

**WINTHROP UNIVERSITY**

# **ATHLETIC TRAINING PROGRAM**

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## **Academic & Clinical Policy and Procedure Manual 2021-2022**

Updated: 08/10/2021

Winthrop University  
Richard W. Riley College of Education  
Department of Physical Education, Sport & Human Performance  
Athletic Training Program

To: Athletic Training Students

The following academic and clinical policies and procedures manual has been prepared for the athletic training students in the Winthrop University Athletic Training Program (WU-ATP). All students enrolled in the athletic training major must read and accept these policies and procedures. These policies are in addition to those established by Winthrop University, the College of Education, and the Department of Physical Education, Sport & Human Performance.

The manual provides a brief outline of the athletic training education program, clinical experience responsibilities, and guidelines for professional conduct. Specific administrative guidelines and injury care protocols are not within the scope of this manual. It is the duty of each athletic training student to know and understand the contents of this document. It is the student's responsibility to seek clarification for items that are not clear.

Review this manual and keep it throughout your tenure in the athletic training education program. Any updated information will be given to you as necessary.

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Alice J. McLaine, PhD, SCAT, ATC  
Program Director  
Athletic Training Program

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Martha Rivera, EdD, SCAT, ATC  
Clinical Education Coordinator  
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Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

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Lee Smith		Scheduling
Veronica Michaelis		Assistant Chief Training
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Barrett Little, MD		Preceptor
Michael Roberts, PA		Physician Assistant
Heather Kidder, PT		Physical Therapist
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Erin Hart		Sports Med Program Manager
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# **Section 1: Winthrop University Athletic Training Program**

## **Introduction**

Athletic training is a healthcare profession that provides prevention, clinical diagnosis, routine and emergent care, and rehabilitation of injuries and medical conditions. The profession involves the organization and administration of athletic training programs, as well as wellness promotion, education, and counseling of patients. Athletic training is recognized by the American Medical Association as an allied health care profession and is practiced under the supervision of or in collaboration with a physician. The governing body for the profession is the National Athletic Trainers' Association (NATA). The organization responsible for the certification of athletic trainers is the Board of Certification, Inc. (BOC).

Since the founding of the NATA in 1950, the role of the professional athletic trainer has changed dramatically. The certified athletic trainer is an essential member of the athletic health care team in a variety of settings including secondary schools, colleges and universities, professional sports teams, sports medicine clinics, industrial settings, and medical offices. Education standards implemented in the late 1960's, along with the concept of certification of athletic trainers, have greatly increased the demand for specific curricular content to meet the needs of the aspiring athletic trainer. Athletic training education is complex process. Programs that provide professional education in athletic training must seek accreditation from the Commission on Accreditation of Athletic Training Education (CAATE).

The Department of Physical Education, Sport & Human Performance (PESH) is the home of the Winthrop University Athletic Training Program (WU-ATP) which offers the Bachelor of Science degree in Athletic Training. The degree requires 125 semester hours of course work including specific clinical experiences. The WU-ATP received initial accreditation in 2004.

Admission to Winthrop University does not guarantee admission into the WU-ATP. Competitive admission is based on assessments of the applicant's academic success, written and oral communication skills, athletic training experience, and recommendation letters. Minimum standards for academic and clinical performance are required to enter and continue in the WU-ATP. These standards are listed in Section 3.

The WU-ATP is a rigorous preparatory experience for future athletic trainers. Students will develop and demonstrate competence in the specific subject matter areas defined in the Athletic Training Education Competencies. Additionally, students will develop and demonstrate proficiency in requisite clinical skills and behaviors.

## **Mission Statement**

The mission of the WU-ATP is to prepare the athletic training student to sit for the Board of Certification Exam and to accept an entry level position as a certified athletic trainer or enter a graduate program in athletic training or a related area. In order to accomplish this mission, students will be provided with high quality didactic and clinical education, which incorporates, at a minimum, the competencies and clinical proficiencies published by the Commission on Accreditation of Athletic Training Education (CAATE).

## **Vision Statement**

The WU-ATP will be a program of recognized excellence by virtue of its record of preparing ATs who make significant contributions to the athletic training profession, have a life-long commitment to intellectual growth, and strive to improve their skills as allied health care providers throughout their entire professional career.

## **Goals and Objectives**

1. To provide each student with high quality didactic and laboratory coursework that incorporates contemporary knowledge in athletic training.
2. To provide each student with supervised clinical experiences in a variety of settings with preceptors who are committed to student development and who serve as role models of professional involvement.
3. To develop appropriate knowledge, skills and abilities in the student to prepare her/him for employment or post-baccalaureate education.
4. To develop written and verbal communication skills in each student.
5. To promote professional and ethical conduct in the student at all times.
6. To foster reflective, evidence-based practice in each student.
7. To foster an appreciation of athletic training as a health care profession in the student.
8. To establish the importance of continuing education and professional involvement in the student.
9. To assist the student in gaining employment or entrance into post-baccalaureate study.



## Section 2: Curriculum

2020-2021

### Freshman--Fall

ACAD 101 or elective	1
Quantitative Gen. Ed. ( <i>MATH 150</i> )	3
WRIT 101	3
HLTH 300 <i>Pers &amp; Com Hlth</i>	3
ATRN 151 <i>Foundations of AT</i>	3
Social Science ( <i>PSYC 101</i> )	<u>3</u>
	16

### Freshman--Spring

HMXP 102	3
Technology ( <i>CSCI 101</i> )	3
CHEM or PHYS Gen. Ed.	3-4
NUTR 221	3
PESH 102 <i>Weight Training</i>	1
PESH 201 <i>FA &amp; CPR</i>	1
ATRN 152 <i>Found of AT Lab*</i>	<u>1</u>
	15-16

### Sophomore--Fall

BIOL 213 <i>Anatomy &amp; Physiology I</i>	4
CRTW 201	3
Oral Communication	3
ATRN 361 <i>Adv. Emerg. Care*</i>	2
ATRN 310 <i>Assess: L Ex*</i>	2
ATRN 311 <i>Assess: L Ex Lab*</i>	1
ATRN 201 <i>Clinical Obs in AT</i>	<u>1</u>
	16

### Sophomore--Spring

EXSC 382 <i>Biomechanics</i>	3
Humanities & Arts	3
PESH 242 <i>M. Learn &amp; Control</i>	3
ATRN 320 <i>Assess: U Ex*</i>	2
ATRN 321 <i>Assess: U Ex Lab*</i>	1
ATRN 350 <i>Ther. Modalities*</i>	2
ATRN 351 <i>Ther. Modalities Lab*</i>	1
ATRN 202 <i>Clinical Exp in AT I</i>	<u>2</u>
	17

### Junior--Fall

BIOL 214 <i>Anatomy &amp; Physiology II</i>	4
EXSC 501 <i>Org &amp; Ad of PE &amp; Sport</i>	3
ATRN 330 <i>Assess: Head/Trunk*</i>	2
ATRN 331 <i>Assess: Head/Trunk Lab*</i>	1
ATRN 563 <i>Med Aspects*</i>	3
ATRN 381 <i>Advanced Taping Lab*</i>	1
ATRN 301 or 303 <i>Clinical Exp in AT II</i>	<u>2</u>
	16

### Junior--Spring

EXSC 384 <i>Ex. Phys</i>	3
EXSC 385 <i>Ex Phys Lab</i>	1
EXSC 465 <i>Strength &amp; Cond</i>	3
ATRN 450 <i>Ther Ex &amp; Rehab*</i>	2
ATRN 451 <i>Ther Ex &amp; Rehab Lab*</i>	1
ATRN 510 <i>Pharmacology &amp; Drug Ed*</i>	3
ATRN 302 or 304 <i>Clinical Exp in AT III</i>	<u>2</u>
	15

### Senior--Fall

EXSC 401 <i>Sport Psych</i>	3
PESH 381 <i>Research Methods</i>	3
EXSC 480 <i>Ex Test &amp; Pre</i>	3
ATRN 480 <i>Capstone in AT*</i>	3
ATRN 400 <i>AT Exam Review</i>	1
ATRN 401 <i>Clinical Exp in AT IV</i>	<u>3</u>
	16

### Senior--Spring

Hist. Persp. & Constitution ( <i>HIST 211</i> )	3
Global Perspectives	3
Humanities & Arts	3
Social Science	3
ATRN 400 <i>AT Exam Review</i>	1
ATRN 402 <i>Clinical Exp in AT V</i>	<u>3</u>
	16

TOTAL: 127-128

\*Offered only that semester  
Modified May 2020

## Section 3: Admission, Retention, and Completion Procedures

### Application Procedures

All students seeking to complete the Clinical Stage of the WU-ATP must meet all admission requirements and be formally admitted before they are allowed to enroll in the advanced clinical experience courses.

