

Washington State Athletic Trainers' Association

Spring 2019 Newsletter

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President's Message

Greetings WSATA Friends and Colleagues!

Washington AT's are the best, I knew this long ago, but after a fast moving, roller coaster of a legislative session you have all shown this to be true again and again. We placed the call for our members to contact their legislators and to come to Olympia and you all responded. Together we have made steps forward as profession. On May 9th ESSB 5688 was signed into law by Governor Jay Inslee. In the coming days you will hear from the Department of Health, the WSATA and others about how to meet the training requirement for Suicide Prevention and Epi-pen administration following the rules process with the Department of Health. These two changes will place us on an even ground with all other health care professionals in Washington.

Other achievements in this legislation include the strengthening of our title protection, removal of authorized volunteer language, and addition of pharmacology language. All of what we have achieved will move use forward as a profession. While we still have work to do, we have achieved greAT things! None of what was accomplished could be done without all of our members, Thank you!

It was fantastic to see so many of you in Spokane during the NWATA meeting. The support of our raffle was tremendous, we were able to raise \$1600 toward our legislative efforts. During our business meeting the leadership was happy to share our strategic plan with the membership. It is a frequently re-evaluated plan as we have already begun to accomplish tasks that were included. We look forward to sharing our continued progress and vision in Boise, ID in 2020.

The Annual Clinical Symposium will be held Saturday, July 20 th in the Don James Center at Husky Stadium. Our continuing education committee has been hard at work planning a high-quality diverse meeting. Topics being covered include eye injuries, mental health, documentation in the secondary schools, concussion exercise rehabilitation, evaluation of the hip with a hands-on lab. Please make sure to register at www.wsata.org, cost will increase on July 14th. This meeting would not be possible without the support of our title sponsor DonJoy and sponsors Henry Schein, Sway, Medco, and Gatorade.

I look forward to the education and opportunity to reconnect with friends and colleagues during our Annual Meeting every year. This year I will be supporting our Continuing Education Committee, Board of Directors and Committee Chairs from abroad. For a number of years I have worked with USA Diving as a member of their medical staff. In the early winter I was selected to be a member of our medical staff providing care for our World Championship Team in Gwangju, South Korea in July. This starts the opportunities to qualify the USA to compete in Tokyo for the 2020 Olympics.

While it has been a busy year, it has been a greAT year to be an Athletic Trainer in Washington!

I look forward to seeing you all in Las Vegas during NATA.

Enjoy your time to recharge, reconnect and relax over the summer

Jen



Governmental Affairs-Dana Gunter

As you know, our Engrossed Substitute Senate Bill 5688 (SSB bill 5688) was signed by Governor Jay Inslee on May 9th 2019! This is mostly thanks to all of you who called, emailed, visited or wrote to your Senators and Representatives at the appropriate times throughout this session.

A HUGE THANK YOU to all of you!!!!

The bill [with the exception of Section 5*, which becomes effective on August 1st, 2020] effectively becomes law on July 28, 2019.

*New Section 5 amends RCW 43.70.442 and 2017 c 262 s 4 and is in regards to our new CE requirement for suicide assessment, treatment and prevention training.

<https://app.leg.wa.gov/billssummary?BillNumber=5688&Year=2019&Initiative=false>

Take Note:

Specific details will be disseminated as we learn them. Please note that it is your responsibility to determine how our updated statute (licensure law) will affect your practice setting.

A quick glance to notable changes to come from SSB 5688:

- Enhances our title protection and,
- Removes the 'volunteer' language from original statute.
- After completion of an anaphylaxis training program in accordance with RCW 70.54.440 may administer an epinephrine autoinjector to an individual who is experiencing anaphylaxis. *The Department of Health (DOH) will be further clarifying this. Please stay tuned to details to come.
- ATs will have a limited list of over-the-counter topical medications they can purchase, store and administer. **Note that this may have setting restrictions and, excludes students in public schools and, other minors must have parent or guardian consent.
- Requires an athletic trainer to complete a one-time suicide assessment, treatment, and management training. Includes retired active license holders. This will be effective August 1, 2020. Be aware that there may be a date set by DOH that would stipulate the earliest date that would apply to completing this requirement for an August 2020 effective date.

