

# Tompkins Falcons



## Sports Medicine Student Athletic Trainer Handbook

## Preface

This handbook is designed to give the high school student athletic trainers (hereafter referred to as SATs) of Tompkins High School a thorough understanding of the Tompkins Athletic Training Program.

The intent of this handbook is to familiarize the incoming SAT with the workings of the training room and the expectations for him/her. The handbook will serve as a guide throughout his/her entire high school athletic training career.

The student trainer must read and understand the contents of this handbook. They should work within the goals and policies provided herein. The success of the athletic training staff and ultimately the entire athletic program depends upon the punctuality, discipline, and responsibility of the entire athletic training staff.

An organization is only as strong as its members. We are a service organization intended to ensure the best possible health care for each athlete. We must remember that we are an organization to serve the athletic program and not a separate entity in ourselves.

It is essential to remember why student trainers are here. A student trainer's first responsibility is to get an education. Never let your training duties interfere with your studies. Learn to prioritize things important to you and budget your time in order to stay on top of your schoolwork. Secondly, an SAT is here to serve the athletes of THS to the best of his/her ability.

The Head and Assistant athletic trainers ask that you make yourself familiar with this handbook and its contents. Use this handbook and the information in it to improve your understanding of the Athletic Training Program at Tompkins High School.

## INTRODUCTION

The goals provided below are the backbone of a successful Athletic Training staff. To become a successful student trainer and ultimately a successful person, you are expected to take these goals to heart and live by them day by day, not only in the training room, but also in your daily life.

1. Develop a sound educational background from which you can further your skills, and ultimately, provide a better standard of care for the athletes you work with.
2. As you enter adulthood, more and more responsibility is placed on you. Allow the Athletic Training program to help you develop a greater sense of responsibility both in and out of the training room.
3. Self-discipline is the key to success. Discipline yourself to carry out the duties expected of you to the best of your ability.
4. Prepare yourself for the future. Tomorrow will be here before you know it. Look to the future, think of what you want to accomplish in one year, two years, and five years from now. Set your short-term and long-term goals and ready yourself for life's challenges.
5. Learn to work with others. You are no longer in an "I" or "me" world. Others will depend on you and expect you to work with them. Learn to "give" and "take" of yourself. Working with people will carry you a long way in life.
6. Organization is a trait of successful people. An organized person is able to face adversity and conquer any situation. A disorganized person is left wondering why they did not perform to their capabilities. Organize, prepare, and be ready to act at all times.
7. The Athletic Training program is a people oriented service organization. In order to accomplish tasks as they arise, one must communicate well. When working within the training staff, the channels of communication must remain open. Learn to communicate with others efficiently and alert appropriate individuals of your duties and responsibilities.
8. When working with others, it is important to gain the confidence and respect of those you work with. Both athletes and coaches will depend on your service. If you act responsibly and perform as expected you will gain the respect of those you work with.
9. As you mature and become more confident in your abilities, you will be expected to be a leader. An effective leader is diplomatic – **friends are more easily persuaded than enemies!**
10. The Athletic Training program is a very important component of our excellent athletic program here at Tompkins High School. Take pride in knowing that you play a big role in helping us get to be one of the most competitive high schools in the state in all sports.
11. Not every day is filled with sunshine for everyone. On your dark days keep your bad moods to yourself and don't bring others down with you – **be captain of your own ship!**

## POLICIES AND PROCEDURES

The Athletic Training Room (ATR) is a medical facility and is to be treated as such. Therefore, the following policies and procedures must be strictly enforced to facilitate an organized, properly-run training room.

