

California State University, Fresno

ATHLETIC TRAINING PROGRAM HANDBOOK

2017-18



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Documents available online in the Fresno State AT Program Box Folder at:

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PREFACE

WELCOME to The California State University, Fresno and The Athletic Training Program (ATP) at Fresno State. As an incoming Fresno State Athletic Training Student, you undoubtedly have many questions regarding your role in this program. This Athletic Training Student Handbook was prepared to answer many of these questions. Information included in this handbook is intended to serve the dual purposes of orienting you to our ATP and familiarizing you with some of the basic policies and procedures governing your roles and responsibilities as an Athletic Training Student in our program.

You will learn the ATP at Fresno State has a long history of producing some of the best athletic training professionals working throughout the United States. Our Alumni take great pride in having developed the habits, work ethic, and professionalism they received during their time at Fresno State that they now carry into their own practice as athletic trainers. You will also learn our ATP was pioneered by extremely talented professionals. Indeed, two individuals in particular, Mr. Paul Schechter, a former Head Athletic Trainer at Fresno State, and Mr. Ed Ferreira, former athletic trainer and curriculum instructor at Fresno State. Mr. Paul Schechter was recognized for his contributions to the field by being inducted in 2001 to the Far West Athletic Trainers' Association Hall of Fame. His impact to our program is recognized annually via The Paul Schechter Courage Award, an award presented to an outstanding student-athlete who has overcome a physical challenge to be a successful college athlete. Although retired, Mr. Schechter remains a strong supporter and advocate of our ATP. Mr. Ed Ferreira's dedication and love not only for this profession but for Fresno State is recognized annually via The Ed Ferreira Spirit of a Bulldog Award, an award that is presented to a Sports Medicine team member who exhibits exceptional dedication in serving the Bulldog Family, their colleagues and their community with the highest levels of excellence.

We enjoy tremendous support from an outstanding Medical Director and a staff of some of the finest sports medicine physicians and orthopaedic surgeons in the region. As a student, you will gain first-hand experience working under many of these physicians. They too work to preserve the legacy of former Team Physician, Dr. Thomas Thaxter, whom also is recognized annually via the Tom Thaxter Memorial Scholarship, an honor bestowed upon to an outstanding student Athletic Training Student. Our physician staff is committed not only to the success of our Athletic Program but to helping mentor students in our ATP.

Finally, our faculty and staff is committed to maintaining the quality of education that was originally exhibited by our program's founders. Our alumni expect you will do your part, as Athletic Training Students in this program, to maintain our tradition of producing the best athletic trainers in the industry- to do that will involve tremendous dedication and unrelenting study. More importantly, and above all else, that means taking pride in being a member of our ATP and a future Bulldog Alumnus!

Your education with our ATP shall begin with familiarizing yourself with the content of this Athletic Training Student Handbook. This is a first of many resources you will receive in our ATP, and we encourage you to devote a binder for maintaining materials associated with our program (e.g., copies of Injury Assessment Forms, handouts provided by your supervisors). Hopefully, this handbook is helpful in making your studies and your experience in our ATP an enjoyable one.

Fresno State ATP Mission Statement

The Athletic Training Program at California State University, Fresno will provide a student-centered learning environment where students flourish academically and clinically. We will produce culturally competent, evidence-based Athletic Trainers who are prepared to enter a variety of clinical settings. Our alumni will be leaders in the profession who advocate for Athletic Training in their communities throughout their careers.

Goals and Student Learning Outcomes

- A. Students will demonstrate the patient care skills necessary to prevent, identify, assess, treat, rehabilitate physical and psychological conditions.
 - 1. Students will identify general medical conditions and implement appropriate care to various populations.
 - 2. Students will prevent, assess, treat, and rehabilitate neurovascular and musculoskeletal conditions.
 - 3. Students will identify substance abuse and mental health disorders, apply psychosocial interventions, and when appropriate refer to an appropriate health care provider.

- B. Students will demonstrate evidence based decision-making and critical thinking skills through both written and oral communication.
 - 1. Students will critically appraise clinically relevant research.
 - 2. Students will incorporate evidence in the clinical decision-making process and employ evidence based practices to improve patient outcomes.
 - 3. Students will disseminate research findings using both oral and written communication.

- C. Students will demonstrate the professional and administrative skills necessary to be a successful Athletic Trainer.
 - 1. Students will demonstrate effective communication and practice as part of an interprofessional community.
 - 2. Students will act in a professionally responsible manner that upholds legal and ethical standards.
 - 3. Students will manage health care administrative duties successfully.
 - 4. Students will engage in professional development required for athletic trainers and activities that advance the profession.

Fresno State Sports Medicine Mission Statement

The Fresno State Sports Medicine program is committed to providing exceptional services to the student-athlete by utilizing a highly qualified, diverse and motivated staff whose foundation is built on the utmost ethical standards. Through communication, creativity and innovation, the athletic training staff, team physicians and allied specialists will collaborate in a team approach in order to meet the needs of the student-athlete. The certified athletic training staff will be aggressive in pursuing its own continuing education so as to remain on the cutting edge of the sports medicine field, allowing the department to provide the best available health care to its student-athletes.

**California State University, Fresno Department of Kinesiology
Athletic Training Program**

**ATHLETIC TRAINING
EXPECTATIONS OF
STUDENTS/FACULTY & STAFF**

The Athletic Training Program at CSU, Fresno is demanding and strenuous for both the students and the staff/faculty. Working harmony is essential if we are to assure the greatest benefit to all and achieve our goals. In order to promote smooth and efficient operation of the program, there must be a commitment from faculty/staff and students to work together and clearly define expectations of behavior. To that end, we suggest that you keep the following in mind:

Athletic Training Students and their responsibility in the classroom:

1. Students should attend all classes and be prepared to begin class on time. (Tardiness is disrespectful).
2. Students should present themselves in a professional manner within the classroom setting. Every student athletic trainer must remember that they are a direct representation of the Athletic Training Program. Therefore, students' classroom conduct should be courteous and respectful to both the faculty and fellow classmates.
3. Students should be clean and neatly dressed when attending classes.
4. Students should use class time for material specific to that course and not other courses.
5. Students are encouraged to do their best, by keeping current with class topics and assigned materials. Learn as you go rather than memorize at the last minute!
6. When you need to consult a faculty member, please do so, when possible during faculty scheduled office hours.
7. Accept responsibility for maintaining classrooms and laboratories (i.e. athletic training rooms), in a neat and clean condition.
8. Set a standard when using laboratory equipment, make sure that the equipment is not abused.
9. Students should be knowledgeable regarding process and policies of the University and the Department, and comply with them.
10. Faculty are supportive of and comply with the University Policy on Cheating and Plagiarism and the Policy on Sexual Harassment. These policies appear in this manual and students should read them carefully and comply with them.
11. ***Absenteeism:*** While you are technically allowed the same number of absences, as there are units in the course, you are expected to keep absences to a minimum. If you must be absent, it is your responsibility to contact the instructor or department office before class.

•Athletic Training Students who know that they will have a travel assignment, should develop a schedule of the days they will be absent from classes, and set

up an appointment with their instructors at the beginning of each semester to discuss these absences.

Athletic Training Students and their responsibilities during their clinical practicum courses:

1. Students must report, on time, to their athletic training room duties according to the hours in which they are scheduled.
 2. If an athletic training student is going to be late to work or is unable to report to the training room at their assigned time, (i.e. due to a class or etc.), the student must notify their assigned graduate assistant(s) or their assigned clinical supervisor .
 3. Students should be appropriately and modestly dressed in the proper Fresno State Athletic Training Uniform (see clinical supervisors for dress instructions/guidelines).
 4. Fraternalization by male/female observation students with athletes and/or coaches will not be tolerated while representing the Athletic Training Program at California State University, Fresno. By law, students over the age of 18 shall not engage in adult relations with individuals younger than the 18 years of age (e.g., high school athletes). Such conduct is a felony and punishable by imprisonment in the State of California.
 5. Every student should act in a professional manner when working and treating athletes in the training room. Any student athletic trainer that does not conduct him/herself in a professional manner will be spoken to by a preceptor and can be dismissed from the Athletic Training Program.
 6. Every athletic training student must complete his/her duties and check out with their assigned preceptor, before alleviating themselves of their athletic training room duties.
 7. Every athletic training student must have treatment and rehabilitation schedules for injured athletes approved by a preceptor on a daily basis. All athletic training students must have any injured athletes seen by a certified athletic trainer prior to scheduling for Doc night.
 8. **Remember that athletic training students are encouraged to promote and create an environment of team work! Therefore, when you are finished with your own duties for the day, look to see if another athletic trainer needs help finishing a task!!!**
 9. **Telephones and computers in the athletic training room are for official university business. If you intend to use the computer for studying purposes, you should approve this in advance with a supervising preceptor.**
 10. Do not to administer any electric current or ultrasound treatment in the absence of a preceptor. Athletic Training Students should use only those modalities for which they have been formally trained and evaluated on.
- **Upon entering the Athletic Training Program, a MANDATORY meeting will be given to ALL athletic training students by your preceptor, regarding rules and regulations of the athletic training room.**

- **ALL athletic training students should uphold to the “Athletic Training Expectation of Students.” Violation of these guidelines may result in severe disciplinary actions.**

Faculty/Staff and their responsibilities in the Athletic Training Program

All certified AT’s included in the faculty and staff and expected to comply with the NATA Code of Professional Practice.

Fresno State Athletic Trainers (staff and students) shall comply with the laws and regulations governing the practice of athletic training -

1. Shall comply with applicable local, state, and federal laws, and institutional guidelines. It is imperative that all athletic trainers involved in provision of health care services to athletes shall provide all necessary treatment/rehabilitation services which are identified and within the scope of practice of the profession of athletic training along with any additional credentialing that individual may possess. This includes the application of treatment and rehabilitation modalities which are identified in the NATA Athletic Training Education Competencies and Proficiencies.
2. Shall be familiar with and shall adhere to all National Athletic Trainers' Association guidelines and ethical standards.
3. Shall advise their employers(s)/supervisors of any employer practice that causes them to be in conflict with the code of ethics or applicable state and/or federal laws.
4. Shall report illegal or unethical practice pertaining to athletic training to the appropriate person in authority.
5. Shall not misrepresent in any manner, either directly or indirectly, their skills, training, professional credentials, identity or services.
6. Shall provide only those services for which they are qualified via education and/or experience and by pertinent legal regulatory process.
7. Shall seek consultation with their supervising physician, other health providers, or qualified professionals having special skills, knowledge or experience whenever the welfare of the athlete will be safeguarded or advanced by such consultation. Supervision should include ongoing communication between the physician and athletic trainer regarding the care of the patient.
8. All certified AT’s included in the faculty and staff are expected to maintain their certification status in accordance with the BOC, Inc..
9. Faculty and staff within the Athletic Training Program are expected to protect the rights of confidentiality with each athletic training student in the program.
10. Faculty and staff within the Athletic Training Program are expected to inform the athletic training student if a letter of recommendation can not be submitted in behalf of the student, and provide information concerning this decision.

Faculty and staff within the Athletic Training Program are expected to notify the athletic training student if a letter of recommendation cannot be submitted in a timely manner in behalf of the student.

BS in Athletic Training Academic Planner

PreReq-	Taken	Proposed
Area A1- Oral Communication		
Area A2- Written Communication		
Area B2- Life Sciences (Biol 1A)		
Area E- K 32- Lifetime Fitness & Wellness (2) with KAC (1)		
Area B4- Quantitative Reasoning		
Biol 67A* - Human Anatomy & Physiology I (4)		
Biol 67B* - Human Anatomy & Physiology II (4)		
PH 48 -Responder & Emerg. Care (3) or PH 49- EMT		
K 38- Introduction to AT (3)		
K 43- Preliminary Lab (1)		
ATEP-		
K 116- Fundamental Biomech.(3)		
K 118- Exercise Physiology (3)		
K 137- Structural Biomechanics (3)		
K 138A- Injury Evaluation I (3)		Fall
K138B- Injury Evaluation II (3)		Spring
K 139- Therapeutic Modalities (3)		Fall
K 140A- Rehab Techniques I (3)		Fall
K 140B- Rehab Techniques II (3)		Spring
K 141- Organization and Admin (3)		Spring
K 142 (A-D)- Seminar in AT (1/semester)		
K 143 (A-D)- Clinical Practicum (2/semester)		
K 121- Body Composition <i>or</i> K 163: Fitness & Wellness		
Kines 180T- Appendicular Skeleton		Spring
Upper Division G.E.-		
IB- Physical Universe (3)		
IC- Arts and Humanities (3)		
ID- Social, Poli,Econ,Behavior/ W (3)		
MI-Multicultural/Internat./ W (3)		
Upper Div. Writing Credit/Exam		

***C or better required in Biol 1A and Chem 3A prior to enrolling in Biol 67A**

The courses listed are the pre-requisites, major courses along with upper division GE. These are here because they are the most likely courses still remaining to be taken by students once they enter the program. Of course, all the courses listed as “PreReq” have been completed for most.

Athletic Training Education Program – Course Sequence (2016-2017)

Bachelor of Science – Athletic Training (2014-15) – Present

This is a general guideline. Always consult your catalog for official course listings.

This example sequence does not include any general education with the exception of pre-requisites to BS-AT.

Pre-AT

BS - AT

Year	Fall	Spring
1	General Education – Area A1 (3 units) General Education – Area A2 (3 units) General Education – Area B2 (4 units) BIOL 1A General Education – Area B4 (3 units)	General Education – Area B1 (4 units) CHEM 3A KINES 43: Preliminary Laboratory in Athletic Training (1 unit) PH 48 or 49: EMT (3 units) General Education – Area E (3 units)
2	KINES 38: Introduction to Athletic Training (3 units) KINES 43: Preliminary Laboratory in Athletic Training (1 unit) – Repeated if additional clinical experience is needed BIOL 67A: Human Anatomy & Physiology I (4 units)	BIOL 67B: Human Anatomy & Physiology II (4 units) Lower Division GE should be completed prior to beginning the BS-AT Apply to Program (February 1)*
3	F,P KINES 138A: Injury/Illness Assessment I (3 units) F,P KINES 139: Therapeutic Modalities in Athletic Training (3 units) F,P KINES 142A: Seminar in Athletic Training I (1 unit) F,P KINES 143A: Athletic Training Practicum I (2 units) KINES 116: Fundamentals of Biomechanics (3 units) Upper Division General Education Class Upper Division Writing Requirement	S,P KINES 138B: Injury/Illness Assessment II (3 units) S,P KINES 141: Organization and Administration in Athletic Training (3 units) S,P KINES 142B: Seminar in Athletic Training II (1 unit) S,P KINES 143B: Athletic Training Practicum II (2 units) S KINES 180T: Anatomy of the Appendicular Skeleton (3 units) KINES 118: Fundamentals of Exercise Physiology (3 units)
4	F,P KINES 140A: Rehabilitation Techniques in AT I (3 units) F,P KINES 142C: Seminar in Athletic Training III (1 unit) F,P KINES 143C: Athletic Training Practicum III (2 units) KINES 137: Structural Biomechanics (3 units) Upper Division GE Class (x2) Graduate Records Exam (if interested in graduate school)	S,P KINES 140B: Rehabilitation Techniques in Athletic Training II (3 units) S,P KINES 142D: Seminar in Athletic Training IV (1 unit) S,P KINES 143D: Athletic Training Practicum IV (2 units) KINES 121: Body Composition: Theory, Principles, and Management (3 units) or KINES 163: Fitness and Wellness Upper Division GE Class

Bolded courses: Pre-requisite courses to the Bachelor of Science – Athletic Training. See program website for application guidelines.

*No more than two (2) pre-requisite courses can be in-progress at the time of application. A **minimum of 200 hours** experience observing a certified athletic trainer must be completed by the time of application. See program website for application guidelines.

