

# SPORTS MEDICINE CLUB

*Become a Bishop Chatard Sports Medicine Aid  
Under direction of MJ Barnes, MS, LAT, ATC*

## OVERVIEW

Provide an opportunity for students to be exposed to medicine. This club will replace the “student trainer” role. Instead, members will use the title “sports medicine aide (SMA)”. The sports medicine club is not limited to only the fall season; it is open to new members all school year.

## BY PARTICIPATING AS A SMA, STUDENTS WILL:

- Learn to stay calm during emergencies
- Apply blood-borne pathogen precautions
- Speak with visiting athletic trainers, physicians and other healthcare professionals
- Communicate confidential health information in the HIPAA guidelines
- Gain a basic understanding of medical terminology
- Lead student athletes through rehabilitation exercises and understand proper movement patterns
- Understand concepts of health care administration
- Analyze legal, ethical and insurance considerations in sports medicine
- Assess environmental factors that lead to injury
- Investigate the psychological aspects of injury
- Rehearse emergency scenarios

## VOLUNTEER EXPECTATIONS

All members of the club will serve the community by assisting at least one CYO event each school year. The event will be chosen by the club members.

## MEMBER EXPECTATIONS

SMA's may choose to assist with a team (football, softball, basketball, etc). The SMA is expected to follow that team's practice and game schedule. For example, if a student

wants to assist the football team, he/she must attend the weekly practices in order to assist during the games. This is necessary if a student wishes to receive a varsity letter with a team.

If a student does not want to assist during games, he/she may come to practices and float between sports teams. For example, a student is unable to attend every Monday, he/she may come Tuesday through Friday for other teams practices but not help with games.

### **3 STRIKE POLICY**

Students are allowed to participate until they have 3 strikes. A strike is given if a student:

- Does not show up for a team practice/game without communication
- Does not communicate about a change in his/her schedule
- Leaves before the end of a practice/game without communication
- Provides treatment with a student he/she is dating

### **STATEMENT OF UNDERSTANDING**

I will conduct myself respectfully and responsibly as I learn more in sports medicine. I understand the 3 strike policy. If I accrue 3 strikes, I understand I will not be allowed to participate in the sports medicine club until the next sports season. I have completed the BCHS Athletic Eligibility Form and the Archdiocese Health and Safety Form found at <https://bishopchatardathletics.org/physicals/>.

Student Name \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Sport(s) interested in joining (optional) \_\_\_\_\_