1. Athletes are never to wear cleats in the ATR. Appropriate footwear should be worn for rehabilitation purposes. Do not wear flip-flops, slippers, etc. to do rehab on the bike, elliptical, stair master, etc.
2. Shorts or wind pants/sweatpants over shorts should be worn when seeking assistance in the ATR. When seeking evaluation or treatment, it is important to be able to see the legs to be able to properly examine and treat a lower body injury. Shorts also prolong the life of furniture coverings. Athletes should always wear shorts when being taped.
3. All athletes should shower before entering the ATR in order to reduce contamination of equipment, infection, and the spread of disease. **This rule is to be strictly enforced except in the case of an emergency.**
4. Athletes should leave all equipment outside such as backpacks, bat bags, shoulder pads, etc.
5. No food or open drink containers at any time unless a planned situation arises. Student trainers may eat outside of the ATR if:
  - a. There are no athletes in the ATR.
  - b. We are in an off period.
  - c. Preparations are completed for an upcoming activity.
6. Profanity and horseplay are not tolerated at any time by anyone.
7. Athletes may only come into the ATR if they need assistance. The ATR is not a hang-out or a place for socializing, it is a medical facility.
8. The office is off-limits unless prior permission is obtained.
9. Do not lounge or sit on the exercise equipment.
10. Each student trainer will be assigned a locker. Keep all belongings in the locker. **DO NOT** set shoes, backpacks, purses, books or other materials on the ATR floors or tables. If items are left for multiple days in the ATR they will be disposed of.
11. If a doctor is present at any time, conduct yourself as a professional and assist in a way you will not be a nuisance. Be quiet but available. Hold all comments and questions until the appropriate time arises.
12. In case of absence from school, practices, or games, you **MUST** call the ATR by **9:00 am**. The number is 281-234-1333. Arrangements must be made to cover your absence. There are no excuses.

# STUDENT TRAINER CONDUCT AND DUTIES

## GENERAL DUTIES

### 1. PRACTICE DUTIES AND CONDUCT

- a. Preparation of ATR
  - i. Sufficient tape of all sizes is on tables or carts
  - ii. Water containers are ready, all other equipment checked, and all kits are stocked.
- b. Pre-practice care of athletes
  - i. Apply all wraps, dressings, bandages, protective pads, and taping that you are qualified to apply
  - ii. A general rule to follow is to care for those athletes in season first, usually varsity athletes before freshmen.
  - iii. Do not permit crowding at the tables. Take each athlete in his/her proper order. If the crowd becomes too large, ask some to wait in line outside the door.
  - iv. You should become proficient at the following:
    1. Documentation of injury/treatment records.
    2. Application of ice bags/ice massage for any body part.
    3. Ankle taping, thumb taping, finger buddy taping, great toe taping, application of elastic bandages, and supervision of flexibility exercises, etc.
    4. Securing a protective pad on the body in any position.
    5. Recognizing emergency situations.
- c. Practice area conduct
  - i. Take the training supplies, ice, and water on the field/court as soon as practice session is to begin. Injuries can occur during the first minute of practice. **BE ON TIME!!!!**
  - ii. Station yourself near the action so you can be easily spotted.
  - iii. Do not turn your attention away from practice. **DO NOT SIT DOWN!!!!** This is for your safety.
  - iv. Assist in any water break.
  - v. Care for injured players and escort players to the ATR if the injury is serious enough. Have your cell phone or a walkie-talkie available and be familiar with its use. Cell phone use is prohibited unless in there is an emergency.
  - vi. Always stay with an injured player either on the field or in the ATR. **NEVER LEAVE AN INJURED PLAYER UNATTENDED.**
- d. Post-practice ATR conduct
  - i. Be sure all athletes are treated before leaving. Document all injuries/treatments on the appropriate forms.
  - ii. Help administer treatments to injured athletes.
  - iii. Place all dirty wraps, towels, and laundry in the proper containers.
  - iv. Put up and dry cows after every practice.
  - v. When putting up cows, after you get them in the storage room, make sure all caps and lids are with the cow. Also, make sure the batteries are properly charging.
  - vi. Check with the staff athletic trainer before leaving.

## 2. GAME DUTIES AND CONDUCT

### a. Pre-game conduct

- i. Arrive on time and prepare all necessary equipment before the players arrive.
- ii. Be appropriately dressed and ready to work on time.
- iii. Help with pre-game taping at the appointed hour.
- iv. Introduce yourself to the visiting team student trainers and offer your services before your team takes the field.
- v. Go over the pre-game checklist for on-field/gym supplies. Be sure all necessary items are on the field or gym well before the start of the game.
- vi. If the game is away, be on the bus 10 minutes before it leaves and **sit at the front of the bus.**