F – Courses offered only in the Fall semesters, S – Courses offered only in the Spring semesters

P – Courses open only to BS-Athletic Training Majors

Advising appointments for Pre-AT students– Last Name Begins with:

A-K: Ms. Brittany Castro-Conde, bcastroconde@csufresno.edu

L-Z: Dr. Stephanie Reed, sdmreed@csufresno.edu

Advising appointments for AT Program admitted students:

Dr. Scott Sailor, ssailor@csufresno.edu

For General Education advising contact Advising & Career Development Center (McLane 194), (559) 278-5027

Sports Medicine Club – Lauren Rodrigues (President) – Irodrigues@mail.fresnostate.edu



Bachelor of Science in Athletic Training Curriculum Course Descriptions

Department of Kinesiology Courses

Kines 38: Introduction to Athletic Training*

Designed for prospective coaches, athletic trainers, and health and physical educators. Aids in the recognition, evaluation, and care of athletic injuries. Techniques in taping, prevention, and rehabilitation of injuries. (2 lecture, 2 lab hours)

Kines 43: Preliminary Athletic Training Laboratory

Prerequisite: PH 48, KINES 38. Designed for prospective athletic training students. A minimum of 100 hours of directed observation under the supervision of a certified athletic trainer is a course requirement. CR/NC grading only. 3 units.

Kines 116: Fundamentals of Biomechanics

Prerequisites: KINES 35 or BIOL 33 (or BIOL 64 or PHTH 119 or PHTH 125). Study of structural and mechanical properties of musculoskeletal system, associated movement function of human body, and applied physics. (2 lecture, 2 lab hours). 3 units.

Kines 118: Fundamentals of Exercise Physiology

Prerequisites: KINES 35 or BIOL 33 (or BIOL 64 and BIOL 65) (or PHTH 119 and BIOL 65). The study and application of physiological bases of movement, work, response, and adaptation to exercise. Environmental conditions, gender, and age considered. 3 units.

Kines 137: Structural Biomechanics*

Prerequisites: BIOL 64 or PHTH 119. Human movement: biological and mechanical bases, application of musculoskeletal considerations, and principles of mechanics to human movements. (Offered fall semester only.) 3 units.

Kines 138A: Injury/Illness Assessment I*

Prerequisites: KINES 38, KINES 137. Assessment techniques and care for injury/illness to the head, face, and upper extremity. Integration of anatomical structures and evaluative techniques to provide basis for critical decision-making in injury management. (2 lecture, 2 lab hours). 3 units.

Kines 138B: Injury/Illness Assessment II*

Prerequisites: KINES 138A. Assessment techniques and care for injury/illness to the trunk and lower extremity. Integration of anatomical structures and evaluative techniques to provide basis for critical decision-making in injury management. (2 lecture, 2 lab hours). 3 units.

Kines 139: Therapeutic Modalities in Athletic Training*

Prerequisites: KINES 38; BIOL 64 or PHTH 119. The theory and application of various therapeutic modalities used in the treatment of athletic injuries. (2 lecture, 2 lab hours). 3 units.

Kines 140A: Rehabilitation Techniques in Athletic Training I*

Prerequisites: Kines 137, KINES 138A, KINES 138B, KINES 139. Clinical applications, parameters, and principles governing rehabilitation techniques prevalent in modern athletic training. (2

lecture, 2 lab hours). 3 units.

Kines 140B: Rehabilitation Techniques in Athletic Training II*

Prerequisites: KINES 140A. Kinesiological factors for integrative application of rehabilitation techniques to spine and extremities. Post operative and rehabilitation considerations for returning active patients to a variety of settings and athletic venues will be explored. (2 lecture, 2 lab hours). 3 units.

Kines 141: Organization and Administration in Athletic Training*

Prerequisites: KINES 38, and senior status. Current issues in sports medicine, organization, administration, and professional preparation. 3 units.

Kines 142S: Seminar in Athletic Training (A: focus on general medical conditions)*

Taken concurrently with KINES 143. A seminar course designed to focus on and review athletic training competencies. The content learned in the classroom portion will be reinforced through Service-Learning, which is an integral component of the course. 1 unit.

Kines 142S: Seminar in Athletic Training (B: focus on general medical conditions)*

Taken concurrently with KINES 143. A seminar course designed to focus on and review athletic training competencies. The content learned in the classroom portion will be reinforced through Service-Learning, which is an integral component of the course. 1 unit.

Kines 142S: Seminar in Athletic Training- (B: focus on culminating experience)*

Taken concurrently with KINES 143. A seminar course designed to focus on and review athletic training competencies. The content learned in the classroom portion will be reinforced through Service-Learning, which is an integral component of the course. 1 unit.

Kines 142S: Seminar in Athletic Training- (D: focus on sport psychology)*

Taken concurrently with KINES 143. A seminar course designed to focus on and review athletic training competencies. The content learned in the classroom portion will be reinforced through Service-Learning, which is an integral component of the course. 1 unit.

Kines 143 A-D: Athletic Training Practicum*

Prerequisite: Admission into Athletic training Education Program. Students are instructed and evaluated performing athletic training proficiencies on patients under the direct supervision of Approved Clinical Instructors. Involves approximately 250 to 300 hours. CR/NC grading only. 2 units.

Kines 163: Fitness and Wellness*#

Prerequisite: KINES 32, KINES 118 (may be taken concurrently). Study, analysis, development, and practice of health related fitness and weight control programs for various populations. (2 lecture, 2 lab hours). 3 units.

Kines 180T: Topics in Kinesiology - Appendicular and Axial Anatomy*

An in-depth study of the structure and function of the musculoskeletal system. Includes cadavers and prosected material. Joint Structure and function will also be demonstrated. (2 lecture, 3 lab hours). 3 units.

Non-Departmental Courses

PH 48: First Responder and Emergency Care*†

National Safety Council First Responder and Emergency Care course. Priorities of care, injuries, medical emergencies, crisis intervention, and casualty incidents. Includes bleeding, shock, fractures, poisoning, emergency childbirth, CPR Certification for meeting requirements. (2 lecture, 2 lab hours). 3 units.

PH 49: Emergency Medical Technician Training*†

Prepares individuals to render pre-hospital basic life support during transport or within a hospital. Upon completion, students will receive a certificate allowing them to take the National Registry test. Upon passing the test, EMT certification is granted. 3 units.

Biol 67A: Human Anatomy & Physiology I

Prerequisites: BIOL 20, grade of C or better OR BIOL 1A AND CHEM 1A/1AL (or 3A*), grade of C or better. * only if allowed by major. Not open to students with credit in BIOL 33, 64, or 65. Histology, cellular communication, embryological development, and the anatomy and physiology of the following human systems: integumentary, skeletal, muscular, nervous, and special senses. (3 lecture, 3 lab hours). 4 units.

Biol 67B: Human Anatomy & Physiology II

Prerequisites: BIOL 67A, grade of C or better. Not open to students with credit in BIOL 33, 64, or 65. The anatomy and physiology of the following human systems: endocrine, cardiovascular, lymphatic/immune, respiratory, urinary, digestive, and reproductive as well as introductory nutrition and metabolism, exercise physiology, and human development and aging. (3 lecture, 3 lab hours). 4 units.

*Indicates courses that teach & evaluate CAATE competencies

#This course replaces Kines 121: Body Composition, listed in previous catalogs

†Students must take PH 48 or PH 49, not both

Fresno State ATP POLICIES

1. Technical Standards for Admission

Below is a partial list of physical demands for performing the duties of an athletic training student in most segments of the clinical practicum:

1. Lifting/carrying loads up to 50 lbs. over 100 feet.
2. Lifting/carrying sustained loads up to 30 lbs. for periods of time up to 15 minutes.
3. Participating in lifesaving efforts (e.g., CPR, Rescue breathing).
4. Enduring high heat for several hours with the potential for high humidity.
5. Risk of collision.
6. Outdoors exposure during low air quality days.
7. The mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm.
8. Sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely and efficiently use equipment and materials during the assessment and treatment of patients.
9. The capacity to maintain composure and continue to function well during periods of high stress.

California State University, Fresno students who have a verified disability are eligible for services through the SSD office. To receive services, follow these steps:

1. Students must complete an application form and provide SSD with verification of disability from an appropriate and acceptable professional. Documents including diagnosis, prognosis, and functional limitations assist SSD staff in providing the best fit accommodations. IEP/504 plan documents may be considered based on content.
2. Make an appointment for an initial interview with a Disability Management Specialist (DMS). When you meet with the DMS, you will discuss the functional limitations you may experience while on campus and different accommodations that may be helpful to you. Following a full review of your application package, a final meeting will be scheduled to confirm eligibility and to develop an accommodation plan.
3. Additional appointments may be necessary for training and orientation in using specific accommodations to best serve the student.

Students must meet the technical standards for admission to the education program. Specific demands of the Athletic Training Program are described in the technical standards for admission policy. **It is the student's responsibility to meet with the Office of Services to Students with Disabilities to determine how/if the student is capable of completing the requirements of the technical standards with or without reasonable accommodations.** If accommodations are necessary you will be required to obtain a signature from a representative of the Office of Services for Students with Disabilities.

2. Policy on Information Security and Confidentiality

In compliance with the Health Insurance and Accountability Act (HIPAA) and the Family Education Rights and Privacy Act (FERPA), this policy pertains to all athletic training students (ATS) in the Department of Kinesiology. It is the responsibility of each ATS to understand the regulations and policies governing the rights of our student athletes.

1. All ATS must protect the confidentiality and integrity of protected health information (PHI) as requires by law, professional ethics, and curriculum code of ethics requirements. At no time should ATS's discuss a student athlete's injury or status with anyone outside of the sports medicine department. Any failure to do so can result in dismissal from the athletic training program and removal from the athletic training facility.
2. ATS must ensure that storage of PHI is secure, and observe the following standards:
 - All injury reports must be returned to the sport folder and locked in the file cabinet or staff office for storage during non-business hours.
 - When not in use injury reports or other documents containing PHI must be kept in the appropriate folder and in the staff offices. No student athlete will be permitted unsupervised access to those areas.
 - Before leaving for the day, ATS must ensure that all PHI is properly secured by the two lock rule.
3. All supervisors are responsible for enforcing this policy.

3. Expectations of Fresno State Athletic Training Program Students

ATTIRE

1. You are representing the Fresno State Athletic Training Program, thus:
 - a. ATS is to be in khakis and polo at all times while in a clinical setting, unless you are directed otherwise by your Preceptor
 - b. ATS must wear close-toed shoes at all times or issued shoes from the program while in the clinic
 - c. ATS must look presentable- remember you are representing the Athletic Training Program. Hair should be groomed and clothes should be clean
 - d. Students should wear a watch that shows seconds and can be used to assess a patient's pulse

PRIVACY & SAFETY EDUCATION

1. Remember to follow HIPAA & FERPA regulations
 - a. Keep athletes healthcare information confidential
 - b. Keep healthcare documents confidential by keeping them in the locked file cabinet when not in use
 - c. Only healthcare individuals that need to know the athlete's information to provide treatment may know Otherwise keep everything confidential.
2. Protect yourself from blood borne pathogens.
 - a. Use gloves, clothing, CPR rescue barrier mask, etc.
 - b. Use biohazard bag for bodily fluid waste
 - c. Use sharps container for disposal of sharps
3. Cleanliness
 - a. Use the sink and antibacterial soap to wash your hands. Use hand sanitizer when sink is not available.
4. If the floor is wet, try to wipe it dry with a towel or napkins- inform a supervisor so safety precautions can be taken

5. Supervision
 - a. Athletic training students must always be under direct supervision while in their clinical setting- students may not perform treatments or start rehabilitation programs without asking the health care provider who oversees that patient population
6. If an athlete has an adverse reaction from a medical intervention or treatment, the reaction must be reported and documented
7. Hazardous materials must be properly stored and handled. Read the label before use and follow all directions
8. Read the site EAP and know where they are posted/located. Know your role in the EAP and properly follow the EAP during an emergency.
 - a. You should practice the EAP regularly for both practice and competition settings

INTERACTIONS

1. ATS is expected to treat every rotation with equal importance – view every day as a working interview
2. ATS is expected to carry him/herself and interact with others (supervisor, peer ATs, athletes, coaches, administrators, etc.) in a professional and respectable manner
 - a. As an ATS, you are a role model to student-athletes, fellow ATs and often young professionals fulfilling their observation hours to apply to the Athletic Training Program– be the leader that you expect others to be
3. ATS is never to communicate with parents, coaches, administrators, etc. unless approved by Preceptor in advance
 - a. It is a HIPAA violation to talk about student-athlete’s injuries to other athletes, fans, etc. or to post details about injuries on social media sites
4. ATS is never to diagnose, treat, direct, instruct, etc. athletes unless approved by Preceptor in advance
 - a. BUT... ATS is expected to take initiative with helping athletes when they seek assistance

CONDUCT

1. ATS is expected to arrive early/on-time for scheduled coverage
 - a. ATS must communicate to Preceptor ahead of time if he/she is going to miss a shift, be late, or have to leave early
 - b. Note: scheduled hours are not set in stone – they may vary depending on duties or event coverage
 - i. ATS is expected to stay until all duties are completed
2. ATS is expected to stay off cell phone at all times unless approved by Preceptor in advance
3. ATS is expected to take initiative in ATR duties (opening, closing, daily, cleaning, etc.)

EDUCATION

1. ATS is expected to take initiative in his/her own education – the ATS will gain the knowledge he/she seeks
 - a. ATS is expected to complete proficiencies in a timely manner, with respect for the Preceptor’s schedule. The ATS is not to expect more than 2 proficiencies to be signed off in a seven (7) day period.
2. ATS is expected to take part in any teaching/learning opportunities occurring during coverage
3. ATS is expected to promote his/her own learning with ATP class work during down-time-only after all ATR duties have been completed

HOURS

1. ATS is expected to monitor his/her own hours and to inform Preceptor if maximum of 35 hours has been reached

2. ATS is expected to place their current rotation as their top priority. This means that the ATS should not sign up for outside events that conflict with their current rotation's schedule. If the ATS wants to cover an outside event, the ATS must first ask permission from the Preceptor
3. ATS is expected to place clinical assignments above outside job opportunities- please communicate with your Preceptor if you have a job outside of the program

4. Policy and Procedures Regarding Probationary Status or Dismissal

All students accepted into the ATHLETIC TRAINING PROGRAM (hereafter referred to as ATP) are required to adhere to the following policies and procedures concerning Probationary Status and Program Dismissal. Once you have read the statement of policies, your signature is required for your acknowledgement of these policies. The original copy of this document will be retained in your student file.

SUCCESSFUL COMPLETION OF ATP CURRICULUM. Once students are accepted into the ATP, they must:

- Maintain a 2.5 overall GPA.
- Attain a "C" or better or "CR" in each course within the major. A student has one attempt to correct a deficiency where a grade attained is a "D", "F", "U", "W", or "NC" in a course within the major. The course must be retaken the next time it is offered and a grade of "C" or better or "CR" must be attained.
- Attain a "C" or better in Kines 138A, Kines 138B, or Kines 140A. Failure to do so will result in the student being disqualified from enrolling in the subsequent Kines 142 and Kines 143 courses. Inability to enroll in Kines 142 and Kines 143 will result in removal from clinical assignment until the course has been retaken and the previous grade has been replaced with a "C" or better. Cases will be reviewed by the ATP Faculty Committee on an individual basis.

The following policies outline circumstances for probationary status or dismissal from the ATP.

- A. **POLICY FOR ATP PROBATIONARY STATUS.** During probationary status, clinical hours will be limited to 20 hours per week and students must attend mandatory study hall hours as determined by the ATP Faculty Committee. Probationary status may be lifted if mid-semester grade checks demonstrate the student has a grade of "C" or better in the involved course(s). A student will be placed on probationary status if one or more of the following circumstances occurs:
 - i. A grade of "D", "F", "U", or "W" in a course within the major.
 - ii. Semester GPA below 2.0.
 - iii. A grade of "I" or "NC" in Kines 143. Probationary status will be lifted once the "I" or "NC" is changed to a grade of "CR." The student will not be eligible for the NATABOC, Inc. examination unless all levels of the clinical proficiencies are complete.
 - iv. University Academic Probation (see catalog for definition).
- B. **POLICY FOR ATP DISMISSAL.** A student will be dismissed from the ATP if one or more of the following circumstances occurs:
 - i. University Academic Disqualification (see catalog for definition). This will result in immediate dismissal from the program. Re-admission to the University or to the Kinesiology Department does not include re-admission to the ATP.
 - ii. A grade of "NC" in Kines 143 after second attempt.
 - iii. A grade below a "C" or withdrawal from any course within the major on the second attempt.
 - iv. Obtaining three (3) strikes (see Strike Policy below).