Please send any questions you have to myself at governmentaffairs@wsata.org or to our WSATA President, Jennifer Carrol at president@wsata.org

Submitted by Dana Gunter, GA Chair, WSATA

Public Relations—Lisa Kenney

The spring brought us National Athletic Training Month, where we were able to highlight athletic trainers across the state, come together to create a great video, promote athletic training at the GNAC basketball tournament, and more. If you missed any of the highlights, check out our Facebook page - all of the photos and videos are posted there! We also had WSATA members highlighted in the NATA News! If there is something you think we should share with the world, send it to pr@wsata.org

The Public Relations Committee is looking for people who want to help run social media, coordinate Safety in Sports, NATM, etc. If you're interested or have questions, email Lisa at pr@wsata.org

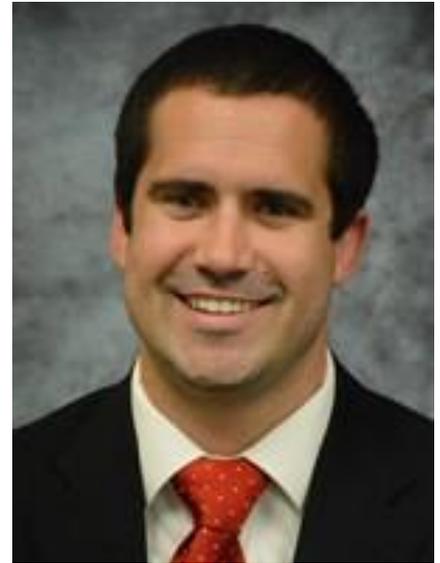
Treasurer's Report

Hello everyone!

My name is Jake Decker, and I am the new treasurer for WSATA. Currently, I am an Assistant Athletic Trainer at Central Washington University where I work directly with our volleyball and softball programs. I completed my undergrad degree at Whitworth University (Go Bucs!), and my Master's at CWU. I've wanted to be involved in the state or district for a while, so I'm excited to get started! If you guys have any questions or concerns, please do not hesitate to ask!

Thanks

Jake



Continuing Education—Jason Hand and Todd Yamauchi

Hello Members

The Continuing Education Committee would like to remind you that WSATA will be holding our Annual Meeting and Clinical Symposium on July 20th in the Don James Center at Husky Stadium in Seattle, WA.

This year our presenters represent a variety of professions and include Athletic Trainers, Physicians, and Physical Therapists. Topics will cover proper management of eye injury, best practices in the secondary schools setting, mental health monitoring systems, and non-acute examination skills with interactive learning opportunities.

Please be on the lookout for an email that will provide more information on the agenda and the registration process for the meeting.

Any questions about the meeting can be sent to: education@wsata.org

We look forward to seeing you in Seattle on July 20th!

Honors and Awards—Shane Wibel

Greetings WSATA!

After NWATA in Spokane, WA, the push for honors and awards has slowed down a great deal. I know I have done this already but thank you to all who nominated friends and colleagues for our WSATA awards.

That being said - it is never too early to start thinking about the 'Difference Maker' in your life! Perhaps you have seen somebody who consistently provides 'Excellence in Service'! There were so many outstanding physicians nominated – let's continue to try and honor those physicians that are outstanding advocates for the field of athletic training.

Once again, I want to bring attention to the newly re-opened WSATA Hall of Fame Nomination process. It is never too early to be thinking of those athletic trainers that are deserving of this recognition! For more information on the Hall of Fame and all other awards, please visit <http://www.wsata.org/awards/>

I, like all of you, am looking for a few months of summer! Have a great end of the year and I will be in contact soon!

If you have any questions or concerns, please do not hesitate to contact me.

Secondary Schools-Josh Holliday

I hope that everyone in the secondary schools setting has had a successful year and is looking forward to some well-deserved downtime (hopefully!) over the next few months before fall sports resume in August.

A few things to be on the lookout for from the Secondary Schools Committee:

- The next edition of the Secondary Schools Newsletter to be coming out in the next few weeks
- Secondary Schools FAQ
- A new survey sometime this summer to address additional needs in the secondary schools
- A presentation on Best Practices in the Secondary Schools Setting – Is your documentation game where it needs to be?

If you are in the secondary schools setting and move to a new school or someone new comes to a school near you, please share that information with myself or one of you state committee members!

TOP 5 EVENTS AT NATA 2019!!

5. Amazing pre-conference learning opportunities! Casting, suturing, dry needling—so much good stuff!

4. AT Expo—over 350 companies to check out!! Think of all the free samples!!

3. NWATA District Meeting—Get up to date on NWATA news as well as catch up with all your people! **Tuesday @ 5:30**

2. Welcome Party—the theme is **Glow**—so break out your neon clothes and have some fun on **Monday night**.

1. Keynote—magic, football, inspiration...what more could we ask for?! Mark your schedule for **4:15 on Wednesday** to hear from Jon Dorenbos, former NFL long snapper **AND** magician.

Committee on Practice Advancement/Emerging Settings—Jamie Nikander

Emerging Setting Athletic Trainer Spotlight

Damon Garnas is an athletic trainer with Work-Fit in the industrial setting for a major aerospace company. Damon graduated with his B.S. in Athletic Training & a minor in strength and conditioning from Washington State University in 2016, he obtained BOC certification in 2016, then earned an M.S. in Exercise & Nutrition Sciences from Montana State University in 2018. Initially, he had set his sights on sticking with the traditional setting and working with football at the Division I level. Damon spent the majority of his undergraduate experience at Washington State working and traveling with football as well as working with Montana State University football as a certified graduate assistant Athletic Trainer. During the search for post graduate jobs he was inspired by the role and ability of athletic trainers to be health care professionals in a non-traditional setting. This is the primary spark that drove Damon to switch from a more traditional setting to the industrial setting and he has been loving it ever since.