### b. Game conduct

- i. During the game stay close to your equipment. Pay close attention to play. Observe players who are not performing normally or are injured. Normally, one student trainer needs to accompany the staff athletic trainer on the field to examine an injured player. The others should prepare to bring equipment on the field for removal of the player.
- ii. Always carry scissors, gloves, band-aids, gauze pads, pre-wrap, and 1 ½ “tape in your fanny pack. It is a very good idea to always keep gloves and gauze in your pockets for easy access.
- iii. **Do not have your cell phone out during games.**
- iv. Be prepared to adjust equipment including helmets and shoulder pads, apply protective pads, wraps, ice packs, or dressings to those players not in the game or that have been removed for care. Work quickly, but not so fast that your skills suffer.
- v. Assist in administering water and ice to players, coaches, and officials. Keep water containers filled with adequate water, especially in hot weather.
- vi. During half time check all players for injuries. Inform the staff athletic trainer of any change in a player’s condition. Assist in giving players water during half-time.
- vii. Assist injured players from the field at the half or at the end of the game. Ask for assistance from fellow student trainers or coaches.

### c. Post-game conduct

- i. Be sure all equipment is back in the ATR.
- ii. Assist players in removing tape, bandages, and dressings. **Keep the ATR clean for the injured.**
- iii. Assist injured players as directed by the staff athletic trainers.
- iv. Dress all wounds and care for the injured before you leave.
- v. Put the ATR in order before you leave. Put up all coolers, ice chests, etc. in their correct places.
- vi. Complete injury/treatment records for the injured.
- vii. Hand out/apply ice bags to those in need.
- viii. If it is an away game, have the injured athlete sit close to you on the bus trip home so you can observe him or her.
- ix. Know how to fit crutches and instruct in their use.

### 3. PROPER DRESS AND GROOMING

- a. Grooming
  - i. Hair should be clean and well-trimmed. It is usually easier for girls with longer hair to keep it in a pony tail so it doesn't get in the way.
  - ii. If girls wear earrings, they must not dangle past the earlobes for safety reasons.
  - iii. Fingernails must be short and clean.
- b. Indoor dress
  - i. You are given attire to wear to practices and games. Make sure you have it on when you are in the ATR. Change in the locker room every day before coming into the ATR.
  - ii. *ONLY Tompkins sports medicine shirts may be worn on game days. Pants can be either solid blue or black and can NOT consist of holes.*
  - iii. Arrive early enough and dressed appropriately to care for the athletes.
  - iv. Wear a comfortable tennis style shoe. NO flip-flops, sandals, heels, slippers, etc. are allowed for safety purposes.
  - v. All clothing must be neat and clean.
- c. Outdoor dress
  - i. Warm weather
    - 1. Shorts may be worn for games as long as everyone matches. Shorts should be khaki in color. Another color may be discussed prior to the season. Shorts for practices and games must be school dress code appropriate in length.
    - 2. Yoga pants/tights are not school dress code appropriate and are not permissible in the athletic training setting.
    - 3. *Game day attire will consist of a Tompkins Sports Medicine shirt and solid colored shorts. Varsity students will be required to wear their assigned polos and khakis pants.*
    - 4. Appropriate tennis-style shoe with proper support because you will be on your feet a great deal.
    - 5. Sunscreen, Sunglasses, and a cap or visor is recommended while outside.
  - ii. Cold and/or wet weather dress
    - 1. You will be issued cold/wet weather gear. Wear what we give you. Parkas will also be available for extremely cold days.
    - 2. Gloves
    - 3. Always bring wet/cold weather gear if there is the slightest possibility that it may be cold or rainy or both, especially for away games.
    - 4. Wear a pair of shoes that can get wet and muddy and keep them in your locker.
    - 5. It is a good idea to keep an extra pair of clothes in your locker as well in case you get wet.
- d. *Playoff Attire*
  - i. *Indoor sports*
    - 1. *Students will be required to wear khaki pants and a Tompkins sports medicine polo to each playoff game of their sport/season.*

ii. *Outdoor sports*

1. *Varsity football students will be required to wear khaki pants and their sports medicine polo.*
2. *All other sports will be required to wear a Tompkins sports medicine shirt and solid navy/black pants or shorts.*
3. *Playoff shirts may be worn if agreed upon by Dallas or Coach M.*