C. ADDITIONAL INFRACTIONS. A student may be placed on probationary status or dismissed from the ATP for any of the following infractions:

- i. Verified violation of the NATA Code of Ethics.
- ii. Verified violation of Athletic Department Policy or University Policy regarding student conduct under Title V of the California Administrative Code, sections 41301 through 41304, inclusive.
- iii. Verified violation of the University's Policy on Sexual Harassment or Discrimination.
- iv. Failure to adhere to the Technical Standards for Athletic Training Students.

D. PROBATION/DISMISSAL APPEAL POLICY

- a. Students are allowed only one semester of probation in the ATP. Students have the right to appeal their status of probation or dismissal to the Chair of the Kinesiology Department within 10 working days of written notification from the Program Director.

5. Athletic Training Program Strike System

All students accepted into the Athletic Training Program (ATP) are required to adhere to the following policies and procedures concerning Probationary Status and Program Dismissal:

Each of the following acts of commission and/or acts of omission will result in the student being assessed a "strike" or a "half strike." Strikes are cumulative throughout your clinical practicum courses; which includes all four semesters of your clinical practicum courses. Three (3) full strikes will result in a grade of no credit (NC) for Kines 142 and Kines 143 A, B, C, or D, whichever the student is currently enrolled in at the time of obtaining the third strike and removal from the clinical site. This will result in the student having to repeat the clinical practicum course (Kines 143) and seminar course (Kines 142) for the student to be eligible to graduate from California State University, Fresno Department of Kinesiology ATP and, therefore, the Program Director will not be able to sponsor the athletic training student as a candidate to sit for the NATABOC, Inc. examination until this requirement is completed.

ITEMS WHICH CONSTITUTE STRIKES:

1. Unexcused absence

This can be an unexcused absence from a clinical assignment, game or event, mandatory program meeting, scheduled meetings with program faculty, or program courses.

2. Unethical conduct/behavior

ATS are expected to behave in a legal, ethical, and professional manner. Inappropriate behavior may result in removal of a student from an assigned clinical facility/rotation and will result in a strike. Examples of unethical conduct include, but are not limited to: lying, breach of confidentiality, and drunk and disorderly behavior.

3. Excessive tardiness

Three (3) tardies (arriving late) per rotation will be considered the equivalent of one (1) unexcused absence and will result in a strike.

4. Low Clinical Performance Assessment

If an ATS's performance does not fulfill the expectations outlined in the Athletic

Training Expectations of Students, the supervising preceptor or faculty member can address the below average performance and issue a strike. The ATS has the remainder of the rotation to improve. However if they do not improve, the preceptor can issue another strike, resulting in a full strike.

STRIKE APPEAL PROCESS

After a strike is received the ATS has 10 days to file an appeal in writing to the AT Program Director. All appeals will be heard and voted on by a committee comprised of three (3) people: the Program Director, the Clinical Coordinator, and a Kinesiology Department Faculty member.

6. Communicable Disease Policy

In addition to the previously mentioned health care policies, students who have contracted a communicable illness are required to follow the guidelines established by the Program. Should a student become ill or injured during the academic year, professional medical services can be found at Student Health Center located on campus. All students at Fresno State have medical benefits at the campus health facility paid through student enrollment fees.

Students are expected to notify the program director and preceptor if his/ her health status changes. Specifically, students are asked to report injuries or illnesses that would prevent his/her ability to continue meeting the ATP policies. Also, the students are to notify the program director and preceptor if he/she develops a communicable disease or illness that could be contracted by a patient or athlete that the student comes in contact with. Examples are contagious skin rashes, superficial soft-tissue infections, upper respiratory infections, lower respiratory infections, tuberculosis, gastro-intestinal viruses, influenza, etc. If the preceptor or program director deems the student's condition presents a risk for the others in the clinical setting, the student will be prevented from participating in the clinical rotation until the student provided documentation from a physician stating that the student does not pose a health risk for the others in the clinical setting.

In the event that an athletic training student acquires an injury or illness that he/she believes is directly related to their involvement at an affiliated clinical rotation site, the student is required to report the injury or illness to the preceptor or program director immediately. The preceptor or program director will then determine the course of action.

7. Bloodborne Pathogens Policy

All students must attend the annual OSHA blood borne pathogens workshop which is held during our in-service. This workshop is for students, faculty, staff, and preceptors. Students must adhere to OSHA standards and follow universal precautions throughout their clinical education. All individuals working within the ATP are anticipated to come in contact with blood or other infectious materials while performing their duties. The potential for exposure not only exists in the athletic training rooms, but also on the practice and/or competition fields.

8. Fair Practice Work Policy

Athletic Training Students are not to serve in the capacity of a Certified Athletic Trainer. Students are not to act in the capacity of managers or secretarial support staff. They are not to be asked or expected to perform duties that compromise their educational experience.

Once a student has successfully completed and been evaluated on an athletic training competency and/or clinical proficiency skill, he/she may begin to utilize these skills on a daily basis, under the supervision of the preceptor, during the field experience.

Students are allowed to hold part-time jobs provided they do not interfere with the clinical aspect of the program. Clinical education and field experiences may take place at any time during the day depending on the practice schedules of the athletic teams that are included as part of the field experience. The Program is very understanding that many students must obtain employment to make ends meet, but students must meet the requirements of the clinical courses. Realize that many athletic events occur on weekends. Employers need to be accommodating for these types of situations.

Students are not paid and are prohibited from being paid for their participation in clinical and field experiences during the academic year. The non-payment of students in the program during the academic year is consistent with rulings from the Department of Labor.

9. Unsupervised Student Travel Policy

Athletic training education has undergone a great deal of reform in the past several years. The motivating factors for this change are to better prepare graduates of the athletic training programs and to protect the University and the athletes it serves. With these things in mind, athletic training students are not permitted to travel to away events unless they are directly supervised by a certified athletic trainer.

The following two reasons prompted the creation of this policy:

- 1) Athletic training students are not certified athletic trainers and, while attempts have been made to limit the responsibilities of students who accompany teams on away events, the student is inevitably placed in a position where he or she is asked to make a “return to play” decision. It is not in the best interest of the student nor the athlete to have the student making this decision.
- 2) As a CAATE-accredited Athletic Training Program we must follow the Standards and Guidelines provided. The CAATE has created a very specific definition of supervision. The definition states that there must be “daily personal/verbal contact at the site of supervision between the athletic training student and the preceptor or preceptor who plans, directs, advises, and evaluates the students' athletic training field experience. The preceptor shall be physically present to intervene on behalf of the athlete/patient.” It is apparent from this definition that travel to away events without a preceptor from the ATP is unacceptable.

Several travel opportunities have existed in the past, which involved travel of athletic training students with a preceptor (e.g., football travel, bus trips with Women’s Basketball, Volleyball, and Softball). This type of travel arrangement is perfectly acceptable and I hope

can continue because of the tremendous learning opportunity it provides. Thank you for your assistance complying with this policy. Each individual associated with the ATP should be very proud of the excellent program we each have an opportunity to be a part of. It is because of the dedication and commitment of professionals such as yourself that has created such a nationally-respected program in this field. Should you have any questions regarding this policy please do not hesitate to contact Brittany Castro-Conde who serves as our Clinical Coordinator. Thank you for your continued support.

10. KINES 143 Practicum Policies: Direct Supervision, Hours, and Required Evaluations

Direct Supervision:

In numerous medical professions, an asynchronous approach to clinical development is used (i.e., the clinical training occurs after classroom training is fully complete). In our ATP, we use a synchronous approach, whereby the Athletic Training Student completes clinical rotations as academic courses are in progress. That said, as a general guideline, **Athletic Training Students are not to perform any skills on patients until they have received formal instruction and evaluation of such skills.** The Athletic Training Student receives 2 credit hours of credit per semester for four semesters. The level of independence an Athletic Training Student is provided during the comprehensive clinical experience in the Fresno State ATP progressively increases. However, direct supervision is mandated at all times when direct patient care is being provided. By definition, direct supervision is defined by the ability of the preceptor to physically intervene on behalf of the Athletic Training Student, if needed. The primary intent and spirit of the direct supervision requirement is the protection of the Athletic Training Student. Moreover, a direct supervision guideline promotes the preceptor ability to observe performance of athletic training proficiencies on actual patients.

Hours and the Hour Log:

The supervising clinical preceptor will determine meeting times for this course. To best ensure meeting the specific objectives for a given rotation and achieving satisfactory evaluation of your clinical proficiencies, you should plan to have regularly scheduled hours (20 hours/wk). Working a tremendous number of hours in a shorter block of time is neither conducive to your learning nor will it increase your likelihood of seeing a variety of injuries/illnesses. To track your participation within each rotation, you are required to keep a weekly hour log. The purpose of this hour log is two-fold: 1) to verify your regular participation in each rotation and 2) to ensure you are not scheduled an excess number of hours in a given week (>35 hours). Your preceptor should never schedule you more than 35 hours/wk; however, in some instances, you may find on occasion you may actually exceed those scheduled hours (e.g., game goes into overtime). If your preceptor requires you to stay later than your scheduled times, he/she should modify your schedule for the following week to adjust for this. A complete Hour Log for each rotation must be uploaded to Box by the date indicated in the syllabus. The required Hour Log Microsoft Excel document is available in Blackboard. *It is your responsibility to upload and maintain it in your shared Box folder. Your clinical hours should be maintained in this document daily, weekly at minimum.*

Evaluation of the Athletic Training Student (completed by the supervising clinical preceptor):

Students are required to have supervising clinical preceptors complete a formal evaluation of their clinical performance at the end of each rotation. It is the student's responsibility to request that the preceptor complete the form. Each preceptor has been trained to help you with this process. The evaluation is accessible via Blackboard. *It is your responsibility to upload the completed evaluation to your shared Box folder by the dates*

indicated in the syllabus. If your preceptor completes a hard copy evaluation, you must scan the checklist as a PDF and upload to Box (photographs or hard copies will NOT be accepted). Your preceptor will meet with you personally to discuss their evaluation of your performance. All evaluations must be uploaded to Box by the date indicated in the syllabus.

Evaluation of the Preceptor and Facility (completed by the Athletic Training Student):

Students are required to complete formal evaluations of each of their supervising clinical preceptors at the end of each rotation. The purpose of this evaluation is to rate the degree to which the preceptor helped the student achieve the learning objectives for a given clinical rotation. It is the policy of the Athletic Training Program to provide regular feedback of these evaluations to the preceptor. To protect your identity, responses of your specific evaluation are aggregated with other students. The evaluation is accessible via Blackboard. *It is your responsibility to upload the completed evaluation.* To receive a grade of CR for this course, a completed preceptor evaluation must be submitted. All evaluations must be uploaded to Blackboard by the dates indicated in the syllabus.

Fresno State Athletic Training Program

Substance Abuse Education and Testing Program

The mission of the Athletic Training Program (ATP) at California State University, Fresno is provide a comprehensive sport medicine education enabling the student to pursue employment as an athletic trainer working with physically active populations. Didactic coursework, seminars, and practicum experiences in a variety of settings foster development of competencies and proficiencies needed to challenge board of certification examination and pursue various career options available to certified athletic trainers.

The primary goal of the Substance Abuse Education and Testing Program (hereafter “Substance Program”) is to help athletic training students (ATS) abstain from drug use and inappropriate alcohol use as part of a healthy lifestyle and good decision-making process. The Substance Program also offers assistance to ATS concerning issues related to drug and alcohol abuse. Preventative measures used by the Sports Medicine Staff drug screening combined with an alcohol and drug education program as part of the Student-Athlete Assistance Program (SAAP). Fresno State does not condone the use of street drugs and the inappropriate use of alcohol and prescription medicines. Also, in accordance with NCAA Bylaw 17.1.7, the use of tobacco products by ATS is prohibited during practice and competition.

The Athletics Department’s definition of inappropriate use of alcohol by student-athletes or ATS includes, but is not limited to, the following: *underage drinking; regardless of age: drinking at any activity sponsored by the Athletics Department where they -represent the institution, drinking while on trips for off-campus competition, consumption of alcohol prior to or during athletics practice or competition, public drunkenness, and driving under the influence(DUI). Any violations of University, city, county, state or federal laws also constitute violations of the Student-Athlete Code of Conduct.*

The Athletics Department will use urine drug testing to help deter the use of banned substances as well as to help identify those athletic training students (ATS) with drug and alcohol abuse problems. The Substance Program policy may be amended as needed with proper notice to student-athletes.

I. EDUCATION AND SCREENING PROGRAM GOALS

Educate athletic training students (ATS) concerning the risks of using illegal substances, and the inappropriate use of alcohol and prescription medicines.

Provide reasonable safeguards to ensure the safety of every athletic training student who participates in the Athletic Training Program (ATP).

Identify ATS who may be involved with substance or alcohol abuse.

Encourage prompt education, counseling, or treatment for ATS with substance or alcohol abuse problems.

II. PROGRAM IMPLEMENTATION

Any ATS that is on rotation at Fresno State or assigned a Fresno State athletic team will be included in this program. At least once each year, a presentation will be made outlining and reviewing the Department's program and policy regarding drug screening, its purpose and its implementation. Prior to the beginning of the Fall semester each student will confirm in writing that she/he has received, read, and is willing to abide by the policy.

III. DRUG SCREENING

The Athletic Training Staff will be testing for street drugs such as amphetamines, cannabinoids (substance contained in marijuana), cocaine, and other controlled substances.

A. Testing Guidelines

1. All Substance Program testing will be conducted through unannounced tests (i.e., students will not know testing dates in advance). All ATS are subject to drug testing throughout the entire academic year; a random selection of 10% of ATS will be tested on a monthly basis.
2. Athletic Training Students will be selected for drug testing through random selection, and reasonable suspicion.
3. Drug testing for reasonable suspicion may be based on objective information from a source deemed reliable by the ATP Program Director or the Athletic Training Staff. This information may include: (a) observed possession of the banned substance(s), (b) arrest or conviction for a criminal offense related to the prohibited substance(s), and (c) observed abnormal appearance, conduct or behavior reasonably interpreted as being caused by the use of the substance(s) (e.g., dilated or constricted pupils, missing class or practice, lack of motivation, mood changes). If students are found to be in possession and/or using such

substances, they will be subject to the same procedures that would be followed in the case of a positive urinalysis.

4. A no-show for a drug test counts as a positive.
5. Refusal by an ATS to take a drug test at the time it is requested will be treated as a positive test.
6. Any attempt to tamper with, manipulate, substitute or adulterate the urine specimen or the testing process will be considered as if it were a positive drug test result.
7. All positive drug test results will be cumulative throughout students' entire ATP academic careers while at Fresno State.

B. Notification of Drug Testing

Once a month, during the academic year, 10% of the ATS will be selected for drug testing. Names of ATS will be selected randomly in addition all ATS with previous positives within the year and those identified for reasonable suspicion will be tested. The list will be prepared by the SAAP Manager the day of the drug test and shared with the members of the athletic training staff.

1. SAAP Manager Notification

- a. The SAAP Manager will review the list to determine if all ATS selected will be available and give the names to the athletic trainer overseeing the specific ATS.
- b. Once the athletic trainer receives the names, the ATS notification process can begin.

2. Athletic Training Student Notification

- a. The ATS will be notified by their overseeing ACI. At that time the ATS must stay in the athletic training room until they are ready to provide a sample.

C. Collection Procedures

1. Athlete must wash and dry hands using only water to wash.
 - a. To assure the athlete does not have any chemicals on his/her hands, they must thoroughly wash and dry their hands prior to providing a specimen.

