Athletic Training Services Support Document

This document is meant to help support the NYSPHSAA 5 Year Strategic Plan of increasing the amount of member schools utilizing athletic training services on a full-time or part-time basis.

**Data:** The Kory Stringer Institute in conjunction with the National Athletic Trainers Association has contacted every High School in the country to collect data on the use of athletic trainers. Below is a breakdown of national, regional, and state data. Data was collected between 2015 and 2018. For more information please go to: [https://ksi.uconn.edu/nata-atlas/](https://ksi.uconn.edu/nata-atlas/)

**National:** 66% of all HS have access to either full-time or part-time trainers  
34% of all HS have no access to either full-time or part-time trainers

**Regional:** 82% of all HS have Access to either full-time or part-time trainers  
(DE,NY,NJ,PA) 18% of all HS have no access to either full-time or part-time trainers

**NYSPHSAA** 66% of all NYSPHSAA schools have access to either full-time or part time trainers  
34% of all NYSPHSAA schools have no access to either full-time or part-time trainers

**Benefits of having access to athletic training services:** The NYSPHSAA Safety Committee has provided a list of benefits to a school district as well as those involved in interscholastic athletics. The benefits are not limited to this list only.

- Resource to admin/parents/coaches/students
- Evaluation of injuries – Return to Play Protocol (RTP)
- Concussion evaluation and testing – monitor RTP protocol
- Training of athletes for preventive measures and rehab
- Accessibility to other health care providers
- Takes care of student athlete injury so that coach can take care of the rest of the team
- Helps support the coach with stability and emotional confidence
- Insurance costs decrease for families and districts
- Focus on student athletes returning to competition appropriately
- Development of school wide and team emergency action plans
- Communication with school nurse, parents, and coaches regarding student injuries
- Ensure students are medically cleared to participate
• Educating coaches on first aid and injury prevention
• Keeping accurate records of all athletic injuries/ injury reports
• Designing weight training and conditioning programs
• Preparation of team medical kits
• Proper fitting of athletic equipment
• Nutritional education for athletes, parents, and coaches

Obstacles to overcome by school districts: The NYSPHSAA Safety Committee recognizes the obstacles that school districts face in trying to provide athletic training services to their athletic department. The list below outlines some of those concerns but is not limited to this list.

• Financial resources available in the school budget
• Athletic training services lower on the priority list of needs for the district
• Availability of athletic training services in the region
• New athletic trainer certification process
• Coaches are trained in First Aid and CPR/AED by SED Regulations

Options to provide athletic training services in a district: The NYSPHSAA Safety Committee has listed some possible options districts can utilize to provide athletic training services in their athletic program. The options are not limited to this list.

• District can hire a full-time athletic trainer
• District could hire a part-time athletic trainer
• District could contract through the local BOCES to share an athletic trainer with another district or two and receive possible aid on the services
• District could contract through a local medical facility to provide athletic training services
• District could contract through a local physician to provide athletic training services to the athletic program
• District could hire a teacher or administrator who is also certified as an Athletic Trainer and pay them a stipend to be the AT after school
• SED or NYSPHSAA could mandate each district provide athletic training services

As you can see two thirds of our member schools provide athletic training services within their athletic program. These districts are located all over the state of New York and are both large and small schools. Please feel free to contact the NYSPHSAA office if you need further resources to provide athletic training services to your athletic programs.