading**

ALL switches for assigned or volunteered games/practices **MUST** be approved by the athletic training staff **IN WRITING** at least **TWO DAYS** in advance of the switch, unless otherwise stated. Failure to let the Athletic Training staff know in advance will lead to point deduction and/or further consequences. This is very important – it is school policy that a teacher does not have to let you miss class if you do not give him/her at least 24 hours notice.

## **Consequences**

1. Being late to practice will result in:
  - a. Every 5 minutes you are late, you will be deducted 5 points.
  - b. Continued late behavior will result in not covering games, followed by probation, then possible dismissal from the program.
2. No show to your assigned games and/or workshops without speaking to a staff athletic trainer in advance will result in deduction of points, followed by probation, then possible dismissal from the program.

- Deduction of points
- Carrying of water bottles (football season)
- Probation
- Written essay
- Dismissal from the program

## **Removal from Program**

The supervising athletic trainer has the right to remove any SAT from the program at their discretion. Depending on the severity of the issue at hand, the student may be placed on probation. Again, this is at the supervising athletic trainer's discretion.

**\*\*\*Dismissal from the program is of the discretion of the staff athletic trainer.**

# **Dress Code and Professionalism**

As a student athletic trainer, you are representing the entire Ridge Point Sports Medicine Program, the Athletic department and our school. It is important to be professional. This includes your attire and attitudes. In order to identify yourself as a student athletic trainer, you need to wear Ridge Point Sports Medicine apparel whenever acting as a student athletic trainer. If you do not have the appropriate apparel on when you enter the door, you will not be allowed to act as a SAT.

## **Attire**

- Absolutely NO skirts or dresses.
- NO flip flops, slides, clogs, heels, open-toed shoes or Crocs. Gym shoes and athletic footwear only. You need to be able to run.
- Hair needs to be kept neat and pulled back in a functional manner, especially when treating an athlete. We do not want your hair getting in open wounds when trying to help an athlete.
- NO tank tops or tube tops.
- NO ripped, holey or transparent clothing.
- No leggings or biker shorts.
- NO revealing clothing. (If you are concerned it may be revealing, then perform the following test. Raise your arms up over your head... can your stomach or back be seen? Bend over to pick something up... is your butt showing or can we see down your shirt? If you answered yes to either question, then the article of clothing is revealing.)
- Black or grey scrub pants are required for football competitions, unless otherwise specified.
- For all other sporting competitions, jeans with no holes are allowed unless otherwise specified.
- No short shorts. They must be AT LEAST to your mid-thigh. If you think they might be too short, then they are.
- Fingernails need to be kept neat, clean and at an appropriate length in order to perform your daily task. (Length is at the discretion of the RPSM staff.)
- No dangly jewelry that can get caught or in the way.

**\*\*\*This includes bus rides to and from games.**

## **Professionalism in the workplace**

- No cell phone use in the athletic training room or on the field/court during practices and games. The athletic training room is a safe, private and confidential space. You need to be paying attention.
- Address physicians, coaches, athletic directors, officials and staff respectfully. ABSOLUTELY NO first names.
- Keep the gossip to a minimum.
- Minimal conversing with the athletes on the sidelines, unless they have asked for medical attention. They need to focus and so do you, you are not there to be a distraction.
- All medical attention is confidential and may not be discussed with anyone outside of the sports medicine staff under any circumstances.

# **Grading**

## **Class Grades**

All student athletic trainers receive a grade for the athletic period just as in other classes. Each grading period consists of a minimum of three major grades and nine daily grades (1 major grade and 3 daily grades per progress report). Grading is weighed as followed in Fort Bend ISD:

- Major grades will count as 50 percent of the student's grading period average
- Daily grades will count as 50 percent of the student's grading period average

## **Daily Grades**

Daily grades are based on attendance and assigned uniform/dress code during football practices as well as performance during athletic periods, practices and other sporting events. Deduction of points from a student's daily grade may occur due to the following:

- 20 points will be deducted for each day a student does not attend football practice or is not in dress code/assigned uniforms unless excused by the athletic training staff.
- Points may be deducted for poor performance or behavior during athletic periods or practices/games as seen fit by the staff athletic trainers.

## **Major Grades**

Major grades are based on attendance of games throughout the year, attendance of conference/workshops as decided by the athletic training staff or ineligibility of a student due to poor grades in another class. Deduction of points from a student's major grade may occur due to the following:

- 20 points will be deducted if a student is unable to work a game they signed up for and are not able to find coverage from another student athletic trainer, unless excused by a staff athletic trainer.
- A zero will be given as a major grade if a student is unable to attend GHATS student workshop in January, unless excused by the athletic training staff.
- If a student is ineligible due to poor academic standing, the student must write a 2-page, double-spaced paper with the topic chosen by the athletic training staff to count as the major grade for that progress report. If a student is ineligible for multiple progress reports, the student will write one paper for each ineligible progress report.



# Point System

We use a point system to attain certain rewards:

Letter Jacket= 1000 Points

Induction into Ridge Point Sports Medicine Hall of Fame= 2500 Points

Points will be earned by completion of various activities and accomplishments:

1	Practice coverage- Per hour
1	Game coverage- Per hour
1	Athletic training room duty- Per hour
1	Morning/post practice treatment
1	Athletic Period
10	Perfect attendance for season (football practice)
10	Perfect attendance for game coverage
1	Student Athletic Training meetings
1	Field trips- Per hour
4	Research essay
4	CPR Card
4	First Aid Card
15	GHATS/ Workshops
5	Enter GHATS taping or poster contest
20	Win GHATS taping or poster contest
5	Place in taping or poster contest
20	Straight A's for 9 weeks

10	All A's and B's for 9 weeks
5	Passing all classes for 9 weeks
2	A coach gives us a compliment about you and your job duties
25	Student Athletic Trainer of the month
25	First place at SAT Olympics
15	2 <sup>nd</sup> place at SAT Olympics
5	3 <sup>rd</sup> place at SAT Olympics
10	Entering GHATS
-5	Failure to turn in grade check sheet
-5	Failing for the 9 weeks/ class
-1	Missed tutorials
-5	Suspended from school- Per day
-5	ISS- Per day
-50	Suspended during CAEP stay
-1	Missing assigned event without a replacement- Per hour
-15	Missed GHATS/ Workshops
-1	Late to athletic period and practice- Per minute
-5	Misconduct
-5	Does not turn in point sheet weekly
-10	A staff AT has to complete your job duties