

# SECONDARY SCHOOLS QUARTERLY NEWSLETTER



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## COMMITTEE CHAIR MESSAGE

One of the primary goals of the WSATA Secondary Schools Committee is to be visible, accessible, and approachable. Secondary school athletic trainers make up the largest number of athletic trainers in Washington State, and with that comes challenges, accomplishments, and room for growth. Many of us get so invested in our work and focus on what we are doing, that we tend to alienate ourselves from others around us. Having your own personal network of friends and colleagues that you can reach out to for support, questions, or just to talk to, can be invaluable. I hear plenty from plenty of athletic trainers who would agree. I am thankful for the relationships I have with the athletic trainers in my community, and hardly a day passes that we are not texting one another to share some new educational tip, ask questions about a particular case, or just meet up for a drink. I encourage you to reach out to those around you, strengthen those relationships, improve your communication, and continue to challenge this committee to better serve you in the focus of our core values.

## AT SPOTLIGHT – AVA KLEIN

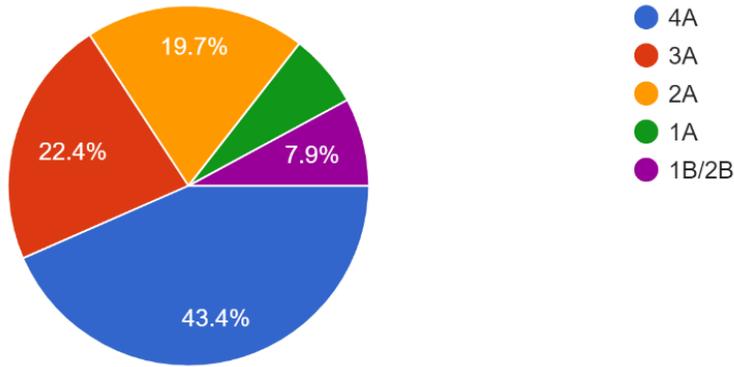
Ava is a new addition to the WSATA Secondary Schools Committee and will be representing district three.

I am currently in my 4th year with Seattle Children's Hospital and my 3rd year at Hazen High School in Renton. I love working in the secondary school setting and have also worked at Tyee High School. I attended Chapman

University in Southern California, but returned to my native Seattle after I graduated. In my free time I play roller derby, enjoy the outdoors and cross stitch. I am looking forward to serving all of you!

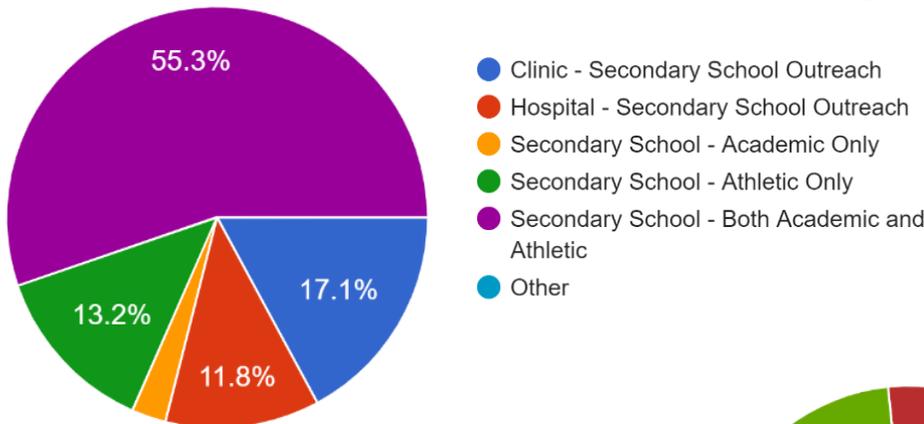
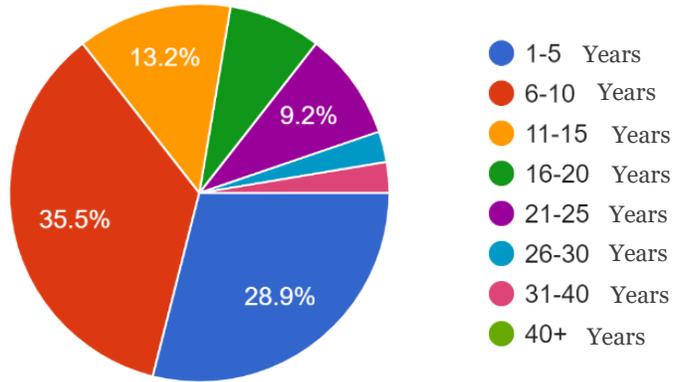
## AT SALARY SURVEY

In January the Secondary Schools Committee distributed a salary survey aimed at trying to obtain some more accurate data for athletic trainers providing services at secondary schools in Washington State. We had nearly 80 responses to our survey, and we wanted to share some of the preliminary data with you. We will be delving further into the data we have collected to look for trends based on geographical areas, and comparing the numerous ways in which AT's are employed within our state. Be on the lookout for more to come!