## **Conduct and Ethics**

- A. The quality of medical care for the athletes at Tompkins High School depends largely upon the actions of the entire athletic training staff. There are more student trainers than staff trainers. Therefore, an athlete has more opportunity to come in contact with a student trainer than with the staff trainer or the team physician.
- B. The following qualities can make Tompkins Athletic Training Students successful:
- Willingness to accept responsibilities and carry them through to completion.
  - Performing duties as expected in the athletic training room even in the absence of the staff athletic trainers.
  - Willingness to perform those chores that are unpopular.
  - Maintaining appropriate personal appearance at all times.
  - Maintaining the proper tone and quality of language at all times.
- C. Athletic Training is an integral part of Sports Medicine. The student trainer should perform the techniques of the profession only with adequate and specific medical direction. The student trainer must receive direction from the staff athletic trainers.
- D. Athletic Training is recognized by the American Medical Association as an Allied Health Care profession devoted to the best welfare of the athlete. The student trainer should keep this basic principle in mind and be guided by it at all times.
1. Student trainers should develop a relationship with each player that encourages him/her to trust you with personal information.
  2. Student trainers should develop a relationship with the coaches and other staff members so they respect your comments and know you will provide objective information not small talk associated with gossip based on little or no fact.
- E. Those who serve as members of the Tompkins Athletic Training Staff assume definite responsibilities toward associates and commit themselves to upholding professional ideals. Each student trainer acts as a representative of the whole profession and as such, should conduct himself/herself with honor and integrity.
1. Student trainers should develop a source of loyalty to each member of the organization. DO NOT second-guess or belittle decisions made by the staff athletic trainers. In particular, do not discuss controversial subjects concerning the organization outside the organization. Learn what information needs to be shared and with whom it is to be shared. For the most part, that will be fellow student trainers and the staff athletic trainers.
  2. The student trainers should never harass the officials or the opponent. His/her comments are those of encouragement to his or her own players. He/she should not belittle his/her own player's actions or abilities.



3. Most importantly, student trainers should never bully, harass, demean, or belittle other student trainers. We are in this together and we should take it upon ourselves to help direct and teach the younger student trainers toward the betterment of the program. Episodes of hazing will be treated as such and may be cause for dismissal from the program as well as possible school discipline.
  4. Cyberbullying is defined as bullying that is done through the use of any electronic communication device, including through the use of a cellular or other type of telephone, computer, a camera, electronic mail, instant messaging, text messaging, a social media application, an Internet website, or any other Internet-based communication tool.
  5. Harassment, in general terms, is conduct so severe, persistent, or pervasive that it affects the student's ability to participate in or benefit from an educational program or activity; creates an intimidating, threatening, hostile, or offensive educational environment; or substantially interferes with the student's academic performance. Examples of harassment may include, but not be limited to, offensive or derogatory language directed at a person's religious beliefs or practices, accent, skin color, or need for accommodation; threatening, intimidating, or humiliating conduct; offensive jokes, name-calling, slurs, or rumors; physical aggression or assault; graffiti or printed material promoting racial, ethnic, or other negative stereotypes; or other kinds of aggressive conduct such as theft or damage to property
- F. Diagnosis of the athletes' disability is the responsibility of the team physician or the athlete's personal physician. Recognition and treatment of specific minor problems and the performance of standard forms of treatment may be responsibilities delegated to the student trainer by the staff trainers.
1. If an injury situation arises requiring a decision the student trainer is incapable of rendering, he/she should talk to the staff athletic Trainers. If he/she is unavailable, the student trainer should seek the help of a coach.
  2. If the student trainer is on a trip by himself/herself he/she should work closely with the head coach and be prepared to assist with other duties once his/her training duties are completed.
- G. The student trainer should give only those treatments he/she has been instructed to give by the staff athletic trainer to athletes. An athlete will often encourage a student trainer to give them treatment. The student trainer should avoid this complication as tactfully as possible by explaining they are to follow strict guidelines set forth by the staff athletic trainers and concerns should be expressed immediately to a staff athletic trainer.
- H. Do not engage in horseplay while on the job.
- I. Information concerning injuries to the athletes regardless of its source is confidential. Such confidences should be well guarded by the student trainer as per HIPAA guidelines. Also, this information should be guarded so as not to impede the success of the athlete's team.
- J. **DO NOT**, under any circumstance, share information about an athlete's health with anyone, including teachers, friends, the media, etc. This is very private information and only the athletes involved has the right to tell others about what is going on with their health. If someone from the media asks you a question, politely tell them that you are not permitted to discuss the issue, and refer them to the staff athletic trainers. This will include social media as well. Do not post info or pictures taken in the athletic training room to any site.
- K. The student trainer should be discreet and tactful in dealings with the athletes and should avoid all actions or statements which might in any way be construed by the injured athlete to be criticism of his or her personal physician, coach, or any other member of the athletic department.