2. Selecting a collection cup and testing kit
 - a. The ATS must select a collection cup from an approved supply.
 - b. There must be a minimum of three (3) specimen collection cups and collection kits for the athlete to choose from.
3. Providing a specimen
 - a. The ATS will enter the testing site (ie. Bathroom) by themselves to collect the specimen
 - e. The ATS must carry his/her urine specimen to the processing table.
 - f. The processor will test the specimen using a refractometer and pH dipstick
 - g. The ATS must pour the specimen from the collection cup into the testing kit.
 - h. The ATS must provide enough urine to fill the testing kit to 1/3 of its capacity.
 - i. The ATS then closes the testing kit tightly and the kit is then sealed with the security seal.
4. Testing specimen using a refractometer and pH dipstick
 - a. Testing specific gravity
 1. Specific gravity must be tested PRIOR to testing pH.
 2. Using the refractometer, check the specific gravity of the urine remaining in the sample cup.
 3. Record the findings on chain of custody form. Specific gravity must be greater than 1.005.
 4. Wipe glass prism dry with soft tissue between uses.
 - b. Specific gravity out of range
 1. If specimen does not meet these criteria, it is processed and the ATS is required to provide an additional specimen under the same guidelines as providing a specimen identified above.
 2. The ATS should be encouraged not to hydrate during this

time frame.

c. Testing pH

1. Using pH dipstick, check the pH of the urine remaining in the cup.
2. Record findings on chain of custody form.
3. pH must be between 4.5 – 7.5.

d. pH out of range

1. If specimen does not meet these criteria, it is processed and the ATS is required to provide an additional specimen under the same guidelines as providing a specimen identified above.

5. Chain of custody forms

- a. When the ATS seals the testing kit he/she must initial the top portion of the security seal.
- b. The ATS must verify that the number on sample label matches the form identification number, and the ATS identification number. The ATS then signs the form.
- c. The adhesive label is then removed from the chain of custody form and placed around the sample container.
- d. The sample container is then sealed in the plastic pouch.

6. Storage and shipment of samples

- a. Samples awaiting shipment are to be refrigerated and stored in a secure location with limited access.
- b. Samples will be sent next day to Redwood Toxicology along with white chain of custody forms.

IV. DISPOSITION OF THE RESULTS

A. Positive Tests

1. All test results will be given to the SAAP manager. The SAAP Manager will notify both the ATP Program Director, the sports medicine liaison of any positive tests. If necessary, the staff student liaison and SAAP Manager will consult with the team physician to determine medical risk.

2. The team physician will provide a recommendation regarding the ATS's participation. If tests indicate a potential medical risk because of the substance involved, the team physician will recommend to temporarily suspend of the ATS until such time as there is no medical risk. The team physician is the sole authority on medical risk associated with participation.
3. The SAAP Manager will inform the ATS, and respective ACI immediately of the positive test result.
4. As soon as possible following a positive drug test, the SAAP Manager, ATP Program Director, the sports medicine liaison will interview the student-athlete at a post-positive meeting.

V. CONSEQUENCES OF POSITIVE DRUG TESTS

Athletic Training Student who tests positive on Substance Program drug tests must proceed through following consequences.

A First positive – The first positive drug test will result in a suspension of 3 total contests for that season, including post-season play. The suspension begins immediately following the positive result and continues until the ATS has missed 3 contests. Suspension is from competition only. The ATS will still be responsible for practice.

Athletic Training Students testing positive for the first time are also required to: (1) schedule a chemical dependency assessment within 48 hours of the post-positive meeting, (2) complete the assessment as soon as scheduling permits, (3) begin an education program as defined by the SAAP Manager within seven days of the post-positive meeting, attend 6(six)12-Step meetings within 14 days of the post-positive meeting, and participate in a post-program interview upon the completion of the required assessment and drug education. The ATS must submit to a post-program drug test. The students' parents may also be notified of the positive drug test.

Students will be drug tested monthly for one year following a first positive. At the end of the suspension period a re-entry drug test will be conducted. Any positive test results will be considered a second positive in the Substance Program.

B. Second positive – *Students testing positive for the second time are also required to: (1) schedule a chemical dependency assessment within 48 hours of the post-positive meeting, (2) complete the assessment as soon as scheduling permits, and (3) participate in a post-program (all items completed as assigned by the assessment) interview. The student-athlete must submit to a post-program drug test. The students' parents may also be notified of the positive drug test.*

The second positive drug test will result in suspension of 6 total contests for that season, including post-season play. The suspension starts immediately following the positive result and continues until the student-athlete has missed 6 scheduled contests.. Suspension is from competition only. The ATS will still be responsible for practices.

Students will be drug tested monthly for one year following a second positive. At the end of the suspension period a re-entry drug test will be conducted. Any positive test results will be considered a third positive in the Substance Program.

- C. Third positive – The third positive drug test will result in permanent dismissal from Fresno State athletic team rotations. It is not a dismissal for the ATP.

The student-athlete may only petition the ATP Program Director if unusual or mitigating circumstances warrant deferment of the suspension or assignment of alternate consequences. When positive tests occur toward the end of the semester rotation, the suspension will continue into the next semester rotation until the suspension of the total contests is fulfilled.

VI. ASSESSMENT, EDUCATION/TREATMENT, and SAFE HARBOR

A. Assessment

All assessment, education, counseling, treatment, aftercare, and Safe Harbor services with outside providers must have the prior approval of the SAAP Manager and the sports medicine liaison.

1. An appointment for a chemical dependency assessment will be made with the treatment administrator within 48 hours of the post-positive interview.
2. The ATS must follow through with completing the assessment as soon as scheduling permits. If the student fails to do this, it is considered an additional positive drug test with additional penalties assessed.
3. The treatment administrator recommends a plan for the appropriate program for the ATS, based on the information contained in the assessment.
4. The plan is shared with the SAAP Manager and the sports medicine liaison.
5. The ATS will meet for a post-assessment interview with the SAAP Manager and the sports medicine liaison.
6. The student-athlete will be drug tested monthly during the following year. If the student does not have any positive drug tests within that calendar year:

he/she will be removed from monthly testing, and his/her name will return to the selection pool for random drug testing. This same drug testing schedule following a first positive will also be repeated after a second positive drug test, or

he/she may elect to negate a positive from the student-athlete's record but remain in the monthly testing pool.

B. Education and Treatment Program

1. The education program usually consists of an on-line computer program and 6 (six) 12-Step meetings which focus on education as a means to prevent future drug use. If the ATS fails to complete the on-line computer program within **7 (seven) days** of the post-positive interview/meeting, and/or if the ATS fails to complete the six 12-Step meetings within **14 days** of the post-positive interview, it is **considered an additional positive drug test**.

A program recommended by the treatment administrator based on the type of substance use and/or the results of the chemical dependency assessment must also be completed. Any violation of this program including positive non-decreasing tests, failure to attend counseling sessions and/or treatment programs by the assigned date is **considered an additional positive drug test**.

The treatment administrator will report progress and the SAAP Manager.

Decisions regarding the ATS ability to continue to FSU rotation are contingent on the confidential recommendations from the treatment administrator. During treatment ATS will be required to:

1. After completing the assessment and all other requirements for treatment the ATS is required to participate in a post-program interview with the SAAP Manager and submit to a post-program drug test.
2. Once students are no longer in a treatment program, whether by noncompliance, dismissal or successful completion, they will return to regular monthly drug testing and not be exempted from an additional positive.

C. Safe Harbor

Safe Harbor refers to a period of time in which a student is participating in a treatment program when positive drug tests do not count as positives within the Substance Program, as long as those test results indicate decreased drug use.

1. Athletic Department funding for a Safe Harbor program can only occur one time. If students want to enter a second program, or want to enter the same program for a second time, they are responsible for payments.
2. Voluntary referrals into a Safe Harbor program may occur prior to a student testing positive. A voluntary referral at the time of testing is not considered voluntary.

3. The Safe Harbor program will last for a maximum time period of 45 days.
4. Upon entry into the Safe Harbor program, the student will be drug tested immediately to establish a base line of the substance being used.
5. Students will be drug tested while in the Safe Harbor program. If test results do not indicate decreased use, or if the student is noncompliant with the program requirements, he/she will be removed from the program and sanctions consistent with a second positive drug test will be applied (see Section V).
6. If the Safe Harbor treatment program extends beyond a 45-day period, any positive drug tests after those 45 days will be considered a positive within the Substance Program.
7. Students who successfully complete a Safe Harbor program will be returned to the random pool of athletes for further selection, but no sanctions are applied at that time.

VII. VOLUNTARY AND OTHER REFERRALS

- A. A athletic training student who comes forward voluntarily (or is referred by other means) and acknowledges a problem with drug abuse shall be afforded the support and resources available to address the problem. The ATS will undergo a chemical dependency assessment, as scheduled by the SAAP Manager and will be referred to the appropriate support services, which may include a treatment or Safe Harbor program. A self-referral at the time of testing **is not** considered voluntary.
- B. The referral, assessment, diagnosis and treatment resources of the Substance Program are available to all athletic training students to assist with current and pre-existing conditions and circumstances. These circumstances include, but are not limited to, alcohol/drug abuse and antisocial behavior.

VIII. ATHLETIC TRAINING STUDENT'S RIGHTS

- A. At any time the ATS has the right to be assisted and/or represented by a person of his or her choice, but it may not be an attorney.
- B. Athletic Training Student may voluntarily contact the SAAP Manager, ATP Program Director or sports medicine student liaison at any time for personal, emotional or drug-related problems so that solutions may be found before their academic or semester rotation performance is affected. Any such concerns will be kept strictly confidential.

- C. Approval for a second opinion regarding a student-athlete's assessment may be granted with pre-approval of the SAAP Manager and team physician. Payment for the second assessment will be the responsibility of the student-athlete.
- D. Each ATS has the right to appeal any consequences imposed by this Substance Program policy. Requests for appeals are submitted in writing through the SAAP Manager. Any appeal must be addressed to the ATP Program Director and have a substantive or very unusual basis. The ATP Program Director will determine if an in-person meeting is needed. Students must fulfill the consequences delineated in Section V of this policy until an appeal decision is rendered.

IX. VIOLATION OF STATE OR FEDERAL LAW

A criminal violation of state or federal laws involving the possession or sale of any drugs or illegal substances by student-athletes will be dealt with using the procedures outlined in the Student-Athlete Code of Conduct. This includes alcohol violations.

**FRESNO STATE
ATHLETIC TRAINING PROGRAM
CONSENT TO PARTICIPATE IN THE
SUBSTANCE ABUSE PROGRAM
AND LIMITED WAIVER OF CONFIDENTIALITY**

I, _____, a student of California State University, Fresno, as a condition to participating in the Athletic Training Program conducted under the auspices to the California State University, Fresno Athletic Corporation, Inc., do hereby consent to participate in the Substance Abuse Program (hereafter "Program"). I acknowledge that I have received, read and understand the policy statement concerning this Program which includes provisions for testing for the presence of substances and for education and counseling with regard to substance abuse, and disciplinary sanctions which might be imposed if it is determined that I have violated the provisions and intent of the Program. I hereby consent to having samples of my urine tested for the presence of those drugs or other substances identified in the Program at such times as urinalysis tests are required under the Program. I understand that I may choose not to sign this Form and forego participation in clinical rotations at Fresno State.

Further, I understand that as a part of the Program, the results of this testing may be disclosed to the team physician, SAAP Manager, sports medicine liaison, Head Athletic Trainer, sports supervisor, and with proper consent, to my parent(s) or legal guardian(s) as provided for in the Program. I also understand that my clinical rotations at Fresno State is conditioned upon my full and good faith participation and cooperation in all aspects of the Program including testing and education and, upon request, counseling and rehabilitation.

To the extent that disclosures are necessary pursuant to the provisions of the Program, I further authorize the release of information under the Family Education and Privacy Act (20 U.S.C. Section 1232(g)), the physician-patient privilege, and any state laws or University policies. It is understood that the information will not be available to any other person without first obtaining my consent. I also hereby release the University, Athletic Corporation and all of their Trustees, Directors, officers, employees and agents from legal responsibility or liability for the release of such information and records as authorized by this Form.

Print Full Name

Signature

Date

Signature of parent or guardian if athlete is under 18 years

Date

University Policies

Policy on Faculty-Student Consensual Relations*

<http://www.fresnostate.edu/academics/facultyaffairs/documents/apm/346.pdf>

It shall constitute unprofessional conduct for university faculty to engage in romantic or sexual relationships with students, which occur when the faculty member either currently has or foreseeably will be given responsibility for the evaluation (including recommendations for jobs, advancements, etc.) or supervision of the student. In the event the romantic or sexual relationship existed prior to the beginning of the faculty-student relationship, the faculty member shall immediately discuss the relationship with the School Dean with a view towards seeking alternative classes, advisors, etc. for the student. If no alternative classes, advisors, etc. can be identified either the romantic or sexual relationship must be terminated. University response to violations of this policy will vary as appropriate to the facts of each case. Such actions may include but are not limited to, oral and written reprimands, and/or disciplinary action, including suspension, demotion and dismissal.

**For purposes of this policy, the terms “faculty” and “instructor” include any university employee performing in an instructional or supervisory role with students.*

Policy on Sexual Harassment

<http://www.fresnostate.edu/mapp/documents/apm/369.pdf>

The California State University, Fresno is committed to maintaining a work and learning environment where every student is treated with dignity and respect. The University will not tolerate unlawful harassment based on race, color, religion, national origin, ancestry, age, sex, sexual orientation, marital status, physical disability, mental disability, or medical condition. Individuals covered within the scope of this policy who believe they have been subjected to harassment should promptly report it to the campus administrators designated to receive harassment complaints. The University will respond to all harassment complaints brought to its attention in a timely and appropriate manner. If the complaints have merit, the University will promptly take actions to prevent recurrence and remedy the effects of the harassment. Students who engage in harassment may be subject to discipline up to and including discharge (if employed by the university) and/or expulsion. In determining whether the conduct at issue violates this policy, the totality of the circumstances shall be considered. To prevent harassment, it is critical that individuals not be deterred from reporting it. The University will not retaliate, nor will it tolerate retaliation.

Cheating and Plagiarism Policy

<http://www.fresnostate.edu/academics/facultyaffairs/documents/apm/235.pdf>

Faculty expect students to maintain honesty and integrity in their academic performance. On the other hand, students expect faculty to maintain integrity and fair play in the performance of their teaching and grading responsibilities. Students are expected to be familiar with university policies on cheating and plagiarism which can be found in the university's *General Catalog* and *Schedule of Courses*. Instructors shall include a statement in their syllabus on intellectual honesty and integrity as it relates to

the University's policies on cheating and plagiarism.

Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one's grade or obtaining course credit; such acts also include assisting another student to do so. Typically, such acts occur in relation to examinations. However, it is the intent of this definition that the term 'cheating' not be limited to examination situations only, but that it include any and all actions by a student that are intended to gain an unearned academic advantage by fraudulent or deceptive means.

Plagiarism is a specific form of cheating which consists of the misuse of the published and/or unpublished works of others by misrepresenting the material (i.e., their intellectual property) so used as one's own work.

Penalties for cheating and plagiarism range from a 0 or F on a particular assignment, through an F for the course, to expulsion from the university. Since proving cheating and/or plagiarism can result in severe penalties and consequences, students are expected to clarify with their instructors whether or not certain actions would or would not be acceptable behavior in- taking examinations, writing papers, doing homework, and performing other activities pertaining to any given class and/or laboratory. If a student observes one or more students cheating and/or plagiarizing, it would be proper for the student to confront those students directly and/or to notify the instructor so that the instructor could take appropriate action.