Transfer students must request a review of their transcripts. Appropriate transfer courses will be accepted if deemed equivalent by Winthrop University admissions and academic personnel. Transfer students who are admitted into the WU-ATP will be required to complete all of the clinical education components at Winthrop University.

Admission into the Clinical Stage of the WU-ATP is a competitive process. **Completing the application requirements does not guarantee admission into the WU-ATP.** The WU-ATP is bound by accreditation standards to maintain strict ratios between athletic training students and clinical instructors and to assure that all athletic training students can meet rigorous technical standards; it is possible that a student might fulfill the application requirements and be denied admission into the WU-ATP.

All applicants for admission into the Clinical Stage of the WU-ATP must meet the following requirements:

1. Complete a minimum of 30 semester hours.
2. Achieve a minimum cumulative grade point average of 2.5 for all coursework and a minimum cumulative grade point average of 2.75 for all coursework in the Athletic Training core.
3. Complete the following Athletic Training core courses with a grade of "C" or better in each course: ATRN 151, ATRN 152, PESH 201.
4. Enroll in BIOL 213 or BIOL 214 (or equivalent). --Students who do not earn a grade of "C-" or better may be given probationary status in the ATP.
5. Complete a minimum of 75 hours of directed observation with certified athletic trainers. At least 25 of the hours must be done in an athletic training setting outside of Winthrop University.
6. Submit an Application for Admission to the WU-ATP to the Program Director that includes:
  - o official transcripts from all institutions of higher education attended.
  - o WU-ATP application form.
  - o an admission essay that documents the student's growth toward becoming an allied health professional.
  - o two letters of recommendation, one should be from a certified athletic trainer.
  - o log which documents 75 observation hours.
7. Undergo a standardized interview with the Admission Selection Committee comprised of the Program Director, Clinical Education Coordinator, Winthrop University Head Athletic Trainer, Winthrop University Assistant Athletic Trainer(s), one off-campus preceptor (when available), and two current athletic training students.

**Only students who meet requirements 1-3 are allowed to submit applications for admission into the WU-ATP.**

Students denied admission to the WU-ATP and/or dismissed from the WU-ATP may appeal the decision in the following steps:

1. Submit a letter of appeal to the Program Director and the Chair of PESH. The letter should detail how the student believes he/she has met the appropriate criteria.
2. Each appeal will be reviewed by an Appeals Committee comprised of the Chair of PESH and two faculty members of the Chair's choice.
3. Upon review of the appeal, the Appeals Committee may request input from the selection committee and the student may request an open discussion with the Appeals Committee to explain his/her position.
4. The Appeals Committee will submit a written document to the student and to the Program Director regarding the decision on the student's status.
5. All Appeals Committee decisions remain confidential and final.

**Technical Standards for Admission**

The Winthrop University Athletic Training Program (WU-ATP) 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 WU-ATP 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 (CAATE). The following abilities and expectations must be met by all students admitted to the WU-ATP. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be successfully advanced through the WU-ATP.

Candidates for selection to the WU-ATP 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 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. current immunization status including: measles (rubeola), rubella, mumps, and hepatitis B;
4. 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;

5. the ability to record physical examination results and a treatment plan clearly and accurately;
6. the capacity to maintain composure and continue to function well during periods of high stress;
7. the perseverance, diligence and commitment to complete the athletic training program as outlined and sequenced **including all required clinical experience hours**;
8. flexibility and the ability to adjust to changing situations and uncertainty in clinical situations;
9. affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care;
10. professional appearance and attire that are appropriate for the assigned clinical setting;
11. professional work ethic which includes punctuality, consistent attendance, and adherence to the rules of the assigned clinical setting.

Candidates for selection to the WU-ATP will be required to verify they understand and meet these technical standards or that they believe that, with certain accommodation, they can meet the standards.

The staff of the Office Accessibility will evaluate a student who states he/she could meet the WU-ATP'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 of whether the accommodations requested are reasonable, taking into account whether accommodation(s) 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.

Compliance with the WU-ATP's technical standards does not guarantee a student's eligibility for the BOC certification exam.

### **Retention Policy**

Once admitted into the WU-ATP, the student will be evaluated each semester. If appropriate progress is being made, the student will be allowed to advance to the next semester. In order to continue in the WU-ATP a student must meet the following criteria:

1. Maintain a minimum 2.5 overall grade point average and a minimum 2.75 grade point average in the Athletic Training major.
2. Complete all major courses with a grade of "C-" or better in each course.
3. Take all clinical experience courses for a grade, S/U grading is not allowed in clinical experience courses.

4. Complete human anatomy course by the time the student completes ATRN 330/331.
5. Complete human physiology course by the time the student completes ATRN 450/451.
6. Successfully complete each competency/proficiency/student learning objective (SLO) covered each semester.
7. Meet all deadlines detailed on the WU ATP Checklist.
8. Be in good standing in the university community.

If progress is unsatisfactory in clinical or classroom performance, the student may be placed on probation for one semester in order to remedy any deficiencies. During the probationary semester, a specific plan designed to address the unsatisfactory area(s) will be developed by the student and program administrators. If the deficiencies are not remedied in the time frame allotted, the student will be dismissed from the program. The Program Director shall monitor student progress from one semester to the next and will make all probationary decisions in consultation with the Clinical Education Coordinator.

### **Program Completion**

To exit the ATP, athletic training candidates must meet all degree requirements as well as the following requirements:

1. Successful completion of a minimum of 120 semester hours with a minimum GPA of 2.5.
2. Completion of the athletic training core with a minimum GPA of 2.75.
3. Completion of BIOL 213 and BIOL 214 (or equivalent) with a minimum grade of "C-" in each.
4. Successful completion of a competency and proficiency review by the Program Director, Clinical Coordinator, and one preceptor.

### **Program Communication**

Each student is required to check Blackboard and their Winthrop University E-Mail account daily. Repeated failure to respond to WU-ATP faculty in a timely fashion may result in suspension or dismissal from the program.

### **Disciplinary Action and Probation**

Self-discipline is expected of college students. If an athletic training student fails to maintain appropriate standards of behavior and appearance, fails to meet his/her clinical assignment, in some other way neglects to meet the responsibilities of a member of the WU-ATP, or does not follow the guidelines stated in this handbook, he/she is subject to disciplinary action. Disciplinary action is based on the severity of the infraction and will be determined by the Program Director, Clinical Education Coordinator, and preceptor (if appropriate). The Program Director, Clinical Education Coordinator, and preceptor will consider the nature of the infraction, the student's past record, and any extenuating circumstances. Disciplinary action will range from reprimand, to probation, to suspension, to expulsion. Decisions regarding discipline

are the responsibility of the Program Director, the Clinical Education Coordinator, and the preceptor. These decisions are not made by student members of the WU-ATP. Disciplinary actions will be noted in the student's permanent athletic training folder.

