



North Carolina Board of Athletic Trainer Examiners

P.O. Box 10769 • Raleigh, North Carolina 27605 • (919) 821-4980

S A M P L E

Licensed Athletic Trainer Protocol

I. Prevention

- A. Educate the appropriate patient(s) about risks associated with participation and specific activities using effective communication techniques to minimize the risk of injury and illness.
- B. Interpret pre-participation and other relevant screening information in accordance with accepted guidelines to minimize risk of injury and illness.
- C. Instruct the appropriate patient(s) about standard protective equipment by using effective communication techniques to minimize risk of injury and illness.
- D. Apply appropriate prophylactic/protective measures by using commercial products or custom-made devices to minimize risk of injury and illness.
- E. Identify safety hazards associated with activities, activity areas, and equipment by following accepted procedures and guidelines in order to make appropriate recommendations and to minimize the risk of injury and illness.
- F. Maintain clinical and treatment areas by complying with safety and sanitation standards to minimize risk of injury and illness.
- G. Monitor participants and environmental conditions by following accepted guidelines to promote safe participation.
- H. Facilitate physical conditioning by designing and implementing appropriate programs to minimize injury risk.
- I. Facilitate healthy lifestyle behaviors using effective education, communication, and intervention risk of injury and illness and promote wellness.

II. Clinical Evaluation and Diagnosis

- A. Obtain a history through observation, interview, and/or review of relevant records to assess the pathology and extent of the injury, illness or condition.
- B. Inspect the involved area(s) visually to assess the pathology and extent of the injury, illness, or health-related condition.
- C. Palpate the involved area(s) using standard techniques to assess the pathology and extent of the injury, illness, or health-related condition.
- D. Perform specific tests in accordance with accepted procedures to assess the pathology and extent of the injury, illness, or health-related condition.
- E. Formulate a clinical impression by interpreting the signs, symptoms, and predisposing factors of the injury, illness, or health-related condition to determine the appropriate course of action.
- F. Educate the appropriate patient(s) about the assessment by communicating information about the current or potential injury, illness, or health-related condition to encourage compliance with recommended care.
- G. Share assessment findings with other healthcare professionals using effective means of communication to coordinate appropriate care.

III. Immediate Care

- A. Employ life-saving techniques through the use of standard emergency procedures in order to reduce morbidity and the incidence of mortality.

- B. Prevent exacerbation of non-life threatening condition(s) through the use of standard procedures in order to reduce morbidity.
- C. Facilitate the timely transfer of care for conditions beyond the scope of practice of the athletic trainer by implementing appropriate referral strategies to stabilize and/or prevent exacerbation of the condition(s)
- D. Direct the appropriate patient(s) in standard immediate care procedures using formal and informal methods to facilitate immediate care.
- E. Execute the established emergency action plan using effective communication and administration practices to facilitate efficient immediate care.
- F. In the event of a serious injury, the following procedures will apply:
 - 1. Call 911 to activate the EMS for transport to an emergency facility.
 - 2. If not present at the athletic event the team physician will be called and made aware of the situation.

IV. Treatment, Rehabilitation, and Reconditioning

- A. Administer therapeutic and conditioning exercise(s) using standard techniques and procedures in order to facilitate recovery, function, and/or performance.
- B. Administer therapeutic modalities using standard techniques and procedures in order to facilitate recovery, function, and/or performance.
- C. Apply braces, splints, or assistive devices in accordance with appropriate standards and practices in order to facilitate recovery, function, and/or performance.
- D. Administer treatment for general illness and/or conditions using standard techniques and procedures to facilitate recovery, function, and/or performance.
- E. Reassess the status of injuries, illnesses, and/or conditions using standard techniques and documentation strategies in order to determine appropriate treatment, rehabilitation, and/or reconditioning and to evaluate readiness to return to a desired level of activity.
- F. Educate the appropriate patients in the treatment, rehabilitation, and reconditioning of injuries, illness, and/or conditions using applicable methods and materials to facilitate recovery, function, and/or performance.
- G. Provide guidance and/or counseling for the appropriate patient(s) in the treatment, rehabilitation, and reconditioning of injuries, illnesses and /or conditions through communication to facilitate recovery, function, and performance.

V. Organization and Administration

- A. Establish action plans for response to injury or illness using available resources to provide the required range of healthcare services for patients, athletic activities, and events.
- B. Establish policies and procedures for the delivery of healthcare services following accepted guidelines to promote safe participation, timely care, and legal compliance.
- C. Establish policies and procedures for the management of healthcare facilities and activity areas by referring to accepted guidelines, standards, and regulations to promote safety and legal compliance.
- D. Manage human and fiscal resources by utilizing appropriate leadership, organization, and management techniques to provide efficient and effective healthcare services.
- E. Maintain records using an appropriate system to document services rendered, provide for continuity of care, facilitate communication, and meet legal standards.
- F. Develop professional relationships with appropriate patients and entities by applying effective communication techniques to enhance the delivery of healthcare.

VI. Professional Responsibility

- A. Demonstrate appropriate professional conduct by complying with applicable standards and maintaining continuing competence to provide quality athletic training services.
- B. Adhere to statutory and regulatory provisions and other legal responsibilities relating to the practice of athletic training by maintaining and understanding of these provisions and responsibilities in order to contribute to the safety and welfare of the public.
- C. Educate appropriate patients and entities about the role and standards of practice of the athletic trainer through informal and formal means to improve the ability of those patients and entities to make informed decisions.
- D. Perform other specified tasks as directed by the physician

Athletic Trainer: _____

Team/Organization: _____

The undersigned physician and athletic trainer agree to abide by this protocol:

Print or Type Name of Physician

Print or Type Name of Athletic Trainer

Signature of Physician

Signature of Athletic Trainer

Physician Address

Employment Address

City, State, Zip Code

City, State, Zip Code

Business Telephone

Business Telephone

S A M P L E O N L Y