Nondiscrimination Policy

California State University, Fresno does not discriminate on the basis race, color, national origin, gender, age, marital status, religion, disability or sexual orientation in the educational programs or activities it conducts. Persons who are aggrieved may pursue a complaint informally or formally under the Policy and Procedures Addressing Sexual harassment. Inquires or procedures for investigating complaints should be directed to the Affirmative Action Officer at (559)278-2032. Inquires may also be direct to the Associate Vice President for Academic Personnel and reviewer for faculty concerns, (559)278-3027 or Vice President for Student Affairs/Dean of Students and reviewer for student concerns, (559)278-2541

GENDER:

California State University does not discriminate on the basis of gender in the educational programs or activities it conducts. Title IX of the Education Amendments of 1972, as amended, and the administrative regulations adopted thereunder prohibit discrimination on the basis of gender in education programs and activities operated by CSU, Fresno. Such programs and activities include admission of students and employment. Inquiries concerning the application of Title IX to programs and activities of California State University, Fresno may be referred to the Director of Human Resources, Joyal Administration Building, room 148, (559)278-2364. California State University, Fresno is committed to providing equal opportunities to men and women CSU students in all campus programs, including intercollegiate athletics.

RACE, COLOR, AND NATIONAL ORIGIN:

California State University complies with the requirements of Title VI of the Civil Rights

Act of 1964 and the regulations adopted there under. No person shall, on the grounds of race, color, or national origin be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program of The California State University.

AGE, MARITAL STATUS, RELIGION, OR SEXUAL ORIENTATION:

The California State University does not discriminate on the basis of age, marital status, religion, or sexual orientation.

Fresno State Sports Medicine Policies & Protocols

Fresno State Athletics Department
Student-Athlete Conduct Policy Regarding
Involvement in Internet-Based Social Networking
Communities

Effective November 1,
2007

Student Name: _____

Internet Social Networking Community Sites. Internet sites such as Facebook.com, MySpace.com, Xanga.com, Friendster.com and others provide individuals with an opportunity to interact with an extraordinarily expansive universe of new people and connect with current friends. Postings on personal profiles, groups and chat rooms are in the public domain and easily accessible by anyone including reporters, parents, coaches, groupies, predators, employers, and graduate school admissions officials. Once information is posted, it can be retrieved by computer savvy individuals even after it has been deleted.

Athletic Department Policy. Participation in intercollegiate athletics at Fresno State is a privilege, not a right. Athletic Department conduct policy currently states: *“Student-Athletes are expected to demonstrate good sportsmanship, honesty, integrity and respect for others, as well as abide by all University Policies, Athletic Department regulations, team rules, the rules and policies of the NCAA and WAC as well as city, county, state and federal laws and standards of appropriate social behavior.”* While the Athletic Department does not prohibit student-athlete involvement with internet based social networking communities, this high standard of honor and dignity encompasses comments and postings made to internet sites. The Athletic Department reserves the right to take action against any currently enrolled student-athlete engaged in behavior that violates University, Department, or team rules, including such behavior that occurs in postings on the internet. This action may include summons by the Code of Conduct Committee education, counseling, team suspension, termination from the varsity team and reduction or non-renewal of any athletic scholarships.

Recommendations. Immediately review any internet websites you may have posted on the internet to ensure that the postings are consistent with University, Department, and team rules and that they present you in a way you want to be portrayed. For your safety and privacy, you should refrain from posting and should promptly remove any personally identifiable information such as telephone number, address, class schedule and places frequented as well as any inappropriate photos you may have posted (or any photos in Fresno State Athletics attire). Please alert the Compliance Office of any sites that falsely appear to be yours as this constitutes identity theft, they can assist in efforts to have the offensive site removed. Be cautious about which chat groups you join to be sure you want to be publicly associated with that group. Also, be aware that even if you have a “private” site, posted pictures of you can and will still appear through the sites of others.

By my signature below, I hereby affirm that I have read and understand the Athletic Department’s Student- Athlete Conduct Policy Regarding Involvement in Internet Communities (e.g., Facebook.com, MySpace.com, etc.). Furthermore, I understand that failure to adhere to this policy could result in action up to and including termination from participation in intercollegiate athletics at Fresno State and loss of any athletic scholarships.

Student Signature

General Dress and Professional Appearance Policy

The Fresno State ATP is a visible program on campus. Professionalism is reflected in the appearance of the people in the program. We expect our staff and Athletic Training Student to be clean, neat, and well groomed.

The following represent general appropriate and inappropriate attire. When in doubt always error on the side of professionalism. Each venue may have specific guidelines and the Athletic Training Student should discuss a dress code with their supervising preceptor.

General Guidelines on Appropriate Attire

- Fresno State Sports Medicine Polo or other clean and well kept polo shirt.
- Your entire shirt must be appropriately tucked in your pants or shorts the entire time you are working in the clinic, at practice, or while performing Athletic Training duties.
- Khaki, navy or black pants or shorts, without holes. **Shorts should have a five inch inseam.**
- Shoes: enclosed toe that you can run in such as tennis/athletic shoes.
- Fresno State issued practice clothes while covering outside practices

Inappropriate Attire

- Revealing clothing: halter top, tank top, spaghetti-strapped shirts, shirts that reveal waistline
- Shirts with names/logos of other schools/universities
- Pants or shorts with holes
- Open toed shoes or sandals
- Spandex shorts or tights
- Hats while indoors during competition
- Hooded sweatshirts while inside

Hats

Hats can be worn at games and outside for practice. The hat must be a Fresno State hat in good condition.

Grooming and Appearance

Your professional appearance will have an impact on how you are received by the players, coaches, physicians, and fans. We expect ATS to present themselves in a professional manner with respect to hairstyle and coloring, jewelry, make-up, and body odor. Avoid clothing and jewelry that draws attention.

Body/Face Piercing

Ear piercing are ok, as long as they are not excessive and are considered professional. All other earrings/ rings, including but not limited to nose, eyebrows, lip, tongue, belly, etc., must be removed during athletic training hours.



Fresno State Sports Medicine
Policy and Procedure for the Assessment, Management, and Return-to-Play
for Traumatic Brain Injuries (TBI) or Concussions

Definition:

“Concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

1. Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury.
4. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course; however, it is important to note that in a small percentage of cases, post-concussive symptoms may be prolonged.
5. No abnormality on standard structural neuroimaging studies is seen in concussion.”¹

Mission:

The mission of the Fresno State Sports Medicine Department is to properly educate, recognize, and manage TBI for those student-athletes that participate in intercollegiate sports at Fresno State University. The athletics healthcare providers, which consists of certified athletic trainers (ATC), physicians (MD), physician’s assistants (PA), nurse practitioners (NP), and neuropsychologists (NPS), work together to properly manage those TBI and safely return the student-athlete back to full participation. With subjective data given by the student-athlete (SA) and the education and experience of the Fresno State Sports Medicine team, we are confident the reoccurrence of initial concussive symptoms will be held to a minimum.

Approach:

The Fresno State Sports Medicine team has adopted the approach of not using a grading scale but rather focusing attention on the athlete’s recovery via symptoms, neurocognitive testing, and, when available, postural-stability testing.²

Baseline Testing:

All incoming freshman or those first time entering Fresno State University student-athletes who are participating in those sports recommended by NCAA (baseball, basketball, diving, equestrian, field hockey, football, gymnastics, ice hockey, lacrosse, pole vaulting, rugby, soccer, softball, water polo, and wrestling) shall complete proper baseline testing as part of their pre-participation examination. Proper baseline testing should include, but not limited to, Sport Concussion Assessment Tool 3 (SCAT3), Biodex Clinical Test of Sensory Integration and Balance (CTSIB) and Immediate Post-Concussion Assessment and Cognitive Test (ImPACT™). These tests will be used by the Sports Medicine Team

during the recovery process and will be reviewed by the ATC and MD when the concussed SA is ready to return to play.

Recognizing Signs and Symptoms:

TBI consists of one or more of the following characteristics:

- | | | |
|-------------------------------|-------------------------------------|----------------------------------|
| -Loss of consciousness (LOC) | -Delayed verbal and motor responses | -Disequilibrium |
| -Confusion | -Inability to focus | -Feeling “in a fog,” “zoned out” |
| -Post-traumatic amnesia (PTA) | -Headache | -Vacant stare |
| -Retrograde amnesia (RGA) | -Nausea/Vomiting | -Emotional liability |
| -Disorientation | -Excessive drowsiness | -Slurred/incoherent speech |
| | -Visual disturbances | |

Management and Return to Play Guidelines:

Initial Assessment

When determining a SA neuropsychological status, the ATC shall first conduct a primary survey. Once the SA passes the primary survey, the ATC should then rule out any cervical neck injury.¹ If cervical neck injury and LOC is ruled out, the ATC should safely remove the SA from practice or competition until a full assessment is completed.

-if cervical neck is suspected, implement the proper EAP

The ATC and rest of the sports medicine team shall begin the secondary survey. This consists of:

1. Gathering subjective and objective data. Monitor symptoms every five (5) minutes.
2. If symptoms have not resolved by fifteen (15) minutes post-injury, begin functional, cognitive testing.
 - a. Assess cognitive function using the SCAT 3 (see Appendix 1).
3. If symptoms have not fully resolved and functional testing is abnormal when compared to baseline test, the SA shall be removed throughout the rest of the day.
4. Before the SA is released when symptoms have begun to decrease, the SA should be instructed and given the Take Home Sheet (see Appendix 2).

Follow Up Assessment and Return to Play

When the SA reports the following day, the ATC shall give the SA the Symptom Checklist (see Appendix 3). If symptoms have significantly decreased but still remain, the SA should only participate in physical and/or cognitive activities designated by the sports medicine team. At their earliest convenience, the ATC shall notify the academic advisor (AA) regarding the injury and the two parties will formulate an appropriate cognitive load for each SA. The ATC shall also notify the Strength and Conditioning Staff as well, regarding the removal from activity and subsequent limitations for that SA during the recovery process as determined by the sports medicine team. At twenty-four (24) hours of being asymptomatic, or forty-eight (48) hours post-injury, the SA should complete a computerized neuropsychological test (ImPACT™) and (CTSIB). After the first ImPACT™ and CTSIB are complete, the sports medicine team will evaluate the clinical measures and decide upon a plan for that SA as to the timetable for re-testing as well as the planned progression through the graduated return-to-play protocol. The decision of the sports medicine team will be based on the clinical measures when appropriate retesting will follow with exceptions to improving symptoms with natural progressions. The SA should not be released by the ATC to begin functional return to play procedure until the SA's ImPACT™, CTSIB (if available), and SCAT3 has returned to approximately 95% baseline and all clinical measures have been reviewed by the MD, or directed otherwise by the MD. The SA should be monitored for the 24 hours after return to play and reassessed using the same clinical measures as the previous day. The sports medicine team should compare these exams to baseline.

Table 1. 5 Step Graduated Return to Play Protocol

Rehabilitation Stage	Functional Exercise
Exertional Step 1:	20 minute stationary bike ride (10-14 MPH)
Exertional Step 2:	Interval bike ride: 30 sec sprint (18-20 MPH/10-14 MPH)/30 sec recovery x 10; and BW circuit: Squats/Push Ups/Situps x 20 sec x 3
Exertional Step 3:	60 yard shuttle run x 10 (40 sec rest); and plyometric workout: 10 yard bounding/10 medicine ball throws/10 vertical jumps x 3; and non-contact, sports-specific drills for approximately 15 minutes
Exertional Step 4:	Limited, controlled return to non-contact practice; "Is athlete <u>confident</u> to go back?"
Exertional Step 5:	Full sport participation

As stated in Table 1, the ATC should seek clearance by the MD prior to the return to play. The 5 steps do not necessarily require 5 days. No more than 2 steps should be performed on the same day, which allows for monitoring of both acute symptoms (during the activity) and delayed symptoms (within 24 hours after the activity). Should the SA have reoccurrence of symptoms at any point throughout the return to play protocol, the ATC should discontinue all activities and revert to the previous step that did not cause symptoms. Once neurocognitive tests have again returned to approximately 95% baseline, with no deterioration from previous day, the SA may continue functional return to play protocol (see Table 1). This previous step should be conducted twenty-four (24) hours after the symptom producing activity was ceased. The athlete may advance to Step 5 and return to full participation once they have remained asymptomatic for 24 hours following Step 4 of the protocol.

Procedure for Student-Athletes Exhibiting Post-Concussion Syndrome (PCS):

When symptoms or neurocognitive testing have prevented the SA from full return to play three (3) weeks post-injury, the SA shall be referred by the ATC and MD to NPS for full consultation and assessment. Once NPS has reviewed SA's injury and has released SA, the ATC and MD shall begin the return to play procedure.

Use of Prescription Medication for Treatment of TBI:

The MD shall document any use of prescription drugs/medications. If NCAA banned drugs are used in the treatment of post-concussive symptoms, the proper documentation, including the duration of treatment and statement that non-stimulate drugs are not an option. This will be kept in the SA file should random NCAA testing happen.

Disqualifying Student-Athlete Due to Multiple Concussions:

If SA has received multiple concussions throughout the season and/or career, the MD should reserve the right to disqualify the SA based on the SA's previous history.

References:

1. McCrory P, Meeuwisse W, Aubry M, et al. *Consensus Statement on Concussion in Sport 4th International Conference on Concussion in Sport Held in Zurich, November 2012*. British Journal of Sports Medicine. 2013; 47:250-258.
2. National Collegiate Athletic Association. *Concussion or Mild Traumatic Brain Injury (mTBI) in the Athlete*. June 1994 (revised July 2009); 52-55



Fresno State Sports Medicine
Concussion Patient Information Take Home Sheet

The Fresno State Sports Medicine team believes you have sustained a concussion. Based on that examination, we do not, at this time, believe that you have a significant head injury. However, if any of the below listed symptoms occur after leaving the athletic training room, immediately contact a member of the athletic training staff.

- Headache
- Neck Pain
- Nausea
- Vomiting
- Loss of appetite
- Balance Problems/Dizziness
- Drowsiness/Fatigue
- Difficulty Sleeping
- Nervousness/Anxiety
- Sensitivity to light/noise
- Continued Double Vision
- Altered Emotions
- Ringing in the ears
- Feeling slowed down
- Feeling in a “fog”
- Difficulty concentrating or remember
- Confusion/Disorientation
- Blurred Vision

Otherwise, follow the instructions below:

It is OK to:
-Use Acetaminophen (Tylenol) for headaches
(Do not take anything before your appointment)
-Use ice pack for neck and head for comfort
-Go to sleep at a decent hour
-Rest

DO NOT:
-Take aspirin/Ibuprofen (Advil/Motrin)/anti-inflammatory medication for headaches.
-Do any physical/strenuous activity
-Drive a vehicle
-Drink alcohol/caffeinated beverages
-Stay up late
-Watch TV, play video games, sit at a computer, or listen to loud music for long periods of time

☆ Please remember to report back to the athletic training room tomorrow morning at _____ for a follow-up evaluation. Please review the marked symptoms above. If these symptoms worsen, or if any of the additional symptoms you have increase, have you or a responsible party contact your athletic trainer immediately.

Athletic Trainer: _____
Phone Number: _____



Fresno State Sports Medicine
Post Concussion Symptom Scale

Athlete's Name: _____
Date: _____

	None	1	2	3	4	5	6
Headache	0	1	2	3	4	5	6
"Pressure in head"	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Blurry vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling "like in a fog"	0	1	2	3	4	5	6
"Don't feel right"	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or Anxious	0	1	2	3	4	5	6

Total # of symptoms (max. possible 22) _____
Symptoms severity scale _____
(Add all scores in table, maximum possible 22 x 6 = 132)

Do the symptoms get worse with physical activity? Y____N____
Do the symptoms get worse with mental activity? Y____N____

Overall Rating
If you know the athlete well prior to the injury, how different is the athlete acting compared to his/her usual self? Please circle one response

No Different Very Different Unsure N/A
 self rated self rated and clinician monitored
 clinician interview self rated with parent input

Athlete's Signature: _____

Athletic Trainer's Signature: _____



Fresno State Sports Medicine
Post Concussion Symptom Scale

Athlete's Name: _____
Date: _____

	None	1	2	3	4	5	6
Headache	0	1	2	3	4	5	6
"Pressure in head"	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Blurry vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling "like in a fog"	0	1	2	3	4	5	6
"Don't feel right"	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or Anxious	0	1	2	3	4	5	6

Total # of symptoms (max. possible 22) _____
Symptoms severity scale _____
(Add all scores in table, maximum possible 22 x 6 = 132)

Do the symptoms get worse with physical activity? Y____N____
Do the symptoms get worse with mental activity? Y____N____

Overall Rating
If you know the athlete well prior to the injury, how different is the athlete acting compared to his/her usual self? Please circle one response

No Different Very Different Unsure N/A
 self rated self rated and clinician monitored
 clinician interview self rated with parent input

Athlete's Signature: _____

Athletic Trainer's Signature: _____



Fresno State Sports Medicine
Concussion Disclosure Acknowledgement Form

The Fresno State Sports Medicine Department has taken the time to adequately inform each student-athlete the signs and symptoms of mild traumatic brain injuries; otherwise known as concussions. The Fresno State Sports Medicine team is trained to recognize those student-athletes that may present with concussive-type symptoms. However, many concussions can go unevaluated. It is imperative that those student-athletes who suspect they may be suffering from a concussion, they report it to the athletic trainer or any other athletics healthcare provider. Below you find the definition of a concussion and some signs and symptoms:

Definition:

Concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

1. Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury.
4. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course; however, it is important to note that in a small percentage of cases, post-concussive symptoms may be prolonged.