### **End-of Program Exam Policy**

All students must complete the End-of-Program Exam (EOP Exam) prior to graduation. The purpose of the EOP Exam is to help the program administrator's identify areas of weakness in the program and to help an athletic training student to assess whether or not he/she is ready to take the BOC Certification Exam. If a student does not pass the EOP Exam, he/she must spend further time in exam preparation. The administrators of the WU-ATP feel it is the duty of educational institutions to set standards for those allowed to sit for the national examination. By implementing this exam, we hope to identify students who need further preparation before challenging the national exam and to identify areas in the educational program which need strengthening.

The WU-ATP End-of Program Exam consists of two sections:

- Section I: Objective – multiple choice, true/false, matching
- Section II: Listing – situational, problem solving

The examination will be administered during a student's final year in the WU-ATP. Students will take the examination on a scheduled date and must be scheduled prior to completing ATRN 480.

A student must receive 75% on each portion to pass the examination. If a student scores less than 75% on any section, he/she may retake the section(s) in a minimum of 2 weeks.

If the second attempt is not 75%, he/she may retake the section(s) in a minimum of 1 month.

If the third attempt is not 75%, the student will be required to obtain additional education prior to challenging the section(s).

**WINTHROP UNIVERSITY ATHLETIC TRAINING PROGRAM**  
**PROGRESS CHECKLIST**

NAME: \_\_\_\_\_

Date Entered: \_\_\_\_\_

Semester	Overall GPA	AT GPA	Significant Clinical Experiences	Semester Hours	Cumulative Hours
1					
2					
3					
4					
5					
6					

Completed prior to admission (minimum grade of "C"):

\_\_\_\_ ATRN 151 \_\_\_\_ ATRN 152 \_\_\_\_ PESH 201

Completed by February 1 or September 15 of first semester in program:

\_\_\_\_ Physical Examination                      \_\_\_\_ Hepatitis B vaccination or waiver

Completed for ATRN 302, 303 or 304:

\_\_\_\_ TB Skin Test                                      \_\_\_\_ Flu Shot

\_\_\_\_ Successful completion of human anatomy course

\_\_\_\_ Successful completion of human physiology course

\_\_\_\_ Successful completion of biomechanics course

\_\_\_\_ Successful completion of exercise physiology course

NATA Membership:                      \_\_\_\_ Sophomore                      \_\_\_\_ Junior                      \_\_\_\_ Senior

SCATA Membership:                      \_\_\_\_ Sophomore                      \_\_\_\_ Junior                      \_\_\_\_ Senior

Professional conference attendance:                      \_\_\_\_ Sophomore                      \_\_\_\_ Junior                      \_\_\_\_ Senior

General Area	Initial Review	Second Check	Final
Basic Taping	ATRN 152	ATRN 201	
Advanced Taping	ATRN 381	ATRN 401	
LEx Evaluations	ATRN 311	ATRN 202	
U Ex Evaluations	ATRN 321	ATRN 301/401	
Head/Trunk Evaluations	ATRN 331	ATRN 401	
Emergency Procedures	ATRN 361	ATRN 381/401	
Modalities	ATRN 351	ATRN 301/401	
Protective Equipment	ATRN 381	ATRN 401	
Rehabilitation	ATRN 451	ATRN 401	
General Medical	ATRN 330/563	ATRN 302/401	
Pharmacology	ATRN 510	ATRN 302/401	

\_\_\_\_ Successful Completion of Winthrop University End of Program Exam.

NATA Membership # \_\_\_\_\_

BOC Certification # \_\_\_\_\_

Initial placement: \_\_\_\_\_

## **Section 4: Transfer Student and Student Athlete Requirements**

### **Transfer Requirements**

Transfer by the completion of the freshmen year is recommended for timely completion of the program. All students must complete five full clinical rotations throughout their time in the WU-ATP. After fall 2020, transfer into the Bachelor of Science in Athletic Training will not be possible.

### **Student Athlete Requirements**

Students accepted into the WU-ATP are allowed to participate in varsity athletics at Winthrop University. Each student must understand the time commitment required for both programs. Participation in a varsity sport will usually require an additional semester of clinical experience, typically taken after completion of NCAA eligibility.



## **Section 5: Professional Membership and Conferences**

### **National Athletic Trainers' Association**

All athletic training students must become members of the National Athletic Trainers' Association (NATA) no later than January 15<sup>th</sup> after being formally admitted into the WU-ATP. Membership benefits include receiving the Journal of Athletic Training quarterly and placement on sports medicine mailing lists. In addition, members of the NATA are charged a lower fee to take the Board of Certification national certification examination.

The NATA offers a number of cash scholarships and sponsors an article writing contest for undergraduate and graduate athletic training students. Information can be obtained by contacting the NATA office. All qualified students are encouraged to apply for these opportunities.

National Athletic Trainers' Association  
2952 Stemmons Freeway, Suite 200  
Dallas, Texas 75247-6916  
214.637.6282  
800.TRY.NATA  
Fax: 214.637.2206

### **South Carolina Athletic Trainers' Association**

All athletic training students must become members of the South Carolina Athletic Trainers' Association (SCATA) no later than February 15<sup>th</sup> after being formally admitted into the WU-ATP. SCATA membership is free to student members of the NATA.

### **Conference Attendance**

Students are required to attend or present at a professional conference each year while admitted in the WU-ATP.

## Section 6: Additional Costs Associated with the Program

Some Athletic Training courses have associated fees. Those courses and the purpose of the fees are listed below:

<b>ATRN 151</b>	<b>\$25</b>	Supplies for SLOs
<b>ATRN 152</b>	<b>\$110</b>	Tape & taping supplies
<b>ATRN 201</b>	<b>\$20</b>	Supplies for SLOs
<b>ATRN 202</b>	<b>\$20</b>	Supplies for SLOs
<b>ATRN 331</b>	<b>\$275</b>	Background check, liability insurance
<b>ATRN 351</b>	<b>\$25</b>	Supplies: electrodes, ultrasound gel, etc.
<b>ATRN 361</b>	<b>\$45</b>	Red Cross certificate, pocket masks, other supplies
<b>ATRN 381</b>	<b>\$75</b>	Tape & taping supplies
<b>ATRN 563</b>	<b>\$10</b>	Darkness to Light materials (Child Sexual Abuse)

### Other costs not included in course fees:

- ï **Physical Examination**
- ï **NATA Membership**
- ï **Clothing:** Students are given Athletic Training Program polos each year. Additional Athletic Training Program clothing may be purchased each year at cost. Students must have cotton twill pants/shorts to wear during their clinical experiences.
- ï **Transportation:** There are travel costs that are associated with off-campus clinical rotations which may include access to a vehicle.
- ï **2-Step TB Test:** If required by site, this test is will need to be completed prior to beginning the general medical clinical rotation (ATRN 302, 303, or 304). The 2-step TB test is NOT the same as the usual 1-step TB Test (PPD skin test).
- ï **Drug Testing:** If required by site.
- ï **Professional Conference Attendance:** Students are required to attend or present at one professional conference each year they are enrolled in the program. There is an active Athletic Training Club that receives financial support from student allocations and helps to keep these costs as low as possible.

## **Section 7: Clinical Education**

### **Technical Standards and Immunization Verification**

Prior to beginning clinical experiences associated with the WU-ATP, each student must obtain verification from a medical professional that he or she is capable of performing the tasks required of an athletic training student (see Technical Standards). This verification must be submitted during the first week of enrollment in ATRN 202. It is the student's responsibility to notify the Program Director or Clinical Education Coordinator if they are not able to meet the technical standards due to health status changes.

