

SECONDARY SCHOOLS QUARTERLY NEWSLETTER



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COMMITTEE CHAIR MESSAGE

Where did summer go? I hope you all had some time for rest, relaxation, maybe a vacation or two, but most importantly, the opportunity to recharge your batteries and be ready for the start of another year of athletics in the secondary schools. By the time you are reading this, fall sports will be well under way, with hectic athletic training rooms full of football, volleyball, girls' soccer, cross country, girls swimming, slowpitch softball, dance, and cheer athletes. For those of you that are new to your school(s), I hope that you have a smooth transition. For those of you that may be new to the state, or newly certified, welcome! I encourage you to reach out to myself or a committee member who is in your area if you have questions or need assistance with anything. I know fall season is busy, but expect to hear from me about a few different things throughout the coming months. The secondary schools committee will be coming forth with a new plan for the Safety in Sports Campaign this fall, but we will not be doing helmet stickers this year. I will also be reaching out sometime in September with a survey for secondary schools members to improve the ability of the secondary schools committee to serve you. I hope you all have a successful and safe fall season!

AT SPOTLIGHT – CIARA ASHWORTH

Howdy! My name is Ciara Ashworth and I am the Athletic Trainer and Sports Medicine Instructor at Kamiakin High School; heading into year five with the Braves. I grew up on the west side in Lynnwood and I graduated from Whitworth University in 2014 (Go Bucs). I currently serve as the WSATA Vice President and represent NWATA on the NATA Professional Responsibility in Athletic Training (PRAT) Committee. My husband, Andy, teaches middle school science and coaches track at Hanford and we adopted a fur-child, Rogue, last spring. My students and athletes are very important to me and knowing that, my husband proposed during the homecoming assembly. Being an Athletic Trainer is all I have ever wanted since I was in high school and took my first sports medicine class. Now I get to share my passion for this phenomenal profession with my students, athletes, and parents. Our profession is unique in the interactions we share with those we come in contact with. It is not just about money or status, it truly is about being there for the population we serve and I cherish that fact every day.

DOCUMENTATION TIPS

Hopefully you were able to attend the WSATA annual meeting this past summer and listen to my advice on best practices for documentation. If not, here are a few key things you should know!

- Documentation is important for several reasons, a few of these reasons include:
 - Athletic Trainers are medical professionals and should hold themselves to the documentation standards of other medical professionals

- Documentation facilitates good communication between the AT, the patient, and other involved parties
- Documentation results in better patient outcomes through goal setting, and tracking patient progress
- Can help with cost analyze and evaluating injury tendencies and trends
- Be sure to follow the 15 day and 45 day rule from our state practice act – More information can be found [here](#)
- Your documentation should be manageable to your patient care settings as established through written standing orders between the directing physician and the AT.
- There are many different EMR systems available, such as – SportsWare, ATS, Dragonfly Max, AT Genius, Healthy Roster, Rank One Sport, and Google Forms.

Something else I did not share at during my presentation that was brought up afterwards was regarding the length of time for record keeping.

- According to OSPI, records pertaining to “health care/services provided to students” should be kept for 8 years after the last provision of health-related services.
- According to the Washington Medical Quality Assurance Commission, it is recommended that practitioners keep patient records for 10 years, and up until the age of 21 for those patients who are minors.

MAKING SURE EVERYONE IS PREPARED – EMERGENCY ACTION PLANS

Do you know your action plan in case of an athletic emergency for ALL of your athletic venues? What about an action plan for an active shooter? An earthquake? A mental health crisis? The point is, you should be prepared for everything! The better prepared you are, the better you will be able to respond in an emergency situation. So now is the time to check up on your EAPs and make sure you have all of your bases covered.