No abnormality on standard structural neuroimaging studies is seen in concussion.

Signs and Symptoms:

- Headache
- Neck Pain
- Nausea
- Vomiting
- Loss of appetite
- Balance Problems/Dizziness
- Drowsiness/Fatigue
- Difficulty Sleeping
- Nervousness/Anxiety
- Sensitivity to light/noise
- Continued Double Vision
- Altered Emotions
- Ringing in the ears
- Feeling slowed down
- Feeling in a “fog”
- Difficulty concentrating or remember
- Confusion/Disorientation
- Blurred Vision

By signing below, I, _____, acknowledge that I have read and understood the information regarding concussions that apply to my particular sport. I know and understand that I should notify the proper athletics healthcare provider(s) when I suspect I may have sustained a concussion. I take full responsibility for notifying if I do think a may have a concussion, and I also take full responsibility for any injuries or other problems that might occur to me or others as a result of a concussion.

Athlete’s Signature

Date



Fresno State Sports Medicine
Concussion Disclosure Acknowledgement Form

The Fresno State Sports Medicine Department has taken the time to adequately inform each student-athlete of the signs and symptoms of mild traumatic brain injuries (MTBI); otherwise known as concussions. The Fresno State Sports Medicine team is trained to recognize those student-athletes that may present with concussive-type symptoms. However, many concussions can go unevaluated. It is imperative that those student-athletes who suspect they may be suffering from a concussion, report it to the athletic trainer, other athletics healthcare provider or their coach.

Concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

5. Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
6. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
7. Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury.
8. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course; however, it is important to note that in a small percentage of cases, post-concussive symptoms may be prolonged.

No abnormality on standard structural neuroimaging studies is seen in concussion.

Signs and Symptoms:

Headache	Blurred Vision
Neck Pain	Confusion/disorientation
Nausea	Difficulty concentrating or remembering
Vomiting	Feeling like you are in a “fog”
Loss of appetite	Feeling slowed down
Balance Problems/Dizziness	ringing in the ears
Drowsiness/Fatigue	Altered emotions
Difficulty Sleeping	Continued Double vision
Nervousness/Anxiety	Sensitivity to light/noise

By signing below, I acknowledge that I have read and understood the information regarding concussions. It is my responsibility to notify the proper athletics healthcare provider(s) when I suspect a player may have sustained a concussion. I have also been made aware of the Fresno State Sports Medicine Concussion Management Guidelines and understand the return to play procedures.

Coaches Signature

Date

Coaches Print Name

Date



Fresno State Sports Medicine

Policy and Procedure for the Management of the Student Athlete with Diabetes

Definition:

Diabetes mellitus is a chronic metabolic disorder in which the body either does not produce adequate amounts of insulin or is not able to adequately respond to the insulin it does not produce.

Mission:

The mission of the Fresno State Sports Medicine Department is to properly educate, recognize, and to help manage diabetes for those student-athletes that participate in intercollegiate sports at Fresno State University. The athletics healthcare providers, which consists of certified athletic trainers (ATC), physicians (MD), physician's assistants (PA) and nurse practitioners (NP), work together to properly manage those with diabetes and allow safe participation in athletics. With subjective data given by the student-athlete (SA) and the education and experience of the Fresno State Sports Medicine team, our goal is for the student athlete to participate in athletics without complications.

Diabetes Care Plan:

The Fresno State Sports Medicine team, based on the recommendations of the National Athletic Trainers' Association, will develop a "Diabetes Care Plan" that will be kept in the student athlete's medical file for every student athlete diagnosed with diabetes. The care plan has eight items:

1. Blood glucose monitoring guidelines. These will be established by the Family Practice/General Medicine Physician, Certified Athletic Trainer and the Student Athlete. Frequency of testing, and appropriate pre-exercise, during exercise, post-exercise and non-exercise numbers should be established.
2. Insulin therapy guidelines. This will include, type of insulin, dosages, and hypoglycemic/hyperglycemic adjustment instructions (insulin correction dosages).
3. Other medication list. If these affect diabetes it should be noted on the "Diabetes Care Plan".
4. Hypoglycemia recognition signs, symptoms, prevention and treatment instructions. This should, if applicable, include instructions on the use of glucagon.
5. Hyperglycemia recognition signs, symptoms, prevention and treatment instructions. This should include the symptoms of ketosis.
6. Emergency contact information, including their emergency contact designee, the physician's contact numbers and for minors a signed consent for medical treatment.
7. Recommended: A medic alert tag on the student athlete should be worn at all times.
8. Encourage student athlete to be seen by his or her own medical provider or the team physician four times a year for adequate monitoring of glycated hemoglobin and microalbumin.

Pre-Participation Physical Examination:

1. Diabetic Athletes should have an HbA1c (Glycated Hemoglobin) test prior to their physical being signed off.
2. A comprehensive annual exam done by a family practice physician should include evaluations for: retinopathy, nephropathy and neuropathy. A foot screen should be done to check sensory function and ankle reflexes. The student athlete's family practice/general medicine or endocrinologist physician should determine how often the student athlete needs a screening for

- cardiovascular disease. Limitations or restrictions in exercise should be determined by the athlete's physician.
3. During this exam, the physician, athletic trainer and student athlete need to develop the frequency and timing the student athlete will test their blood sugar. The Diabetes management team will establish acceptable ranges for their blood sugar during exercise, pre-exercise, post-exercise and non-exercise. These numbers will go in the diabetes care plan.

Supplies for the Athletic Training Kit:

The following items should be readily available for the student athlete with diabetes should the need arise.

1. A copy of the diabetes care plan.
2. Blood glucose monitoring equipment and supplies. This includes a glucometer, testing strips and lancets. Frequently check the expiration dates on the supplies and ensure your test strips are compatible with your glucometer.
3. Sugary foods to combat hypoglycemia. Suggested items are glucose tablets, orange juice, life savers candy or sugar packets. Avoid foods with high fat content.
4. Supplies for urine ketone testing.
5. Spare supplies, including batteries for the glucometer and supplies specific to an individual's needs (i.e. infusion sets, insulin pump reservoirs).
6. If applicable, a glucagon kit.
7. A log to document glucose measurements when and if the need arises.

Diabetes Management Team:

1. Student Athlete
2. Physician – Family Medicine or Internist
3. Certified Athletic Trainer
4. Endocrinologist

Travel Guidelines:

1. Before the travel season, the athletic trainer and student athlete need to review Transportation Security Administration guidelines for airline passengers with diabetes. The diabetic athlete must carry on all diabetic supplies.
2. The student athlete should carry on a snack. The athletic trainer should carry on glucose tablets. This is necessary for air travel, and suggested for bus/van travel.

The Athletic Trainer (ATC) Requirements

1. The ATC must read the National Athletic Trainers' Association (NATA) Position Statement on Management of Athlete with Type 1 Diabetes Mellitus
2. The ATC must learn to administer glucose in the event an emergency occurs.
http://www.youtube.com/watch?v=m4BGh_yRxDs
3. In the event of a diabetic emergency or when in doubt the ATC will administer sugar to the student athlete.
4. If the athlete's blood glucose measurements go too high or too low the ATC must remove the athlete from sport activity.
5. Thoroughly understand the prevention, recognition and immediate care of hypoglycemia and hyperglycemia
6. If applicable, learn to use a glucagon kit. Discuss with physician, athlete and head athletic trainer the ATC role in administering glucagon. Legally, the ATC may not administer injections. However, the diabetic individual may authorize glucagon injections to be performed by whoever they designate in an emergency.

Fresno State Resources for Diabetic Student Athletes:

1. Team physician consultation

2. Help in scheduling appointments related to diabetes needs
3. A nutritionist to assist with meal planning, nutritional needs

Appendices

1. Diabetes Care Plan
2. Diabetic Student Athlete Flow Chart
3. National Athletic Trainers' Association Position Statement: Management of the Athlete With Type 1 Diabetes Mellitus.

References:

1. Hornsby WG, Chetlin RD. Management of competitive athletes with diabetes. *Diabetes Spectrum*; 2005;18(2): 102-107.
2. Jensen J. Nutritional concerns in the diabetic athlete. *Cur Sports Med Rep*. 2004; 3:192-197.
3. Jimenez CC, Corcoran MH, Crawley JT, Hornsby WG, Peer KS, Philbin RD, Riddell MC. National athletic trainers' association position statement: management of the athlete with type 1 diabetes mellitus. *J Ath Train*. 2007; 14 (4): 536-545.
4. Jimenez CC. Diabetes and exercise: the role of the athletic trainer. *J Ath Train*. 1997; 32(4)339-343.
5. Kelley DB. *American diabetes association complete guide to diabetes*. Alexandria, VA: American Diabetes Association; 1996:88-91, 159-169, 229, 258, 266.



Fresno State Sports Medicine
Diabetes Care Plan

Name:

DOB:

Physician:

1. Appropriate Blood Glucose Range:

a. Non-Activity: _____

b. Pre-Activity: _____

c. Post-Activity: _____

Testing Frequency:

a. Non-Activity: _____

b. Pre-Activity: _____

c. Post-Activity: _____

2. Insulin Therapy Guidelines

a. Type of Insulin: _____

b. Dose Instructions: _____

Hypoglycemic Corrections: _____

Hyperglycemic Corrections: _____

3. Other Medication List: _____

4. Hypoglycemia symptoms: Tachycardia, sweating, palpitations, hunger, nervousness, headache, trembling, tingling in the face, lips and tongue, dizziness, blurred vision, fatigue, difficulty thinking, loss of motor control, aggressive behavior, seizures, convulsions and loss of consciousness. With prolonged hypoglycemia, severe brain damage and death can result.

a. Instructions of use of glucagon kit (if applicable)

http://www.youtube.com/watch?v=m4BGh_yRxDs : _____

5. Is the athletic trainer authorized to administer glucagon? Yes _____ No _____

Athlete Signature _____ Date: _____ Athletic Trainer

Signature _____ Date: _____

6. Hyperglycemia symptoms: nausea, dehydration, reduced cognitive performance, slowing of visual reaction time, feelings of sluggishness and fatigue, rapid breathing, fruity odor or breath, sleepiness, inattentiveness, loss of appetite, increased thirst and frequent urination.

7. Emergency Contact Information:

Name _____

Relation: _____ Cell Phone: _____

2nd Phone: _____

Physician: _____

Phone: _____

(if applicable, include a Minor's Consent for Treatment)



FRESNO STATE DEPARTMENT OF SPORTS MEDICINE MRSA POLICY

What is “Staph” / MRSA?:

Staphylococcus aureus, often referred to as “**staph**”, is a common type of bacteria that can live on the skin and in the nose of healthy people. Approximately 25-30% of the population has staph that has colonized. In these cases the bacteria is present (usually in the nose) but doesn't cause an active infection. However staph bacteria are also one of the most common causes of skin infection. These minor infections are usually in the form of a pimple or boil and can be treated without antibiotics. However in some cases the infection can be serious, leading to infections such as bloodstream infection, pneumonia, bone or joint infections, and surgical wound infections. Serious infections are usually treated with antibiotics related to penicillin.

Methicillin-Resistant Staphylococcus Aureus (MRSA), also known as Community-Acquired MRSA is a strain of staph that has become resistant to the antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin. This resistance makes the infection caused by MRSA more difficult to treat. Until recently MRSA was thought to only be found in hospital and healthcare facilities in patients with weakened immune systems. According to the Center for Disease Control (CDC) 1% of the population is colonized with MRSA.

Who Gets “Staph”/ MRSA?:

Staph infections, including MRSA, occur most frequently among persons in hospitals and healthcare facilities, but they are becoming increasingly common in student athletes participating in close contact sports (Football, wrestling, etc.). Although everyone, including coaches, staff etc. who come in contact with a colonized individual can contract and potentially continue to spread the infection. Staph and MRSA are spread by direct physical contact or indirect contact of a contaminated object. This includes touching, using, and/or sharing sheets, towels, clothing, equipment, dressings, personal items (bar soap, razors etc.) which have been used by someone that has staph and/or MRSA, along with poor hygiene habits (washing hands, showering, etc.).

What Does Staph/ MRSA Look Like?

Staph and/or MRSA usually first presents as some type of soft tissue infection, such as a pimple with a white head in the middle, abscesses, pustules, ingrown hairs, and/or boils. Commonly found in the area of the neck, groin, buttocks, and armpit. (see pictures below) Some can be red, painful, swollen, and/or have pus or other drainage. The pustules may be confused with insect or spider bite, and may also be associated with existing turf burns and/or abrasions.



What Do I Do If I Think I Have Staph/MRSA?

Without proper referral and treatment, more serious infections may cause bloodstream infection, pneumonia, bone or joint infections, and surgical wound infections. **If you or anyone you know has what looks like it may be staph/ and/or MRSA, please contact the California State University, Fresno Sports Medicine Staff member as soon as possible for evaluation.**

Athletes Will Be Referred To A Physician When:

1. There is an increase in pain or swelling in the area
2. The margins of the wound are expanding rapidly
3. The athlete shows signs of systemic infection
4. The rule of the sport requires physician approval or antibiotics for participation.

After Evaluation By The Sports Medicine Staff and/or Team Physician:

1. Cover all wounds. If a wound cannot be covered adequately, may exclude players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.
2. Wash sheets, towels, clothing that become soiled with hot water and laundry detergent.
3. Take all medications as prescribed by your doctor.

Return To Play May Be Considered When:

1. There is no drainage from the lesion
2. The area can be adequately covered with a sturdy bio-occlusive dressing
3. A physician allows participation
4. The rules of the sport allows participation

Roommates or those in close contact with the infection athlete may be required to obtain a nasal culture. If an outbreak of 3 or more athletes on a single team who are not otherwise associated (roommates) occurs, or a recurrence of the infection occurs in a single athlete, consider nasal cultures of the entire team. Areas where the athlete has come into contact (playing surface, weight room, etc) should be cleaned with a solution of 1 capful bleach to 1 gallon of water or another appropriate germicide/virocide.

Prevention of Staph and/or MRSA:

Although treatable, there can be complications associated with Staph and MRSA infections, making prevention the best measure to combat these infections. The Center for Disease Control suggests the following measures for preventing staphylococcal skin infections including MRSA:

1. Practice good hygiene by washing hands frequently with soap and warm water or using an alcohol-based hand sanitizer (only when soap and water are not present).
2. Taking a shower with hot water and wash with soap (liquid antibacterial soap, not bar soap) following all activities (strength and conditioning sessions, practice, and competitions).
3. DO NOT share towels, equipment, razors, soap (use liquid soap instead of bar soap) etc.
4. Use a barrier (towel/clothing) between your skin and shared equipment.
5. Properly wash athletic gear and towels after each use.
6. Wipe surfaces of equipment before and after use.
7. Clean and properly cover any open wounds such as turf burns, abrasions, lacerations, etc. with an appropriate bandage at all times.
8. DO NOT use whirlpools, hydrotherapy pools, cold tubs, swimming pools, and other common tubs if you have an open wound.
9. Maintain clean facilities and equipment.
10. DO NOT ignore skin infections, pimples, pustules, abscesses, etc. Report these to a Sports Medicine staff member immediately.