Verification of student immunization status is obtained from Student Health Service before participation in any direct patient care. This immunization verification must include administration of the Hepatitis B vaccine or a copy of a Hepatitis B waiver. Some settings also require verification of a TB skin test and an annual flu shot.

### **In-Service Training**

All admitted students are required to attend two in-service training sessions annually which occur at the beginning of each semester. The in-service training provides formal explanation and introduction to the procedures that must be followed by students as they obtain clinical experience. In-service training is typically held the day prior to the start of classes each semester.

### **Types of Experiences**

Clinical experience is a key factor in the development of an athletic training student's skills. Research indicates that up to 30% of a student's knowledge is obtained in the clinical setting. For a student to gain the most from clinical experience, he/she should have complimentary didactic course work prior to or concurrent with the clinical exposure. Students are required to enroll in a clinical experience course each semester that they are enrolled in the WU-ATP. Clinical experiences must be completed with a preceptor that is formally affiliated with and trained by WU-ATP administrators. The clinical experiences are designed to allow the student the opportunity to move from classroom theory and laboratory practice to application of skills with actual athletes/patients.

Each athletic training student is assigned to a particular preceptor (clinical instructor) or small group of preceptors for a specified amount of time in an effort to increase the opportunities for the student to work on specific clinical skills and receive consistent feedback and correction. Such assignment allows the preceptor(s) to measure the student's skill development over time. While each semester has a particular clinical focus, it is recognized that review of skills and information gained in previous experiences will occur each semester.

CAATE requires that the educational process for athletic training students includes clinical experiences with a variety of populations both male and female, varying ages, varying levels of risk, protective equipment intensive, and general medical. Traditional athletic training experiences are obtained with ATs at Winthrop University or at a local high school.

Equipment intensive experience is gained with outstanding AT preceptors working with local high school football programs or at local colleges. General medical exposure is obtained during rotations at Winthrop University Student Health Service, local family practice clinics, OrthoCarolina Physical Therapy and medical office, and Piedmont Medical Center EMS.

### **Clinical Experience Course Descriptions**

***Clinical Observation in Athletic Training (ATRN 201)*** This course provides opportunities for observation of a certified athletic trainer in the clinical setting. All experiences are obtained under the direct supervision of a certified athletic trainer. Emphasis will be on understanding traditional athletic training settings. Notes: Lab Fee: \$20. Offered in fall and spring. Prerequisites: ATRN 151 or permission of instructor.

ATRN 201 is taken during the semester a student is applying for admission to the WU-ATP. The clinical observation typically involves two rotations among traditional athletic training settings at the collegiate and high school levels. The clinical observation is designed to allow the student to verify that he/she intends to pursue athletic training as a profession and to provide him/her with several opportunities to observe certified athletic trainers.

***Clinical Experience in Athletic Training I (ATRN 202)*** This course is the introductory clinical experience for students admitted into the WU-ATP and provides opportunities for application of skills in a clinical setting. All experiences are obtained under the direct supervision of a certified athletic trainer. Emphasis will be on assessment and recognition of lower extremity injuries and skills appropriate to caring for such injuries. The student will demonstrate proficiency in basic taping/wrapping skills and the application of heat and ice. Notes: Lab Fee: \$20. This course may require participation in pre- and/or post-semester responsibilities that follow the competitive season of the sport(s) being covered in the assigned clinical setting. Approximately 166 hours of field work will be completed for this course. Offered in fall and spring. Prerequisites: ATRN 201 or permission of instructor.

***Clinical Experience in Athletic Training II (ATRN 301)*** This course provides opportunities for application of skills in a clinical setting. All experiences are obtained under the direct supervision of a certified athletic trainer. Emphasis will be on assessment and recognition of upper extremity injuries and skills appropriate to caring for such injuries. In addition, students will demonstrate proficiency in the application therapeutic modalities. Notes: This course may require participation in pre- and/or post-semester responsibilities that follow the competitive season of the sport(s) being covered in the assigned clinical setting. Approximately 205 hours of field work will be completed for this course. Offered in fall and spring. Prerequisites: ATRN 201 and ATRN 202 or permission of instructor.

***Clinical Experience in Athletic Training III (ATRN 302)*** This course provides opportunities for observation in general medical, orthopedic, and/or physical therapy settings. All experiences are obtained under the direct supervision of a physician, nurse practitioner, EMT, or physical therapist. Emphasis will be on general medical conditions, orthopedic conditions, emergency care, and therapeutic exercise and rehabilitation. Notes: Offered in fall, spring, and summer. Prerequisites: ATRN 201, 202 or permission of instructor.

***Clinical Experience in Athletic Training II-a (ATRN 303)*** This course provides opportunities for application of skills in a clinical setting. All experiences are obtained under the direct supervision of a certified athletic trainer, physician, physician assistant, nurse practitioner, physical therapist, or EMT. Emphasis will be on recognition, assessment, and management of upper extremity injuries;

application of therapeutic modalities; development of skills with non-orthopedic conditions; exposure to emergency situations; and patients of various ages and genders. Prerequisite: ATRN 201 and ATRN 202 or permission of instructor. Notes: This course may require participation in pre-and/or post-semester responsibilities that follow the competitive season of the sports(s) being covered in the assigned clinical setting. Approximately 190 hours of field work will be completed for this course. Offered in fall and spring.

***Clinical Experience in Athletic Training III-b (ATRN 304)*** This course provides opportunities for application of skills in a clinical setting. All experiences are obtained under the direct supervision of a certified athletic trainer, physician, physician assistant, nurse practitioner, physical therapist, or EMT. Emphasis will be on development of skills with non-orthopedic conditions; exposure to emergency situations; recognition, assessment, and management of upper extremity injuries; and application of therapeutic modalities. Prerequisite: ATRN 201 and ATRN 202 or permission of instructor. Notes: This course may require participation in pre-and/or post-semester responsibilities that follow the competitive season of the sports(s) being covered in the assigned clinical setting. Approximately 190 hours of field work will be completed for this course. Offered in fall and spring.

***Clinical Experience in Athletic Training IV (ATRN 401)*** This course provides opportunities for application of skills in an equipment intensive clinical setting. All experiences are obtained under the direct supervision of a certified athletic trainer. Emphasis will be on: 1) assessment and recognition of head and trunk injuries and skills appropriate to caring for such injuries; 2) fitting and maintenance of protective equipment; and 3) development and implementation of rehabilitation programs. Notes: This course may require participation in pre- and/or post-semester responsibilities that follow the competitive season of the sport(s) being covered in the assigned clinical setting. Approximately 270 hours of field work will be completed for this course. Offered in fall and spring. Prerequisites: ATRN 301.

***Clinical Experience in Athletic Training V (ATRN 402)*** This course provides opportunities for application of skills in a clinical setting. All experiences are obtained under the direct supervision of a certified athletic trainer. Emphasis will be on utilizing all skills obtained in the Athletic Training Program. Students will demonstrate proficiency in the following areas: taping and wrapping, lower extremity evaluation, upper extremity and cervical spine evaluation, head/trunk evaluation, recognition and evaluation of general medical conditions, application of therapeutic modalities, development and implementation of rehabilitation programs, fitting and maintenance of protective equipment, and the maintenance of patient records. Notes: This course may require participation in pre- and/or post-semester responsibilities that follow the competitive season of the sport(s) being covered in the assigned clinical setting. Approximately 244 hours of field work will be completed for this course. Offered in fall and spring. Prerequisites: ATRN 301.