In this non-traditional setting, Damon still finds work domains such as: Injury and Illness Prevention and Wellness Promotion, Examination, Assessment, Manual therapy techniques, Healthcare Administration and Professional Responsibility. Typical responsibilities include day to day facility operations, patient care, work conditioning, ergonomic analysis, and general well-being recommendations. He likes this setting for its opportunity to integrate with occupational safety staff, health, and well-being to improve worker health and productivity. He enjoys the challenge of working with individuals who may not know what an athletic trainer is, helping people buy into their health and making health personal with those he works with.

Need help with something in your region? Have questions? Reach out to your Region Representatives!

Region 1: Jill Harvill

region1rep@wsata.org

Region 2: Jodee Roberts

region2rep@wsata.org

Region 3: Kerry Gustafson

region3rep@wsata.org



Region 1—Jill Harvill

Hello Region 1! I hope you had a good spring and have some off time this summer to enjoy with friends and family and, of course, your AT colleagues in Las Vegas this month! We enjoyed a social on May 31 in Yakima and have more planned for Wenatchee in August, Spokane in October, and Tri-Cities in February. If you live in one of these areas and would like to help me host at a cool local place, let me know.

As you have read in the rest of this newsletter, there is lots of activity in Washington. Remember to register with Go4Ellis to find per diem work. If your school or organization is struggling to find medical coverage, encourage them to create an account to find help. For ATC's looking for employment, visit a social to network, visit the NATA Career Center, check other online job sites. There are several positions open RIGHT NOW for ATC's in Eastern Washington.

Reach out to me if you have an idea, question, or concern. I can get support from WSATA involved as needed. Have a great summer!



Region 2—Jodee Roberts

All of the Region Reps have been working hard to better serve our region populations by scheduling more socials throughout the year and at various locations. Region 2 will be hosting TWO LOCATIONS per date in order to reach more of our members! Please pay special attention to dates, times, and locations for each so that you can attend the social nearest to you!

AUGUST 10th:

12pm to 2 pm—> PORT TOWNSEND

... at the QUENCH WATERFRONT KITCHEN AND BAR. 725 Water St. Port Townsend, WA 98368. People traveling from Island County can come join us by taking the 11 am Port Townsend ferry departing from Coupeville, and return on the 2:00 ferry!

3:30pm -5:00pm —> PORT ORCHARD

... at the BRICK HOUSE located at 714 Bay St., Port Orchard, WA 98366.

OCTOBER 19th:

12 PM-2 PM —> TACOMA

...at the HARMON RESTAURANT located at 1938 Pacific Ave., Tacoma, WA

3 PM-5 PM —> OLYMPIA

...at the WELL 80 BREWHOUSE located at 514 4th Avenue E, Olympia, WA

JANUARY 18th:

12 PM-2 PM—> VANCOUVER, WA

...at THE SMOKIN' OAK BARBEQUE located at 501 Columbia St., Vancouver, WA 98660

3 PM-5 PM —> LONGVIEW, WA

...at the HOP-N-GRAPE located at 924 15th Ave., Longview, WA

Please put the social nearest you on your calendar today so that this diligent coordination fulfills its purpose. As always, I look forward to meeting you and seeing you there!

Need to reach us?

General question? Email us at contact@wsata.org

Need to reach a member of the Executive Board?

Jen Carrol	president@wsata.org
Ciara Ashworth	vp@wsata.org
Jake Decker	treasurer@wsata.org
Erin Rutledge	secretary@wsata.org

Need a Committee Chair?

Josh Holliday	ssat@wsata.org
Dana Gunter	governemntaffairs@wsata.org
Lisa Kenney	pr@wsata.org
Shane Wibel	honors@wsata.org
Jamie Nikander	copa@wsata.org

Ciara
Ashworth

WSATA
Vice
President

After this years' legislative session and with upcoming summer NATA and WSATA meetings, I think the value of networking is something to reiterate. Watching our Lobbyist, Charlie Brown, and our Board of Directors talk to so many key stakeholders and supporters of the athletic training profession was amazing to witness. They have made and are continuing to develop relationships with people that will have our back and help us further our future agendas. Every opportunity we have with other ATs, whether it be a sporting event or meeting, take advantage to learn from one another. No AT has had the same experience as another, so ask questions! I especially encourage the student members and young professionals to be brave and pick the brains of any AT they come into contact with because they have much to share.

From personal experience, the importance of networking cannot be underestimated. Over the last eight years (student and professional) I have come into contact with some amazing folks across the country and each of them has taught me something different. We are surrounded by greATness and they have stories to tell. Take the time this summer to elevATe yourself as a professional by learning

from your AT colleagues.

Ciara Ashworth, LAT, ATC