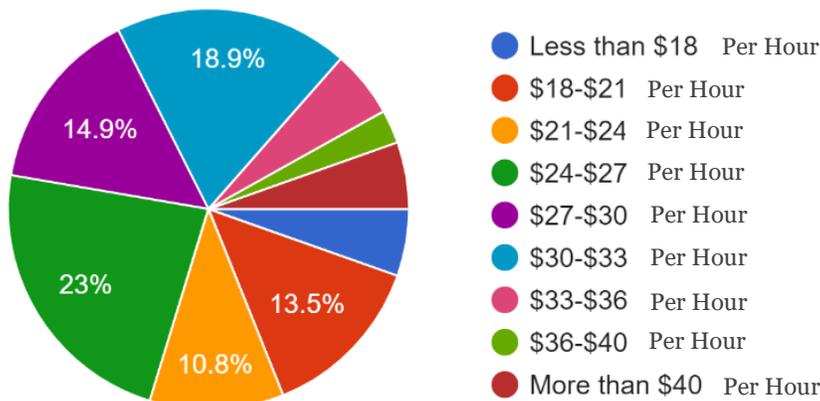
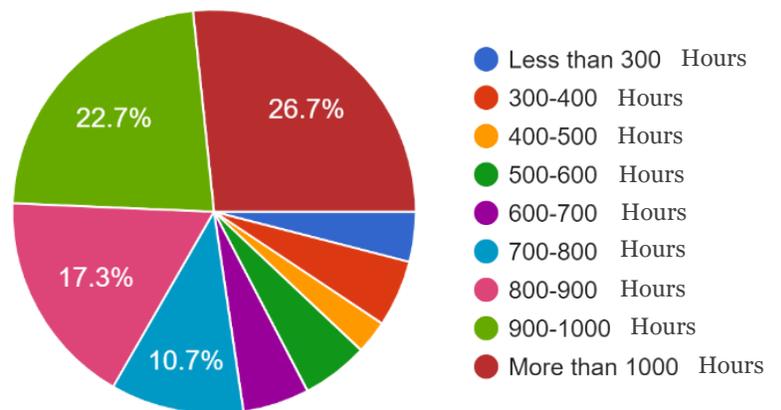
### What level school do you primarily provide athletic training services at?

### How many years have you been an athletic trainer?



### What is your work setting?

### What is the typical amount of hours worked per year for your AT services in the Secondary Schools?



### What is your direct hourly rate or calculated rate for AT services in the Secondary Schools?

## **PROPER USE OF STUDENT AIDES**

The NATA recognizes that allowing secondary school students the opportunity to observe the daily professional duties and responsibilities of an athletic trainer can be a valuable educational experience. This unique experience may expose students to the foundations of various health related careers as well as provide them with important life skills.

Athletic Trainers, not aides, are the appropriate individuals to be providing Athletic Training services, specifically injury evaluations, treatments, rehab and RTP decisions. Athletic Trainers should use time with student aides as an opportunity for teaching and sharing their passion for the profession of Athletic Training.

- Examples of Appropriate Tasks to be performed by Student Aides:
  - Field set up and take down, hydration specialization, & cleaning duties
  - Performing inventories, stocking kits, shelves, taping tables, etc., & making ice bags
  - Being eyes and ears for sideline recognition of potential injury, practice taping skills on non-injured individuals and classmates for the purposes of a learning experience, and providing first aid skills as trained to do so.
  - Student Aides should be identified by coaches, athletes, and other staff members as “aides”, not trainer, student trainer, athletic trainer, or athletic training student.
  
- Examples of Inappropriate Tasks to be performed by Student Aides:
  - Interpreting referrals from other healthcare providers, providing evaluations, making decisions about treatments, procedures or activities, & planning patient care
  - Independently providing athletic training services during team travel, providing protective taping to injured athletes for the management of an injury, or taping non-injured athletes for preventative measures prior to or during athletic activity, without direct supervision from athletic trainer.
  - Students should be under the direct supervision of the athletic trainer at all times, including travel. Students without the direct supervision of an athletic trainer, and working under the supervision of a coach, may feel pressured by a coach because they are a student.
  - Student aides should not refer to themselves as “Athletic Trainer”, “Trainer”, “Sports Trainer”, “Team Trainer”, “Student Trainer”, or “Student Athletic Trainer”.