### **Clinical Responsibilities**

- ï Student: observe, organize, practice, perfect, and teach
- ï Communication: prompt and appropriate all individuals (Clinical Education Coordinator, preceptor, peers, patients, Program Director)
- ï Rules: abide by rules and enforce when necessary
- ï Mentoring: assist less experienced students with their duties and skill acquisition
- ï Injury Care: record all treatments, evaluations, treatment, monitor reconditioning programs
- ï Maintenance: maintain clean, neat organized athletic training clinic
- ï Modalities: maintain cleanliness of all modalities including hydrocollators and whirlpools
- ï Supplies: be familiar with location of supplies and re-stock if necessary
- ï Administration: maintain injury records, update files

- ATRN 201:** Minimum 5 hours/week in setting (12 weeks x 5 hours = 60 hours)  
Maximum 8 hours/week in setting  
Total: 60 hours
- ATRN 202:** Minimum 12 hours/week in setting (13 weeks x 12 hours = 156 hours)  
Maximum 15 hours/week in setting  
1 weekly age level meeting (10 weeks x 1 hours = 10 hours)  
Total: 166 hours
- ATRN 301\*:** Minimum 15 hours/week in setting (13 weeks x 15 hours = 195 hours)  
Maximum 18 hours/week in setting  
1 weekly age level meeting (10 weeks x 1 hours = 10 hours)  
Total: 205 hours
- ATRN 302^:** Specific settings scheduled hours in setting  
Minimum 5 EMS ride alongs (5 rides x 12 hours = 60 hours)  
Shiland Family Practice (20 hours)  
Student Health Service (20 hours)  
OrthoCarolina Physical Therapy Setting (10 hours)  
OrthoCarolina Medical Setting (10 hours)  
1 weekly age level meeting (10 weeks x 1 hours = 10 hours)  
Total: 130 hours
- ATRN 303\*:** Minimum 15 hours/week in traditional setting (6.5 weeks x 15 hours = 98 hours)  
Maximum 18 hours/week in setting  
Shiland Family Practice (20 hours)  
OrthoCarolina Physical Therapy Setting (10 hours)  
OrthoCarolina Medical Setting (10 hours)  
1 weekly age level meeting (10 weeks x 1 hours = 10 hours)  
Total: 148 hours
- ATRN 304^:** Specific settings scheduled hours in setting  
Minimum 5 EMS ride alongs (5 rides x 12 hours = 60 hours)  
Student Health Service (20 hours)  
Minimum 15 hours/week in traditional setting (6.5 weeks x 15 hours = 98 hours)  
Maximum 18 hours/week in setting  
1 weekly age level meeting (10 weeks x 1 hours = 10 hours)  
Total: 188 hours
- ATRN 401:** Minimum 20 hours/week in setting (13 weeks x 20 hours = 260 hours)  
Maximum 23 hours/week in setting  
1 weekly age level meeting (10 weeks x 1 hours = 10 hours)  
Total: 270 hours
- ATRN 402:** Minimum 18 hours/week in setting (13 weeks x 18 hours = 234 hours)  
Maximum 20 hours/week in setting  
1 weekly age level meeting (10 weeks x 1 hours = 10 hours)  
Total: 244 hours

## **Student Priorities**

1. Be a Student: The athletic trainer must have sound academic basis to support his/her clinical skills. As described in Section I, all students must maintain an acceptable level in class work to remain in the program. Any student falling behind in classroom work should make arrangements with the Clinical Education Coordinator, Program Director, and preceptor for special help and/or time off to catch up.
2. Become a Competent Clinician: Use the time spent in the clinical setting to continuously develop and practice hands-on skills.
3. Become a Professional: Develop an enthusiastic and professional attitude in dealing with patients, fellow health care providers, coaches, and administrators. Become an involved member of the athletic training profession.
4. Be a Teacher: The best way to enhance and solidify your own skills is to teach them to someone else. As the student progresses through the program, he/she should become a leader, teacher, and role model for the less advanced athletic training students.

## **Expectations**

The athletic training student is an important component of the professional staff in each clinical setting. Each student has been admitted into the WU-ATP because of individual qualities and past performance. The admission process should provide a group of students who are outstanding scholars and health care providers.

A student's time in the WU-ATP is no time to rest on past accomplishments. Each student will be expected to perform at his or her best both academically and clinically. Theoretical background gained in the classroom is the foundation for developing clinical competence. Each student will be expected to attend class, turn in assignments, and take exams on time. Students who fail to meet this responsibility will risk dismissal from the WU-ATP.

Each clinical setting will be treated as a class and as a job. This is an ideal learning situation, but the student must be present to take advantage of it. There will be no tolerance of anyone who misses clinical experiences or comes late. There will be times when it may be necessary to miss an assigned clinical experience in order to study for an exam or for some other valid reason. It is the athletic training student's responsibility to notify the preceptor in advance. When in the clinical setting, each student is expected to be inquisitive and ask questions at appropriate times. Students are also expected to show initiative and not have to be told what to do all of the time. Each day a student is in the clinical setting he/she should attempt to improve athletic training skills. As experience is gained, students are expected to assume leadership roles.

All athletic training students are expected to treat each other and the preceptors with respect. Criticizing each other in front of the athletes/patients or other athletic training students is

unacceptable behavior. If there is a conflict, deal with it privately and maintain the proper professional rapport in the clinical settings. Each student is expected to become acquainted with and be able to get along with fellow students and the preceptors. It is expected that students will all help one another.

No student will ever be consciously put into a situation for which he/she is not prepared. If a student does not feel he/she is being allowed utilize all of the knowledge and clinical skills he/she has obtained, the student should discuss his/her concerns with the preceptors. It is possible that the student has not demonstrated his/her abilities to the preceptors. All athletic training students are expected to be honest in their dealings with the athletes/patients. Never attempt to "fake" knowledge in any situation. The athlete/patient is likely to suffer if such unprofessional behavior occurs.

### **Appearance**

All athletic training students are expected to wear appropriate, professional attire any time they are engaged in clinical experiences. **Students without the proper attire will be sent home to change and may not receive credit for attendance that day.**

Students enrolled in ATRN 302, 303, 304 will receive supplemental information regarding dress in the various general medical settings.

### **Acceptable Attire**

Daily: Athletic training t-shirt or issued athletic training polo (MUST be tucked in)  
Cotton twill pants or shorts – either black or tan in color (cannot be frayed, torn, too long, too short)  
solid black athletic shorts or pants are also acceptable  
Shoes must be closed toe and closed heel, worn with socks, and able to be run in  
Wrist watch that can be used to pulse and respiration

Events:

#### Outdoor

Issued athletic training polo  
Cotton twill pants or shorts - black or tan in color (cannot be frayed, torn, too long, too short)

#### Indoor

Dress clothes as recommended by your preceptor

Miscellaneous:

Hats are only allowed out of doors  
Non-Athletic Training Program sweatshirts are not to be worn indoors – if it is cool outside, wear a long-sleeved t-shirt below uniform  
Hairstyle should be clean, neat and professional: long hair must be pulled back  
Facial hair is not allowed unless it is already established  
Existing facial hair must be kept neatly trimmed  
Earrings no larger than ½ inch



## **Unacceptable Attire**

- Drawstring sweat suits
- Jeans
- Yoga pants or leggings
- Dangling jewelry
- Long or artificial fingernails
- Open toe shoes
- Tongue and lip jewelry
- Shorts that are too short (when in doubt, ask your preceptor)
- Any other unacceptable attire that your preceptor deems unprofessional

## **Emergency Cardiac Care Certification**

All students obtain The American Red Cross Professional Rescuer Certification during their enrollment in ATRN 361. Students are required to maintain current certification. Students may not participate in clinical experiences without current certification.

## **Documentation of Hours and Experiences**

Students will document clinical hours and experiences routinely. Each clinical course syllabus provides guidelines for the written reflections regarding the experiences gained. Hours spent traveling do not count as clinical experience hours. The Clinical Education Coordinator will keep a total of hours completed while in the WU-ATP.

## **Family Educational Rights and Privacy Act (FERPA)**

Students are not required to disclose health and criminal records to the program, however, this information may be required before placement in an off-campus clinical affiliation.