According to the Korey String Institute (KSI), benefits of having emergency action plans in place include:

- Risk management strategy: lead to prevention of athletic injury
- Readily prepared for emergency situations
- Ensures that appropriate care is provided in a timely manner
- Decrease chance of legal action taking place
- Protects liability of ATC and school administration
- Leads to a more effective emergency response

KSI states that the EAP needs to be specific to each athletic venue and address the following components:

- Emergency Personnel – Describe the emergency team involved when the EAP is activated and the roles of each person.
- Emergency Communication – What communication devices are available, where, what number to call in an emergency, specific information and directions to the venue to provide to EMS response team.
- Emergency Equipment – Location of equipment should be quickly accessible and clearly listed. Equipment needs to be maintained on a regular basis.
- Medical Emergency Transportation – Describe options and estimated response times for emergency transportation.
- Venue Directions with a Map – (should be specific to the venue, and provide instructions for easy access to venue)
- Roles of First Responders – Establish scene safety and immediate care of the athlete, activation of EMS, equipment retrieval, direction of EMS to the scene
- Emergency Action Plan for Non-Medical Emergencies – These emergencies can refer to the school emergency action plan if one is in place

For more information:

- Check out the EAP Template from KSI - <http://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/03/KSI-EAP-Template.docx>
- Check out the NATA Position Statement - <https://www.nata.org/sites/default/files/EmergencyPlanningInAthletics.pdf>



At Your Own Risk has plenty of great resource for educating you stakeholders!

Contact Us!

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Looking for extra work?

Check out Go4Ellis

COMMUNICATION TIPS PART 2 – COMMUNICATING WITH YOUR COACHING STAFF AND ATHLETIC DIRECTOR

I think back to my days as a graduate assistant working at a Division 1 school and the biggest lesson I learned was the importance of communication. We are taught to be good communicators in our education, and do activities to promote our communication skills, and many of us probably think we are quite good at it! In reality, the truth is that we can probably do better. Communication is a two way street. We hate it when a coach moves a practice, or a game gets rescheduled, and we are left in the dark. Well, your coach probably hates it when they don't know the status of a player, why players are late to practice, or they never seem to find you when they need you. My advice, over communicate.

Let your coaches know what your expected hours are and game coverage responsibilities for the week. Send injury reports out to let coaches know the current status of their players and when they should hopefully expect them back. Be honest with them in your thoughts, concerns, or questions you have, and don't sugarcoat things or exaggerate to be a people pleaser. Equally as important is to learn the right and wrong times to communicate with your coaches. Some things need to be quick and prompt, and some things can wait until a better moment.

If you show the respect and communication towards them, they are likely to return it. Some coaches can be challenging, rude or difficult to deal with, but effective communication can be the difference in having a successful relationship.

SECONDARY SCHOOLS COMMITTEE PROJECTS

FAQ

- Secondary Schools “Frequently Asked Questions” will be available soon.

Safety in Sports Campaign

- The secondary schools committee has overtaken this project and is working on ideas to put out to you soon! There will be no sticker campaign this year.

Athletic Trainer Master Contact List

- If you need to know who is at a specific school and how to contact them, let one of the committee members know. If you are new to your school or people have shifted around in your area, let us know so we can update.

LOOKING AHEAD

- Expect another newsletter during the winter season, where we will be taking a closer look at common skin condition issues, cardiac arrest, and tips to avoiding burnout.
- Interested in your school getting a Safe Sports School Award? Grants are available through the state and district. You can apply for a grant after you have submitted your application and are accepted.
- Honors & Awards – We have 3 NATA Secondary Schools awards that are open. [Nominate your colleagues HERE!](#)
 - [Secondary School Servant's Heart Award](#) – Due 9/15/19 – A champion in securing AT's in secondary setting
 - [Secondary School AT Advocate Award](#) – Due 9/15/19 – Demonstrating long-term commitment to SS setting
 - [Secondary School Athletic Trainer of the Year Award](#) – Due 10/1/19 – A brand new award! Intended for someone who elevates the profession of athletic training at the secondary school level