FRESNO STATE DEPARTMENT OF SPORTS MEDICINE MRSA PREVENTION POLICY

In order to maintain proper sanitary conditions within California State University, Fresno Sports Medicine facilities and to prevent the outbreak of Methicillin-resistant Staphylococcus aureus (MRSA) and other harmful infections, the following procedures will be in place.

Treatment / Taping Tables, Weight Room/ Rehabilitation Equipment, Countertops, Stools, etc:

1. Treatment tables, taping tables, weight room/ rehabilitation equipment, countertop, stools, etc. must be cleaned everyday and/or following a possible contamination using approved appropriate cleaner.
 - Approved cleaners: wexide, sportsclean, and a 1:10 diluted bleach solution can be used to clean hard surfaces only.
 - Cleaning products must be approved by the Sports Medicine staff.
2. Clean /Disinfect tables, equipment, countertops, stools, etc. in the following manner:
 - Spray the surface to be cleaned with the approved cleaning product.
 - Allow the product to sit on the surface for five (5) minutes
 - Wipe down the surface with a towel

Cooler:

1. Coolers must be cleaned and disinfected everyday following use, or as needed following very possible contamination using a diluted solution of household dishwashing detergent (Dawn, Sun Light, Joy) or other appropriate cleaner.
2. Coolers are to be cleaned in the following manner:
 - Squirt the detergent solution inside and outside the cooler and inside and outside the cooler top/lid
 - Partially fill the cooler with hot water
 - Use the scrub brush to thoroughly scrub the inside and outside of the cooler and the inside and outside of the cooler top/lid.
 - Allow the soapy solution to circulate though the cooler spigot and use a 6" cotton tip applicator to clean the spigot.
 - Thoroughly rinse the cooler and cooler top/lid with hot water.
 - Allow the hot water to circulate through the cooler spigot for rinsing.
 - Cooler should be towel dried and then allowed to air dry

- Store coolers upside down in the designated storage areas. Cooler top/lids should be stored standing up in the designated areas.

Water Bottles, Water Bottle Lids and Carriers, Pouring Pitches, Etc:

1. Water bottle, water bottle lids and carriers, pouring pitchers, etc. must be cleaned and disinfected everyday following use, or as needed every possible contamination using a diluted solution of household dishwashing detergent (Dawn, Sun Light, Joy) or other appropriate cleaner.
2. Water bottle, water bottle lids and carriers, pouring pitchers, etc are to cleaned using the “two-sink” system:
 - Fill sink 1 (cooler 1) with a soapy solution of dishwashing detergent or other appropriate cleaner and hot water.
 - Fill sink 2 (cooler 2) with hot water
 - Submerge the water bottle, water bottle lids and carriers, pouring pitchers, etc. in sink 1 (cooler1)
 - Use the assigned brush to thoroughly scrub the inside and outside of the water bottle, water bottle lids and carriers, pouring pitchers, etc.
 - Submerge the water bottle, water bottle lids and carriers, pouring pitchers, etc. in sink 2 (cooler 2)
 - Thoroughly rinse all items with hot water
 - Store bottles upside down in their carriers and place the carriers in the designated areas.
 - Store water bottle lids in the designated container marked for lids
 - Store pouring pitchers upside down in the designated storage areas.

Game Ready Attachments:

1. Game Ready attachments must be cleaned /disinfected following every use.
2. Game Ready attachments are to be cleaned using an approved appropriate cleaner.
3. Clean / Disinfect Game Ready attachments in the following manner:
 - Spray approved cleaner on the inner surface of the Game Ready attachment
 - Allow the solution to sit for five (5) minutes
 - Wipe down the Game Ready attachment with a towel.

Towels:

1. Cloth towels should be used on a single patient and should be laundered following every use.
2. Disposable towels should be used whenever feasible on the field/ court and should be disposed of after a single use.

Hydrocollator Packs / Covers:

1. A cloth and/or disposable towel should be placed between the patient and the hydrocollator pack/cover.

2. Hydrocollator covers should be laundered everyday and/or following a possible contamination.

Soft Goods:

1. Soft goods (neoprene braces, sleeves, knee/elbow/forearm/shin pads, splints, lace-up ankle braces, shoulder harnesses, walking boots, air casts, etc.) should be laundered upon return to the athletic training facility **BEFORE** being returned to inventory and administered to another student athlete.
 - Soft goods that cannot be laundered should be disinfected using the guidelines already outlined for treatment tables, taping tables, weight room/ rehabilitation equipment, countertop, stools, etc.

Whirlpools:

1. Whirlpool shall be cleaned on a daily basis, or as needed following every possible contamination.
2. Whirlpools are not to be used by a student athlete with open or draining wound
3. Whirlpools are to be cleaned approved appropriate cleaner.
4. Whirlpools are to be cleaned in the following manner:
 - Spray the whirlpool cleaner in and around the sides of the whirlpool
 - Allow the whirlpool cleaner to sit for five (5) minutes
 - Using the scrub brush and **hot water**, scrub all surfaces of the whirlpool including the bottom, sides, turbine, etc.
 - Rinse the tank very well with **hot water** and allow it to drain
 - Towel dry or air dry

Chemical Controlled Hydrotherapy Pools (Rehab Pool)

1. Chemical controlled hydrotherapy pool should be monitored on a daily basis
2. All monitoring and water chemistry must be recorded
3. Chemical controlled hydrotherapy pool will be Shocked on a weekly basis and/or needed

Job Descriptions, Roles and Responsibilities of the Athletic Training Student

Team Physician Staff

The team physicians from Sierra Pacific Orthopaedic & Spine Center, led by Dr. Eric Hansen, Medical Director for our ATP, and any consultants they engage, will control the medical protocol and procedures that are followed in the athletic training room. The team physicians (or the attending physician in the event that a different physician is involved) has the final say on an athletes' release to participate. If they determine that an athlete should not participate at any given time, their decision is followed.

Director of Athletics

The Director of Athletics, or designee in his/her absence, is responsible for the administrative and budgeting aspects of the athletic training room. The Head Athletic Trainer reports to the Director of Athletics.

Head Athletic Trainer

The Head Athletic Trainer for Athletics reports to and follows the recommendation of the team physician staff and the Director of Athletics, for their respective areas, and works with the Head Coaches for scheduling purposes. The Head Athletic Trainer is directly responsible for the actions of the Athletic Trainers and the Athletic Training Students while they are engaged in their clinical experiences.

Athletic Trainers

The Athletic Trainers report to and follow the recommendations of the Head Athletic Trainer, the Team Physician staff, and the Director of Athletics, for their respective areas, and work with the Head Coaches for scheduling purposes.

Head Coach

The coaching staffs are indirectly involved with the chain of command in that the Head Coach of a sport and his/her designee is responsible for establishing practice and game schedules for which athletic training services are provided.

Chair, Department of Kinesiology

The Chair, Department of Kinesiology is the direct supervisor of all teaching faculty in the ATP. The Chair is responsible for appointing, supervising, and evaluating the ATP Program Director and Clinical Education Coordinator.

Program Director for the ATP

The Program Director is responsible coordinating recruitment and screening of prospective Athletic Training Students and coordinating educational experiences for students accepted to the ATP. The Program Director is charged with organizing and administering all aspects of the education program and reports to the Chair for the Department of Kinesiology. He/she has budgetary input and management of equipment and teaching supplies for the ATP and oversees

day-to-day operation, coordination, and evaluation of all components (academic and clinical education) of the ATP. The Program Director works with the Clinical Education Coordinator for the ATP, the Head Athletic Trainer, Preceptors to ensure that equitable distribution of education opportunities at all clinical and classroom site occur.

Clinical Education Coordinator for the ATP

The Clinical Education Coordinator is responsible for assigning clinical rotations the Athletic Training Student will be assigned to for KINES 143 Athletic Training Practicum. The Clinical Education Coordinator acts as the ATP's Preceptor Educator, a responsibility that entails regular training for the ATP's preceptors. He/she coordinates evaluation of the ATP's clinical experience sites in accordance with the programs written policies and affiliation agreements and assist the Program Director to endure equitable distribution of education opportunities. The Clinical Education Coordinator assists with the gathering and maintaining of clinical evaluation forms on Athletic Training Students, the preceptors, and conducts evaluation of the clinical experience sites. The Clinical Education Coordinator assists the Program Director with the evaluation of any grievances between Athletic Training Students and the clinical education staff, in accordance with the ATP's written policies.

Preceptor

An appropriately credentialed athletic trainer or health care professional trained by the ATP's Clinical Education Coordinator to provide instruction and/or evaluation of the Athletic Training Educational Competencies and/or Clinical Proficiencies. Only preceptors formally evaluate Athletic Training Students within the Fresno State ATP.

Athletic Training Student

A student enrolled in the ATP.

Direct Observation Athletic Training Student

A student who may be present in an athletic training facility, but not necessarily enrolled in the athletic training major, who is required to observe the practices of a Certified Athletic Trainer. This student may not provide direct patient care.

First Responder

In the event that an Athletic Training Student is assisting a team without a Certified Athletic Trainer present, the student will act solely as a first responder and not as an Athletic Training Student. As a first responder you are permitted to perform those skills or actions taught in a first responder or basic injury care course (e.g., stabilize emergency injuries, immediate care, basic treatment with ice, basic taping on minor injuries at the request of the coach in charge). At no time shall an Athletic Training Student acting as a first responder perform normal athletic training duties no instructed in a first responder or basic injury care course (e.g., advance modality use and advanced taping). In the event of an injury, the coach in charge of the activity will make any return decisions and the decision if basic taping should be completed. Students acting in the capacity of a first responder should always have advanced assistance (ATC or EMS) readily available by telephone or radio. First responder roles are adjunct to the ATP and are not considered part of the student's formal education.

Fresno Pacific University Policies

Section Six:

Athletic Training Students

Sports Medicine Clinic/On-Field Conduct

- *Take initiative and pay attention to details.*
- *Don't assume.*
- *When in doubt ask questions.*
- *You are in a service business, the three steps of service are: 1) A warm and sincere greeting. Use the person's name if and when possible. 2) Anticipate and comply with the athlete's needs. 3) Fond farewell. Use their name, if and when possible.*
- *We are ladies and gentleman serving ladies and gentlemen.*
- *Dress neatly.*
- *Always practice positive eye contact.*
- *Create a positive work environment. Practice teamwork.*
- *Check the bulletin and note boards daily. Be sure that your co-workers know about any new (or old) information, COMMUNICATE!*
- *Inform an ATC about broken/damaged machines/modalities/equipment etc. and supplies running low before they are gone.*
- *Uncompromising levels of cleanliness are the responsibility of everyone.*
- *Escort student-athletes rather than pointing out directions.*
- *Use proper telephone etiquette. Follow the guidelines stated previously.*
- *ATs may not place or receive personal phone calls in the SMC. Cell phones are to be used for work-related or emergency purposes.*
- *You are here to learn, participate, improve your work ethic and develop your creative ability.*
- *Proficiencies are to be scheduled with the ATC at least 2 days in advance; please use the provided proficiency sign-up chart located on the sign-up wall.*
- *Personal items are to be stored underneath the table in the SMC located below the temperature control. ATs items are not to be stored in either staff office or in the rehabilitation room. If possible, leave any unnecessary items in your vehicle but please be sure to cover them up as the area around FPU is not the greatest.*
- *ATs may not "hang out" in staff offices and are to use any downtime in an efficient and appropriate matter.*
- *Respond to the needs of others in a timely manner.*
- *Remember there is no busywork in the Sports Medicine Clinic, everything has a purpose.*
- *ATs working with an ATC in the SMC should assist in practice and game preparation as well as treatments and rehabilitation as determined by the Supervising ATC.*
- *While attending workouts or practices the ATs should remain very alert, attentive to the needs of student-athletes, and locate themselves nearby to activities. Generally the ATs should stand adjacent to the workout area(s) and appropriately interact with student-athletes (e.g. provide water, first aid, etc.). ATs are advised against sitting, and prohibited from engaging in sport practice activities like throwing or shooting balls except when required to do so as a component of injury rehabilitation or as approved by the Supervising ATC.*
- *You should be at work on time during your scheduled hours and not leave until the work is done or until you are told to leave. Please do not come earlier than your scheduled hours.*

General Conduct and Ethics/Professionalism

As an athletic trainer professional conduct is necessary. It is important to understand that people are watching you. Athletic trainers are very easily in the public eye, and should act in a manner which reflects highly on the entire profession. Members of the athletic training profession assume responsibilities towards everyone they come in contact with and commit themselves to upholding the professional ideals.

As Fresno Pacific University Athletic Training Students (ATS) you should develop a sense of loyalty to the school, the athletic department, and the national and local organizations. ATSS should adhere to the NATA Code of Ethics, the Fresno Pacific University Campus Policies, the Fresno Pacific University Athlete Code of Conduct, the Fresno Pacific University Athletic Training Student Code of Conduct, and the laws governing The United States of America (see Appendix H). All ATSS will sign the ATSS Code of Conduct and it will be kept on file in the Sports Medicine Clinic.

Administration

Hour Sheets/Time Cards

You are responsible for filling out your hour sheets/time cards. We will not keep track of student hours; that are the students' individual responsibility. Hour sheet will be signed off by ACIs at the end of each rotation.

Requested Time Off

If you need to have a certain time or day off you must request the time you want off one week prior to the requested date.

Practice and Game Coverage

ATSS will be asked to help cover practice, games, and any other events needing additional coverage. If events are left uncovered then the ATSS who are at FPU may be issued a strike.

Time Off Requests

All ATSS must give at least 2 weeks in advance for any time off request. Only if EVERY event and practice is covered will the FPU staff consider the time off. ATSS may be required to work during days off from school at Fresno State while FPU is still in session (ex. Spring Break and University Holidays) if there are practices and events that need help covered.

Game Day Procedures for All Sports

- ATCs will cover all home or hosted intercollegiate events with the assistance of the ATs assigned to work with them.
- Consult with supervising ATC to determine game uniform.
- Arrive one hour before the team needs to start warm-up, or as determined by the supervising ATC.
- Set up the necessary supplies as determined by the game set-up list.
- Consult with the supervising ATC to determine if there is any other set-up necessary for the game.

Daily Sports Medicine Clinic Coverage

- ATs are expected to arrive on or before their scheduled time.
- All ATs on duty at the end of the day must assist with cleaning duties, turning out lights and securing the facility when leaving.

Athletic Training Kits

- Each ATC and AT working with a specific team will be responsible for maintaining the inventory of the medical kit (see Appendix H).
- If a medical kit is used by more than one individual, the kit should be restocked after each use.
- STUDENT-ATHLETES ARE PROHIBITED FROM RETRIEVING SUPPLIES FROM THE KIT.
- Along with the medical kit, the Emergency Notebook should be maintained and taken to all practices and games.
- Each AT is to have a properly stocked fanny pack at all events. Only a moderate amount of disposable goods are to be taken from the SMC. No non disposable goods are to be taken from the SMC and used in fanny packs.

Dress Code

Daily Attire

- Maintain modesty and professionalism at all times. All clothing must be appropriately fitting, laundered, and wrinkle free.
- Any plain or FPU Sports Medicine top (no tops with logos from another university, including Fresno State).

- The midsection and cleavage should be covered at all times (even when bending and stretching).
- Shorts must have a **minimum of a 5 inch inseam**.
- Ratty or frayed shorts or pants are not acceptable.
- Pants must not be excessively baggy or tight (no yoga pants or tights).
- Close toed shoes. Athletic shoes are required for outdoor sports. Shoes should be practical for the Athletic Training environment.
- Hats must be FPU logo.
- Hair is clean and neatly trimmed/kept.
- Clean shaven/neatly bearded.
- Acceptable jewelry includes engagement and wedding rings, watch, small pierced earrings. No nose studs or earrings in other visible body parts allowed.
- If a student/staff already has a visible body piercing they are asked to replace/or cover up the piercing during clinical hours.
- If a student/staff has a tattoo, it must be covered by clothing during clinical hours.
- For physician appointments wear khaki pants, FPU polo/top, and closed toed shoes.
- If these conditions are not met, students/staff will be sent home to change then must return promptly with appropriate attire.