## Communicable Disease Policy

Communicable disease may pose a serious threat to the well-being of athletic training students and the patients with whom an infected person may come in contact. A communicable disease is one that is transmitted from person to person through direct or indirect means of contact. Direct transmission occurs through coughing, sneezing, droplets, or direct physical contact. Indirect transmission occurs through contact with some type of infectious agent such as an insect, animal, or contaminated waste.

Athletic training students must use universal precautions to limit exposure to blood borne pathogens. Attendance at annual OSHA blood borne pathogen training (or other appropriate training) will be required of all athletic training students.

Examples of communicable diseases may include, but are not limited to, the following:

Chicken Pox	HIV/AIDS	Rubella
COVID-19	Impetigo	Rubeola
Diphtheria	Influenza	SARS
Encephalitis	Lyme Disease	Scabies
Hepatitis A	Meningitis (bacterial)	Shingles
Hepatitis B	Mumps	Staphylococcal Infection
Hepatitis C	Pediculosis	Streptococcal Infection
Herpes Simplex	Ringworm	Tetanus
		Tuberculosis

In order to limit risk with regard to communicable disease, the following steps will be followed:

- ï Hand washing and personal hygiene techniques will be followed. Hand washing with soap and water should occur after contact with each patient. If immediate hand washing is not possible, antibacterial hand sanitizer may be used.
- ï The use of gloves, facemasks, and other personal protective equipment will be used when appropriate. Athletic training students must follow guidelines recommended by the CDC and the clinical setting.
- ï Should an athletic training student become ill, that student would be required to seek medical care from their family physician, a nurse at Winthrop University Student Health Service, or another licensed health care provider.
- ï Preceptors may require that an athletic training student who appears to be ill, be examined by a licensed health care provider of the student's choosing.
- ï If it is determined that the athletic training student has contracted a communicable disease, the student must inform their preceptor and the Clinical Education Coordinator prior to their next scheduled clinical education experience.
- ï A student who has been diagnosed with a communicable disease is required to follow all guidelines ordered by the health care provider and will not be allowed to participate in their clinical rotation until given clearance by the attending health care provider.

All students are required to understand the communicable disease policy and will sign an acknowledgement prior to beginning their clinical experience.

## **Health Insurance Portability and Accountability Act (HIPAA) & Confidentiality**

At times athletic training students may be confronted with questions regarding the status of a "star athlete" or other patient. This information is confidential. Athletic training students are not permitted to discuss the athlete's private business with anyone outside of the professional team unit (athletic trainers, physicians, coaches, etc.). The following position on confidentiality applies to all members of the WU-ATP:

*Confidentiality is one of the most important issues allied health professionals face. We are bound by medical ethics, as well as by law, to preserve our patients' rights of privacy and confidentiality. The Health Insurance Portability and Accountability Act (HIPAA) prohibits the disclosure of **protected health information** to any third parties, unless the individual who is the subject of the information (or the individual's personal representative) authorizes it in writing or the rule otherwise permits the disclosure. The Family Educational Rights and Privacy Act (FERPA) prevents the disclosure of **personally identifiable information** in a student's education record without the consent of a parent or eligible student (aged 18 or older) unless an exception to the law's general consent requirement applies.*

*Maintaining a patient's confidentiality is imperative in order to develop a strong clinical relationship. As an individual who provides health care, you will have access to a patient's confidential information including: biographical data, financial information, and medical history. You are expected to protect patient confidentiality, privacy, and security and to follow these and all affiliated clinical site guidelines.*

*You will use confidential information only as needed to perform duties as a member of the Athletic Training Program. The following guidelines are to be strictly followed:*

- *You will only access confidential information for which you have a need to know.*
- *You will respect the confidentiality of any verbal communication or reports printed from any information system containing patient's information and handle, store, and dispose of these reports appropriately at the University and affiliated clinical site.*
- *You will not in any way divulge, copy, release, loan, alter, or destroy any confidential information except as properly authorized within the scope of your professional activities.*
- *You will carefully protect all confidential information. You will take every precaution so that patients, their families, or other persons do not overhear conversations concerning patient care or have the opportunity to view patient records.*
- *You will comply with all policies and procedures and other rules of the University and affiliated clinical sites relating to confidentiality of information and access codes.*

- *You understand that the information accessed through all clinical information systems contain sensitive and confidential patient care, medical history, business, and financial information that should only be disclosed to those authorized to receive it.*
- *You will not knowingly include or cause to be included in any record or report false, inaccurate, or misleading information.*
- *You will not transmit any information regarding a patient or pictures of a patient via social media (i.e., Facebook, Instagram, Twitter, Snapchat, etc.) without the patient's specific permission.*

All students are required to understand HIPAA and FERPA regulations and confidentiality requirements and sign a confidentiality acknowledgement prior to beginning their clinical experience.

## **Criminal Background Checks**

Criminal background checks are completed prior to a student being assigned with a preceptor in a high school or general medical setting. The Clinical Education Coordinator will help each student with the process.

## **Drug Testing**

Some clinical affiliations may require drug testing prior to participation. The Clinical Education Coordinator will assist you through this process.

## **Potential Risks**

During some clinical experiences there may be potential risks for injury associated with the environment you may be working in (dugout, benches, sidelines, etc.). Some situations that may be presented include but are not limited to:

- ï Flying objects
- ï Collisions
- ï Harmful chemicals
- ï Blood or bodily fluids
- ï Infectious disease

## **Liability Information**

All athletic training students who are obtaining clinical experience must be properly enrolled in a clinical experience course (ATRN 202, 301, 302, 303, 304, 401, or 402). Each student enrolled in one of the clinical experience courses is covered under a group liability insurance policy. Each athletic training student is expected to be familiar with the responsibilities and limitations of the role. Do not exceed the proper limitations of the role of athletic training student!

Each athletic trainer has a legal responsibility to the patients with whom he/she works. There are many opportunities for negligence to occur. Each athletic trainer must be sure his/her actions are those of a reasonable and prudent person. An athletic trainer is the person most able to keep current athletic success and the athlete's future in proper perspective. Never lose sight of the fact that the athlete's/patient's future well-being is more important than any single contest.

## **Section 8: Professional Interactions**

### **Preceptors**

Each athletic training student is responsible for interacting with the preceptors and allied health professionals in each clinical setting. These individuals supervise the day-to-day activities of the students and have the primary responsibility of ensuring that each student is gaining optimal clinical skill and that the athletes/patients in the setting are receiving appropriate medical care. Every athletic training student must maintain good communication lines with the preceptors regarding injuries, classes, problems, etc. Students should feel free to discuss anything with them at any time. These are people who will make job recommendations for students in the future. Give them something good to write about!

### **Physicians and other Allied Health Specialists**

Athletic training students have an opportunity to observe and work with the team physicians, registered nurses, and several affiliated specialists. Students can learn a great deal just by watching them work and listening to them discuss injuries. Students should feel free to ask questions, but try not to get in the way. Except in rare emergencies, arrangements with medical specialists are made by the preceptors, however, athletic training students may be called upon to provide them with current injury reports and pertinent information. Be sure to provide detailed information, be courteous in your conversation, keep in mind the strict contract of confidentiality which governs the student health center, and to follow any orders immediately and efficiently.