## **TIPS TO AVOIDING BURNOUT**

*“A state of physical, emotional, and mental exhaustion caused by long term involvement in emotionally demanding situations” – Ayala Pines and Elliot Aronson*

*“A state of fatigue or frustration brought about by devotion to a cause, way of life, or expected reward.” - Herbert J. Freudenberger*

Most of us have our own personal understanding or definition of what burnout means to them, and in reading these two definitions, I would imagine that burnout sounds like something that some of us may have experienced in our line of work. The focus of this resource is to highlight some of the common warning signs of burnout and provide tips to avoid it.

- Common warning signs of burnout –
  - Having a negative attitude at work
  - Not wanting to go to work or wanting to leave once you’re there
  - Low energy and/or little interest in your work
  - Easily irritated by those you work around
  - Emotionally secluding yourself
  - Feeling that your work goes unrecognized and you don’t feel like you are making a difference
  - Going through the motions instead of being engaged, often resulting in poor performance
  
- How to avoid burnout –
  - Focus on strategies that provide your work with a deeper impact and provide lasting change
  - Work with purpose

# AT YOUR OWN RISK

A SAFER APPROACH TO  
WORK, LIFE AND SPORT

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

## **Contact Us!**

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# GO4ELLIS

*Looking for extra work?  
Check out Go4Ellis*

**ATLAS**  
ATHLETIC TRAINING LOCATIONS AND SERVICES

- Avoid the excessive workload that is may be causing your burnout
- Learn to delegate or say no when necessary
- Exercise regularly
- Get more sleep
- Focus on strategies to manage your stress effectively

## **SECONDARY SCHOOLS COMMITTEE PROJECTS**

### ***WSATA Secondary Schools Webpage***

- Check out the Secondary Schools WSATA webpage for resources, as well as to see some of the projects we have been working on that are listed below.  
<https://www.wsata.org/ssatc>

### ***FAQ***

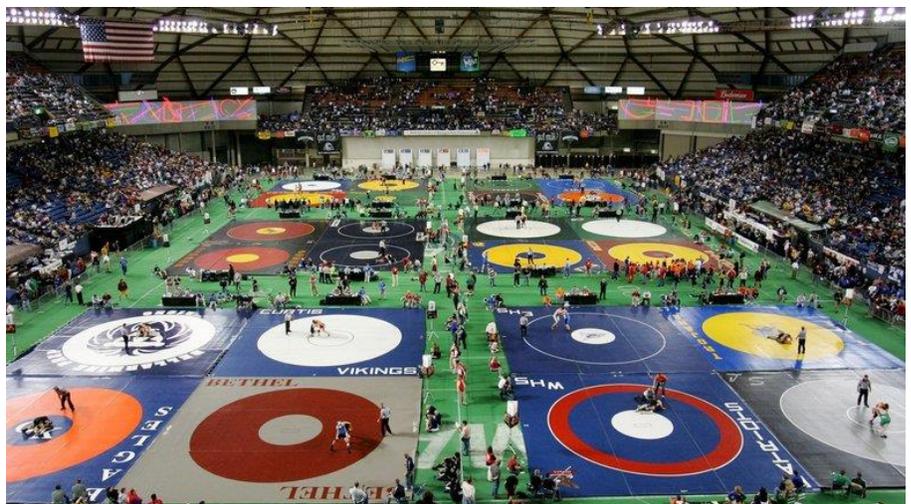
- Our secondary schools “Frequently Asked Questions” can be found on our Secondary Schools Page on the WSATA Website

### ***Strategic Plan***

- If you are interested in what the Strategic Plan looks like for the Secondary Schools Committee, you can find that on the website as well!

## **LOOKING AHEAD**

- Expect another newsletter towards the end of spring/early summer where we will be taking a look at Creating the Optimal Sports Medicine Team, Sport Related Concussion Return to Learn, Cardiac Arrest, and Professional Development Tools for the Secondary School Athletic Trainer.
- 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.
- ATLAS – Please be sure to update your ATLAS information if you have not done so recently. It is requested that the information be updated every other year to keep the most accurate data.



*Hope everyone has a safe and successful end to winter sports and beginning of spring sports!*