Outdoor Sports Game Attire

- Watch, fanny-pack
- Pre-designated game shirt
- Pre-designated pants/shorts
- Pre-designated jacket/warm-ups

Indoor Sports Game Attire

- Watch, fanny-pack if applicable
- Dress shirt/blouse. No T-shirts.
- Slacks/pants and a dress belt. No sweats/warm-ups.
- Dress shoes and dress socks. No athletic shoes.

FPU Athletic Training Student Travel Policy

- An ATS may travel up to 3 times per athletic season.
- An ATS may not miss class to travel with team unless prior written approval is obtained from their professor.
- An ATS may only travel on day trip where no extra expense would be incurred (except meals). No overnight or air travel will be permitted.
- The ATS meals will be provided by the team's budget.
- The assigned Preceptor will be responsible for ensuring all policies are strictly followed, including the maximum limit of three trips.
- It is the Athletic Training Student's responsibility to review with their ACI/ATC the policies and procedures for travel. Some areas to review may include:
 - Emergency Care Policy
 - Expected Conduct
 - Record Keeping Policies
 - Kit (supplies)
 - Emergency telephone numbers of host team and facility and contact information of FPU ATCs
 - Emergency contact and insurance information on all of the student-athletes involved with the sport.

Remember you are representing not only yourself, but also your team, school, and the Sports Medicine Department, so conduct yourself accordingly.

- **"Remember who you are and who you represent."**

Fresno Pacific University Athletic Training Student Code of Conduct

A presumption is made which assumes that all those doing their clinical rotation at Fresno Pacific University possess a sincere desire to promote a program of Christ-centered excellence. The spirit of this code requires Athletic Training Students to follow these principles throughout their clinical rotations.

The Role of the Athletic Training Student:

- Demonstrates a willingness to follow the designated leaders, as well as recognizes he/she can provide personal leadership among those who can be influenced by his/her actions, words or deeds.
- Strives to become more knowledgeable by regular class attendance and performance in the Sports Medicine Clinic.
- Develops good stewardship of time by scheduling outside and academic commitments in an organized manner, and gives proper attention to instruction on the Sports Medicine Clinic.
- Presents him/herself in a manner which would bring credit to Fresno Pacific University and all those with whom he/she is associated by appropriate conduct,

speech and appearance.

- Agrees that use of alcohol, tobacco and controlled substances (such as cocaine, marijuana and steroids) will not be tolerated especially during team functions, team travel or with Fresno Pacific University Intercollegiate student-athletes.
- Shares individual and team related concerns with ACI.
- Sets realistic, yet high, individual standards of excellence academically, athletically, Socially, and spiritually.

- Demonstrates loyalty to his/her classmates, ACIs, coaches, team, the athletics program and Fresno Pacific University by being dependable, prompt, responsible and cooperative.
- Shows proper respect for persons associated with the program, university officials, and opponents as well as equipment and facilities used.
- Understands and will abide by the Sports Medicine Clinic Manual of Policies and Procedures.
- Supports the Fresno Pacific University Sports Medicine Mission Statements:

The Sports Medicine Department exists to provide three primary functions within the athletic department:

- To provide a service to student-athletes through prevention, evaluation, treatment, and rehabilitation of athletic injuries. We strive to offer quality care through education, research, and experience to each student-athlete equally, regardless of sport, gender, ethnicity, age, level of play, or socio-economic standing.
- To provide an environment where Athletic Training Students develop their clinical sports medicine competencies and proficiencies while being exposed to a Christian community, incorporating both professional and spiritual growth in future life application.
- To provide an example of servant leadership where student-athletes and Athletic Training Students feel comfortable to develop their Christian character.

2 Corinthians 9:12

“This service that you perform is not only supplying the needs of God’s people but is also overflowing in many expressions of thanks to God.”

I have read the above sports medicine code of conduct and agree to abide by its standards.

Signature

Date

Name: _____

First Year Athletic Training Student Check-off Sheet

Date Completed

1. Background Check (Completed before your rotation at FPU)

2. FPU Application (Completed before your rotation at FPU)

3. Review and sign Athletic Training Student Code of Conduct with Graduate Assistant.

4. Meeting with Leslie (FPU Associate Director of Athletics).

5. Meeting with Graduate Assistant to discuss personal strengths and weaknesses and set goals for rotation.

6. Meeting with Graduate Assistant at end of rotation to discuss accomplished goals and evaluation.

**Fresno Pacific University Sports Medicine Department
Injured Student-Athlete Emergency Protocol**

The Fresno Pacific University Department of Athletics Emergency Action Plan (EAP) will be activated when the following incidents occur: sudden death of a student-athlete, coach, or staff member during an FPU event or during an official travel to/from a FPU event, unknown abnormalities, disability/quality of life altering injury or illness including but not limited to possible fractures, spinal injuries, head injuries, or loss of consciousness.

Emergency Care Delivery Plan:

1. Activate EMS
 - Contact Emergency Medical Services (EMS) at 911 from a landline (if available) or if from a cell phone contact Fresno Dispatch at (559) 621-7000 to communicate to them that there is an injured student-athlete in need of an ambulance at the scene.
 - Provide the following information to EMS:
 - Name, address, telephone number of caller
 - Number of victims; condition of victims
 - First-aid treatment initiated
 - Specific directions as needed to locate scene
 - Other information as requested by dispatcher
 - Stay on the phone until EMS hangs up
 - Communicate to Certified Athletic Trainer (ATC) that there is an injured student-athlete in need of emergency medical treatment.

2. The ATC or designee will call the Department of Campus Safety (559-453-2298) and provide the information below.
 - Instruct the Department of Campus Safety to direct Emergency Medical Services (EMS) to the appropriate venue:
 - **Fresno Pacific University (1717 S. Chestnut Ave, Fresno, CA 93702)**
 - From **Butler** and **Winery** (if you are going East on Butler)
 - **SEC Gymnasium** – Turn right and go South on Winery and go to SEC building's East entrance glass doors.
 - **SEC Fitness Center** – Turn right and go South on Winery, and then take the 2nd street on the right and go West on Heaton. Turn left into the parking lot that is North of the SEC building. Fitness Center is located on North side of SEC building.
 - **Swimming Pool** – Turn right and go South on Winery and park on the East side of the SEC building. The back gate to the swimming pool is located on the East side of the swimming pool between the SEC and the utility buildings.
 - Steinert Athletic Complex (1719 S. Winery Ave, Fresno, CA 93702)
 - **Baseball Field/Batting Cages** – Turn right and go South on Winery and go until Winery turns right. Instead of turning onto Hamilton, go South into the parking lot of the Steinert Athletic Complex and make an immediate left.
 - Go to the entrance along the first base-line near right field. Entrance will be near batting cages.
 - **Soccer Fields/Track/Tennis:** Go East onto Butler and go South on Willow. The Willow gate will be on the right side (Northeast side of the field). Once inside go through parking lot and turn left at the end. The field will be on the right.
 - **Tennis Courts:** After making a left form parking lot follow dirt road to tennis courts on the left.
 - **Sunnyside High School (1019 South Peach Avenue, Fresno, CA)**
 - From **Kings Canyon** and **Peach**

- **Swimming Pool:** Head south on Peach avenue from Kings Canyon Ave. Sunnyside High School is on the left. Turn left into the first parking lot. Swimming pool is at the end of the parking lot.

A member of the Department of Campus Safety will be at the entrance of the athletic venue to direct EMS to the scene.

3. The ATC will provide appropriate emergency care until arrival of EMS personnel. Upon arrival of EMS personnel, the ATC will provide pertinent information (method of injury, vital signs, treatment rendered, medical history, emergency card, and insurance information) and assist with emergency care as needed.
4. The Department of Campus Safety will complete an Incident Report to document the emergency.

Notes:

- A designated individual (assistant coach, Athletic Training Student, etc) may accompany the injured student-athlete to the hospital.
- Activate the phone chain.
- Parents/guardians of the injured student-athlete should be contacted by the Director or Associate Director of Sports Medicine.

Emergency Telephone Numbers:

▪ Community Medical Center-Fresno	(559) 459-1870	2823 Fresno St, Fresno, CA 93721
▪ Community Medical Center-Clovis	(559) 324-4000	2755 Herndon Ave, Clovis, CA 93611
▪ St. Agnes Medical Center	(559) 450-3000	1303 E Herndon Ave, Fresno, CA 93720
▪ Kaiser Foundation Hospital	(559) 448-4646	7300 N Fresno St, Fresno, CA 93720
▪ University Medical Center	(559) 459-4000	445 S Cedar Ave, Fresno, CA 93702

Emergency Numbers:

▪ Sports Medicine Clinic	(559) 453 -2274 (559) 453- 6388 (559) 453-7189
▪ Campus Safety	(559) 453-2298
▪ Department of Athletics	(559) 453-2009
▪ EMS	911

Forms to Sign



Athletic Training Program Technical Standards for Admission

The Athletic Training Program at California State University, Fresno is a rigorous and intense program that places specific requirements and demands on the students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The technical standards set forth by the Athletic Training Program establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency (Committee on the Accreditation of Athletic Training Education [CAATE]). All students admitted to the Athletic Training Program must meet the following abilities and expectations. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program. Compliance with the program's technical standards does not guarantee a student's eligibility for the BOC, Inc. Certification Examination.

Candidates for selection to the Athletic Training Program must demonstrate:

1. the mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm;
2. sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely and efficiently use equipment and materials during the assessment and treatment of patients;
3. the ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. Students must be able to understand and speak the English language at a level consistent with competent professional practice;
4. the ability to record the physical examination results and a treatment plan clearly and accurately;
5. the capacity to maintain composure and continue to function well during periods of high stress;
6. the perseverance, diligence and commitment to complete the athletic training education program as outlined and sequenced;
7. flexibility and the ability to adjust to changing situations and uncertainty in clinical situations;
8. affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

Candidates for selection to the athletic training program will be required to verify they understand and meet these technical standards or that they believe that, with certain accommodations, they can meet the standards. The Services to Students with Disabilities Office will evaluate a student who states he/she could meet the program's technical standards with accommodation and confirm that the stated condition qualifies as a disability under applicable laws. If a student states he/she can meet the technical standards with accommodation, then the University will determine whether it agrees that the student can meet the technical standards with reasonable accommodation; this includes a review to assess whether the accommodations requested are reasonable, taking into account whether accommodation would jeopardize clinician/patient

safety, or the educational process of the student or the institution, including all coursework, clinical experiences and internships deemed essential to graduation.

I certify that I have read and understand the technical standards for selection listed above, and I believe to the best of my knowledge that I can meet each of these standards either without accommodation or with certain reasonable accommodations. If I need reasonable accommodations, I have contacted the Services for Students with Disabilities Office to determine what accommodations may be available. I understand that if I am unable to meet these standards with or without reasonable accommodations, I will not be admitted into the program.

Name (Printed) _____

Signature of Applicant

Date



Athletic Training Program Policy Verification Form

My signature also acknowledges that I have read each policy stated below and understand that it is my responsibility to comply with the requirements expressed in each policy.

- Policy on Information Security and Confidentiality
- Expectations of Fresno State Athletic Training Program Students
- Policy and Procedures Regarding Probationary Status or Dismissal
- Athletic Training Program Strike System
- Communicable Disease Policy
- Bloodborne Pathogens Policy
- Fair Practice Work Policy
- Unsupervised Student Travel Policy

Name (Printed) _____

Signature of Applicant

Date



California State University, Fresno
Department of Physical Therapy and Department of Kinesiology
Multimedia Release Form

I, _____, hereby authorize the release of my **Testimonial, Photograph, Video or ALL**, (Please circle Testimonial, photo, Video or ALL) taken while a student at California State University, Fresno and the Department of Kinesiology and the Department of Physical Therapy.

They may be used for educational or promotional purposes by California State University's Fresno's Department of Physical Therapy as well as the Department of Kinesiology and general University promotions, including all forms of media and electronic communications. These include radio, television, Internet, social media and educational presentations. I understand that I will not be reimbursed for the use of the testimonials, pictures and/or videos now or in the future.

I grant permission to California State University, Fresno (Fresno State), its employees and agents, to take and use visual/audio images of me. Visual/audio images are any type of recording, including photographs, digital images, drawings, renderings, voices, sounds, video recordings, audio clips or accompanying written descriptions. Fresno State will not materially alter the original images. I agree that Fresno State owns the images and all rights related to them. The images may be used in any manner or media without notifying me, such as university-sponsored web sites, publications, promotions, broadcasts, advertisements, posters and theater slides, as well as for non-university uses. I waive any right to inspect or approve the finished images or any printed or electronic matter that may be used with them. I release Fresno State and its employees and agents, including any firm authorized to publish and/or distribute a finished product containing the images, from any claims, damages or liability which I may ever have in connection with the taking of use of the images or printed material used with the images. I am at least 18 years of age and competent to sign this release. I have read this release before signing, I understand its contents, and I freely accept the terms.

I hereby allow use of my testimonial, photo and/or video for the following:
(Please check all boxes you are giving permission to)

- California State University, Fresno, the Department of Physical Therapy and Kinesiology multimedia outlets. (For example: Flyers, Promotional Material, Departmental Website, Facebook Page, YouTube or Blog.)
- Educational Purposes
- Presentations

Student signature and date

Witness

**RELEASE OF LIABILITY, PROMISE NOT TO SUE, ASSUMPTION OF RISK AND
AGREEMENT TO PAY CLAIMS**

Activity: _____

Activity Date(s) and Time(s): _____

Activity Location(s): _____

In consideration for being allowed to participate in this Activity, on behalf of myself and my next of kin, heirs and representatives, I **release from all liability and promise not to sue** the State of California, the Trustees of The California State University, California State University, Fresno, The California State University Association, Inc., and all of said entities' employees, officers, directors, volunteers and agents (collectively "University") from any and all claims, **including claims of the University's negligence**, resulting in any physical or psychological injury (including paralysis and death), illness, damages, or economic or emotional loss I may suffer because of my participation in this Activity, including travel to, from and during the Activity.

I am voluntarily participating in this Activity. I am aware of the risks associated with traveling to/from and participating in this Activity, which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and/or death. I understand that these injuries or outcomes may arise from my own or other's actions, inaction, or negligence; conditions related to travel; or the condition of the Activity location(s). **Nonetheless, I assume all related risks, both known or unknown to me, of my participation in this Activity, including travel to, from and during the Activity.**

I agree to **hold** the University **harmless** from any and all claims, including attorney's fees or damage to my personal property that may occur as a result of my participation in this Activity, including travel to, from and during the Activity. If the University incurs any of these types of expenses, I agree to reimburse the University. If I need medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

I am 18 years or older. **I understand the legal consequences of signing this document, including (a) releasing the University from all liability, (b) promising not to sue the University, (c) and assuming all risks of participating in this Activity, including travel to, from and during the Activity.**

I understand that this document is written to be as broad and inclusive as legally permitted by the State of California. I agree that if any portion is held invalid or unenforceable, I will continue to be bound by the remaining terms.

I have read this document, and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

Participant Signature: _____ Student ID# _____

Participant Name (print): _____ Date: _____

If Participant is under 18 years of age, or has a legal conservator or guardian:

I am the parent or legal conservator/guardian of the Participant. **I understand the legal consequences of signing this document, including (a) releasing the University from all liability on my and the Participant's behalf, (b) promising not to sue on my and the Participant's behalf, (c) and assuming all risks of the Participant's participation in this Activity, including travel to, from and during the Activity.** I allow Participant to participate in this Activity. I understand that I am responsible for the obligations and acts of Participant as described in this document. I agree to be bound by the terms of this document.

I have read this two-page document, and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

Signature of Participant's Parent or Legal Guardian/Conservator

Name of Participant's Parent or Legal Guardian/Conservator (print)

Participant's Name