### **Athletes/Patients**

*The following discussion is based on the patients in the "traditional" athletic training setting: athletes. The guidelines which are included can be applied to any allied health setting in which the athletic training student is obtaining clinical experience.*

Earning the trust and respect of the patients with whom one works is an important goal to reach and is professionally gratifying. As a student, he/she must treat the patient with integrity and show professionalism at all times. The athletic training student should never guess about injuries or conditions or pretend to know something that he/she does not know. Expressing interest in and concern for a patient's welfare will help gain respect. Treat all patients equally regardless of their position on the team, race, creed, or gender. Medical Facility rules and medical policies must be applied equally to all patients. Enforcement must be uniform and carried out in a firm, but courteous manner. It

is important to draw a line between providing competent and friendly care, and fraternization. WU-ATP students are prohibited from personal contact, fraternizing, and using social media with high school students at any time during enrollment in WU-ATP courses. Non-compliance of this rule will result in immediate dismissal from the WU-ATP for admitted students and the disqualification for non-admitted students who are seeking program admission in the future.

Each athletic training student's interaction with athletes should meet the following guidelines:

1. Gain respect through competence.
2. Treat every patient with respect even though they may not always return the courtesy.
3. Do not let the patient dictate what is to be done. Base treatments given on prescription or knowledge.
4. Do not discuss a patient's injury/condition with another patient.
5. Do not "cover" for a patient who has missed treatment.
6. Avoid estimating how long a patient will be out of action following an injury.
7. Do not assist or encourage any patient to hide injuries or problems from the preceptor or other athletic training students who are obtaining specific clinical experiences with that patient's team.
8. Be a role model of physical fitness and healthy behavior.
9. Keep personal relationships with patients out of the athletic training room.
10. Personal relationships/fraternization with high school students is not allowed.
11. Personal contact and the use of social media with high school students is not allowed.
12. Do not become involved in a situation in which you are assisting any athlete to break a coach's training rules (written or implied).
13. Keep all conversations appropriate to an allied health setting.

### **Peer Athletic Training Students**

For athletic training students to gain clinical expertise in facilities which provide care for large numbers of patients takes a coordinated and efficient effort. It is expected that athletic training students will maintain an excellent rapport with each other. Petty arguments, negative comments, and demeaning actions will not be tolerated. Upper class students are expected to instruct and guide younger students and must not abuse their authority. Younger students are

expected to be willing to learn and should freely accept constructive advice and criticism.

### **Coaching Staff**

In the “traditional” athletic training setting, this relationship is critical. At no time should an athletic training student criticize or argue with a coach. Good communication is essential. In general, injury information on patients should come from the appropriate preceptor.

When attending an athletic event, an athletic training student should never become a cheerleader or second guess the coach. If a conflict arises between the athletic training student and a coach, the student must report the problem to a preceptor or the Clinical Education Coordinator immediately.

### **Other Athletic Department Personnel**

During the acquisition of clinical experiences, athletic training students may come into contact with a variety of other athletic department personnel. These individuals work long, hard hours in association with athletic events. While athletic training students should maintain proper confidentiality of the patients with whom they work, they should develop a positive, cooperative working relationship with other athletic department personnel. Cooperation and camaraderie can be of help to all groups.

### **Professional Scouts, Media and General Public**

Due to the athletic training student’s familiarity with the medical status of athletes, various individuals may ask questions regarding the playing status of an athlete. Although such questions may be flattering to the student, all questions regarding any athlete must be referred to the preceptor.



## **Section 9: Evaluation of Clinical Experience**

### **Clinical Performance**

During the semester, students will be evaluated two times by their preceptor: mid-semester and end of semester. Clinical evaluations provide the student with feedback on performance strengths as well as areas in need of improvement. The preceptor evaluations are submitted to the Clinical Education Coordinator during routine evaluation meetings. The Clinical Education Coordinator attends all end-of semester evaluation meetings and may attend the mid-semester meetings at the request of the preceptor or the student. The Clinical Education Coordinator takes notes and participates in the evaluations meetings as appropriate.

### **Preceptors, Clinical Setting, and Clinical Coordinator**

At the conclusion of each clinical experience, students provide feedback regarding the strengths and weaknesses of the preceptor(s) with whom they worked and the overall experience they obtained in that particular clinical setting. Each student will also evaluate the performance of the Clinical Education Coordinator during the semester.

## **Section 10: Certification Requirements**

### **Board of Certification**

In order to become a certified athletic trainer, a student must follow these steps:

1. Register for his/her final semester at Winthrop University.
2. Create a profile on the Board of Certification web-site ([bocatc.org](http://bocatc.org)) and follow the steps to apply for the BOC exam.
3. Verify completion of all prescribed course work.
4. Verify completion of prescribed clinical experiences under the direct supervision of a qualified preceptor.
5. Obtain the endorsement of the Program Director which verifies completion of all competencies and proficiencies.
6. Take and pass the BOC exam.
7. Submit official transcripts verifying graduation and proof of emergency cardiac care certification to the BOC.

Board of Certification, Inc.  
1415 Harney Street, Suite 200  
Omaha, NE 68102  
402-559-0091; 877-262-3926  
Fax: 402-561-0598  
[www.bocatc.org](http://www.bocatc.org)

# Section 11: Infectious Waste Exposure Control Procedures

## Introduction

In accordance with the Occupational Safety Health Administration (OSHA) Bloodborne Pathogens Standard, 29 CFR 1910.1030, the Winthrop University Athletic Training Program's Bloodborne Pathogen Policy has been developed to protect students from the health hazards associated with exposure to pathogenic organisms present in blood or other bodily fluids. This policy is developed from and is in alignment with Winthrop University's Bloodborne Pathogen Exposure Control Plan.

## Definitions

- ï Blood Borne Pathogen: pathogenic micro-organisms present in human blood that can cause disease in humans. These pathogens include, but are not limited to, Hepatitis B Virus (HBV), Hepatitis C Virus (HCV), and Human Immuno-deficiency Virus (HIV).
- ï Body Fluids: fluids that have been recognized by the Centers for Disease Control and Prevention (CDC) as directly linked to the transmission of HIV and/or HBV and/or to which universal precautions apply: blood, blood products, semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pericardial fluid, amniotic fluid, and concentrated HIV or HBV viruses.
- ï Contamination: occurs when blood or other potentially infectious materials are present or reasonably anticipated to be present on an item or surface.
- ï Exposure Incident: a specific eye, mouth, other mucous membrane, non-intact skin, or parenteral contact with blood or other potentially infectious materials that results from the performance of one's duties. "Non-intact skin" includes skin with dermatitis, hangnails, cuts, abrasions, chafing, acne, etc.
- ï Personal Protective Equipment (PPE): specialized clothing or equipment worn by an individual for protection against a hazard. Some examples include protective gloves, eye protection, face shield, gowns, and CPR mask.
- ï Sharps: any object that can penetrate the skin, including but not limited to, needles, scalpels, wood applicators, and any objects with the potential to become sharps such as glass.
- ï Universal Precautions: an approach to infection control where all human blood and certain human body fluids (i.e. semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pericardial fluid, amniotic fluid) are treated as if known to be infectious for HIV, HBV, HCV, and other blood borne pathogens.

## Exposure Determination

The potential of being exposed to bloodborne pathogens exists in the athletic training room, practice sites, or competition sites. Individuals at risk include certified athletic trainers and athletic training students treating or caring for any open wound, sore, or if body fluid is present. This also covers athletic training students who are completing a required clinical experience at an off-campus affiliated clinical site.

## **Training**

Bloodborne pathogen training will be conducted annually for all students prior to beginning clinical or directed observation experiences. The training will include at a minimum:

- ï A discussion of the epidemiology and symptoms of blood borne diseases;
- ï An explanation of the modes of transmission of blood borne pathogens;
- ï An explanation of the Blood Borne Pathogen Exposure Control Plan;
- ï The recognition of tasks that may involve exposure;
- ï An explanation of the use and limitations of methods to reduce exposure, for example engineering controls, work practices, and PPE's;
- ï Information on the types, uses, location, removal, handling, decontamination, and disposal of PPE;
- ï Information on the Hepatitis B vaccination, including efficacy, safety, method of administration, benefits;
- ï Information on the appropriate actions to take and persons to contact in an emergency involving blood or other potentially infectious materials;
- ï An explanation of the procedures to follow if an exposure incident occurs, including the method of reporting and medical follow-up;
- ï Information on the evaluation and follow-up required after an exposure incident.