- L. At no time should a student trainer make suggestions to the athlete's schedule of return to play, change an athlete's rehabilitation protocol, or refer them to another physician. The student trainer should refer all questions of the nature to the staff athletic trainers.
- M. The student trainer is a vital part of the athletic program. He/she can learn a great deal that will help him/her in the near future. If he/she feels the responsibilities are too heavy to handle, they should speak to the staff athletic trainers. If they find anything in the athletic program distasteful, he/she should air the complaints with the staff athletic trainers. If he/she has an idea that might improve the program, don't hesitate to bring it to the staff athletic trainer's attention. No one has all the answers and there is seldom a system that cannot be improved upon by its members.
- N. Each student trainer should have a cell phone that they keep with them during practices and games for an emergency. However, unless there is an emergency, or your parents call. You should never be on your phone at practices, games, or during class. This includes texting, playing music, etc.
- O. Do not engage in conversation with an athlete during practices or games. If they need something, help them out, but do not talk to the athletes for an extended period of time.
- P. All student athletic trainers will be expected to be in the athletic training room ready to work at 2:50. Do not loiter in the halls on the way down here. If you show up after 2:50, you will be considered tardy.

## **BEHAVIOR AND RESPONSIBILITIES**

1. The student trainers are expected to conduct themselves in such a manner as to be a credit to those they represent; exemplifying the traditional values of honesty, good sportsmanship, courtesy, and modesty commonly associated with good citizenship. Their language will be free from words generally considered offensive and degrading to their fellow man.
2. Information relating to medical or personal problems of athletes is regarded as privileged information and is governed by the HIPAA laws. Therefore, this type of information is not to be discussed with others.
3. The student trainer's first loyalty is the staff athletic trainers, then to the coaches and finally the athletes.
4. Verbal obscenities, threatening remarks, and physical confrontations, are to be avoided whenever possible. If an incident occurs while on duty, it should be reported immediately to the staff athletic trainer or coach. The offending student should be identified when known to the student trainer. If physical force is used or threatened, the proper authorities should be notified.
5. When traveling with a team and no staff athletic trainer is present, the student trainers are accountable to the head coach of that sport. They will assist the coach in any way possible. They will abide by the same rules and schedule as the athletes unless they make other arrangements with the staff athletic trainer and coach

### **Termination**

**THE STAFF ATHLETIC TRAINERS MAY AT ANY TIME REMOVE A STUDENT TRAINER FROM THE PROGRAM FOR BEHAVIOR NOT EXPECTED OF OTHS STUDENT TRAINERS.**

## Responsibilities

1. To promote TOMPKINS HIGH SCHOOL and its athletic programs.
2. To exhibit positive school citizenship through appropriate academic performance and student behavior. **A failing grade in any two six-week grading periods during a school year can result in your being removed from the program.**
3. To work in cooperation with the staff athletic trainers, coaching staff, other student trainers, and student/athletes.
4. To assist the staff athletic trainer in the following functions:
  - a. Taping and bandaging
  - b. Rehabilitation of injured athletes'
  - c. Record Keeping
  - d. Sanitation of equipment and facilities
  - e. Preparation of kits and supplies
  - f. Supervision of games and practice
  - g. Administer first aid as qualified
  - h. other duties, as assigned
5. To become knowledgeable in the applicable areas of health and safety through reading, study guides, and attendance at workshops/clinics/seminars-they are excellent source of information.
6. All student trainers will be a member of the Tompkins Athletic training staff.
7. In January we will go to the Greater Houston Athletic Trainers Association (GHATS) meeting wherever it is held. It is your responsibility to maintain whatever membership needs you must in order to attend.
8. It is your responsibility to maintain your CPR/AED cards. Every student athletic trainer must have one to be a member of the student athletic training staff. This is a UIL policy. We will offer a one-time session for CPR/AED training during the summer student athletic trainer camp. If you cannot make this session, you must obtain your cards from an outside source.
9. It is not recommended that you work while a member of the student athletic training staff, however I realize some of you must. It is very hard to maintain your grades while spending so much time with your sport as well as working. If you must get a job, please remember that the student athletic training program is an extra-curricular activity that you signed up for knowing full well the responsibilities it would entail. Please try to work with our schedule first. In order to work a varsity sport, you will be required to attend at least 75% of the practices that you are scheduled to attend. We give you days where you can leave early if you have an inside day, or either entire days off from practice. Please use these opportunities to go to work. We will give you a schedule every month that will have every activity you need to participate in for the following month so you know exactly when games and practices are. Please give this schedule to your employer so they can work around our games and events that you absolutely have to attend. We need a copy of your work schedule as well so we know when you will be missing.
10. We understand that the student athletic training program takes up a large portion of your time and you may need to go to tutorials in the afternoons to help keep your grades up. Please understand that to participate at games you must be academically eligible. You are encouraged to go to tutorials whenever it is necessary because if you do not keep your grades up, you cannot help your team at games. If you do have to go to tutorials, please bring back a signed note from your teacher that lets us know where you have been. Also, if at all possible, let us know beforehand so we can plan for your absence. If morning tutorials are available, make every effort to attend those.
11. As stated before, if you are going to be absent for any reason, and will miss the school day, please call us before 9:00 a.m. so we can plan for your absence. If your absence will be after school causing you to miss a practice or a game, please bring a note from your parent stating where you were.
12. Every student trainer is required to have a physical to participate in practices and games. You can get a physical at any of the KISD physical locations or from your private doctor. If you get one from a KISD site, they cost \$25.
13. Every student trainer will be required to pay a \$50 participation fee upon entering the program to cover the cost of buying soft goods for the student athletic trainers.