## **Vaccinations**

The Hepatitis B vaccination series is required before or upon admittance into the clinical phase of the Athletic Training Program. HCV and HIV have no known vaccine at this point in time.

## **Universal Precautions**

All blood or other potentially infectious materials shall be handled as if contaminated by a bloodborne pathogen. Under circumstances in which differentiation between body fluid types is difficult or impossible, all body fluids shall be considered potentially infectious materials.

## **Personal Protective Equipment**

Personal protective equipment includes gloves, CPR masks, gowns, face shields, and eye protection. This equipment will be purchased and maintained by the clinical facility. PPE's shall be used when coming in contact with blood or other body fluids.

- ï Gloves shall be worn when it can be reasonably anticipated that the employee may have hand contact with blood, other potentially infectious materials, mucous membranes, and non-intact skin
  - ï Disposable (single use) gloves shall be replaced as soon as practical when contaminated or as soon as feasible if they are torn, punctured, or when their ability to function as a barrier is compromised.
  - ï Gloves are removed inside out aseptically.
  - ï Gloves should be removed and discarded into a properly marked foot-operated biohazard container lined with a leak-proof color-coded biohazard bag. Any glove used to clean bodily fluids shall never be washed and reused

- ï Masks, Eye Protection or Face Shields should be used whenever there is potential for splashes, sprays, spatter or droplets of blood or other infectious materials into the eyes, nose or mouth.
- ï When contamination occurs, eyewear and face shields are to be cleaned with a 1:10 bleach dilution, then washed, rinsed and dried.
- ï CPR Masks or other “breathing barriers” are located in the athletic training room and in each individual sport kit. Any breathing barrier will only be used once and then discarded.

## **Hand Washing**

All individuals shall wash hands and any other exposed skin with soap and warm running water for a minimum of 20 seconds after removing gloves. In the event that soap and warm running water are not readily available, an antiseptic hand sanitizer shall be used. When an antiseptic hand sanitizer is used, hands shall be washed with soap and warm running water as soon as feasible. Hands should also be washed between all patient contacts.

## **Collection and Disposal Procedures**

Two types of containers are available in the athletic training rooms and medical facilities; red or orange biohazardous waste bags and puncture resistant sharps containers. Biohazardous waste materials are not to be put in regular waste cans. Examples of waste disposed of in biohazard waste bags may include dressings, bandages, sponges, gauze, surgical drapes and gloves. Disposal of sharp instruments such as scalpels, needles or syringes will be in labeled, puncture resistant boxes. Puncture resistant boxes will be sealed and disposed of as necessary.

Preceptors are responsible for proper disposal of the biohazardous waste containers. Procedures vary with the setting. Most high school athletic training settings utilize the state approved procedure of taking the materials to the school nurse for disposal. Winthrop University Athletic Training Rooms and various medical clinics have a contract with a biohazardous waste disposal company.

## **Environmental and Working Surfaces**

The clinical facilities will be maintained in a clean and sanitary condition. Countertops, treatment tables, rehabilitation equipment and other work surfaces will be cleaned using a disinfectant with virucidal, fungicidal, and antibacterial properties or a 1:10 bleach solution. Cleaning will take place in the following situations:

- ï after completing procedures on an individual patient;
- ï immediately or as soon as feasible after overt contamination with of blood or other potentially infectious material;
- ï at the end of the shift if the surface may have become contaminated since the last cleaning.

## Laundry

Contaminated laundry should be handled as little as possible and should be handled by someone wearing gloves. Soiled laundry may be washed in hot water and detergent, the water should at least be 160 F, for 25 minutes. Low temperature loads should be washed with suitable low temperature detergents.

## Incident Management

- ï Any athlete who is bleeding during a game, practice, or scrimmage from an open wound, nose or mouth must be removed from the game at the earliest possible time. The athlete will remain out until the wound is dressed or the bleeding subsides.
- ï A preceptor or qualified athletic training student will attend to the wound or bleeding according to established procedure. Anyone not wearing gloves, will not be involved in the care of a bleeding injury. All materials and supplies used in the procedure will be placed in a biohazardous waste bag provided by the preceptor. If a towel is used to wipe up blood from the court or off the athletes uniform, it must be disposed of properly. If only a small amount of blood is on the towel it will be placed in a biohazardous waste bag and laundered. If the towel is saturated with blood, then it will be placed in a biohazardous waste bag and disposed of according to policy by the preceptor.
- ï If the athlete has blood on his or her uniform, the athlete must be removed from the game, practice or scrimmage at the earliest possible time. If only a small spot of blood is on the uniform, the spot will be treated with a bleach dilution or hydrogen peroxide and the athlete can return to the activity. If a large amount of blood is on the uniform the uniform must be changed before the athlete can return to the activity. If the uniform must be changed, the bloodied uniform will be placed in a biohazardous waste bag and then laundered or disposed of according to policy.

## Exposure Incident Procedures

Upon exposure to bloodborne pathogen, follow these procedures:

1. Wash exposed skin with soap and water. Flush eye or other mucous membranes with water for 15 minutes. Provide immediate first aid to the area, clean and dress as necessary.
2. Inform clinical site preceptor and complete Bloodborne Pathogen Exposure Incident Form and/or any other necessary documentation for that clinical site. Kept in file.
3. Contact the Clinical Education Coordinator as soon as possible but no longer than 24 hours after exposure.
  - a) The Clinical Education Coordinator must contact Winthrop University's appropriate administrator either the same or next business day to report the exposure.
4. Make an immediate appointment with the Student Health Center or your personal physician. Blood should be tested for HBV, HCV, and HIV as soon as it is feasible through your health care provider; within 72 hours of incident is best. Your healthcare provider will then assess the need for any post-exposure treatment, and you should follow-up as requested.
  - a) Understand that your health insurance may or may not cover these expenses. However, it is for your benefit to follow through with the recommended procedures.

## **Section 12: Winthrop University Athletic Training Emergency Action Plans**

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The Winthrop University Athletic Training Department in cooperation with the Winthrop University Campus Police has compiled specific procedures in an attempt to inform athletic training students, Campus Police, and coaches on how to handle emergency situations at each venue within the Winthrop University Athletic Complex. A list of emergency situations that will prompt the activation of the procedures is provided. The procedures to follow at each venue are also provided. The emergency action plans are reviewed and up-dated on an annual basis, or more frequently if a change warrants such review.

### **EMERGENCY SITUATIONS**

Situations in which Emergency Medical Services will be activated:

1. Any loss of consciousness of an athlete
2. Any respiratory failure occurring in an athlete
3. Any cardiac failure occurring in an athlete
4. Head or neck injuries which require emergency medical attention
5. Any fracture that requires emergency medical attention

### **EMERGENCY PROCEDURES AT WINTHROP ATHLETIC VENUES**

At each athletic venue, the certified athletic trainer will follow a specific procedure when emergency situations arise. Each facility is listed below along with its sport or sports. The emergency action plans are available in a separate document.

Winthrop Coliseum

- Volleyball
- Basketball (Men's and Women's)
- Athletic Training Room
- Strength and Conditioning

Winthrop Ballpark - Baseball

Memorial Tennis Courts - Tennis (Men's and Women's)

Winthrop Softball Complex (Terry Field) - Softball

Winthrop Soccer Complex - Soccer (Men's and Women's); Lacrosse

Irwin Belk Track & Field - Track & Field (Men's and Women's)

Winthrop Recreational & Research Complex & Golf Course - Cross Country (Men's and Women's)