## **Discipline and Awards**

If a student trainer is going to be absent from school or any event they are scheduled to cover, the student trainer **MUST** contact the staff athletic trainers by phone, email, or text no later than 9:00 AM that day. The training room office number is 281-234-1333 or 1134.

As you mature, you are expected to show responsibility in that you consistently handle your job without being told what to do and you show up on time wearing the correct uniform. Repeated incidents of tardiness or being unprepared can result in the reduction of game duties, loss of the privilege of receiving letter jacket or patch, lower class grades, and/or dismissal from the training program.

You are expected to maintain high academic performance throughout your high school career. It is not only important for your future but it is required for you to be eligible to participate in the training program. Academic requirements are as follows:

6 WEEKS FAILURE-FIRST OFFENSE-PROBATION FOR REMAINDER OF THE ACADEMIC YEAR

6 WEEKS FAILURE-SECOND OFFENSE DURING SAME SCHOOL YEAR-POSSIBLE DISMISSAL FROM PROGRAM

Individual awards are given as follows:

Letter jacket may be awarded after an individual completes a full varsity football/volleyball season. A full season consists of attending at least 90% of the varsity games. Individual cases may arise which dictate awarding a jacket sooner than or later than this schedule. An individual is eligible for all patches earned by a team they have worked with but must be purchased by the individual

An Academic All-State Award can be given to senior student athletic trainers after the football season, to students with a qualifying GPA.

Memorial Hermann Scholarship --- see us in the spring for more details

OTHS ABC Scholarship --- see us in the spring for more details

## **GRADING PROCEDURES**

All student trainers will be given a weekly Major and Minor grade of 100. Points may be deducted from the weekly grade for any of the following:

### **MAJOR GRADE VIOLATIONS:**

- Late to games (-10 points)
- Not calling in before 9am / being absent to a game (-30points)
- Not dressing appropriate to any game (-10 points per violation)

### **MINOR GRADE VIOLATIONS:**

- Late to practice (-10 points)
- Not calling in before 9am / being absent to a scheduled practice (-10 points)
- Late to after school duties (-10 points)
- Late to class (-5 points)
- Failure to wear proper attire to practice (-5 points per violation)

As the situation arises, we may add to this list. Also, if the same offense occurs over and over, the points deducted will double each time during six weeks. Dismissal from the program is warranted with repeated offenses.

Periodically, student trainers will be given academic assignments, taping tests, and quizzes over athletic training material. Expect to do work in your class period. We will always have some topic to cover or there is some skill you will be able to practice.

**Parent and Student Consent and Acknowledgement**

I \_\_\_\_\_ hereby submit that my  
(Print parent name)

son/daughter \_\_\_\_\_ and I have read the rules,  
(Print Student Name)

procedures, and responsibilities included in the OTHS Student

Trainer Handbook and understand my role in executing them.

We also understand that noncompliance with the policies included

herein could result in the loss of game privileges, opportunity to earn

a letter jacket, and/or removal from the student trainer program.

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Student Trainer

\_\_\_\_\_  
Date