



IUP Graduate Handbook

MS in Athletic Training

Department of Kinesiology, Health and Sport Science

Handbook Updated 2023-2024

MS in Athletic Training

Department of Kinesiology, Health and Sport Science

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Introduction

IUP's Civility Statement

As a university of different peoples and perspectives, IUP aspires to promote the growth of all people in their academic, professional, social, and personal lives. Students, faculty, and staff join together to create a community where people exchange ideas, listen to one another with consideration and respect, and are committed to fostering civility through university structures, policies, and procedures. We, as members of the university, strive to achieve the following individual commitments:

To strengthen the university for academic success, I will act honestly, take responsibility for my behavior and continuous learning, and respect the freedom of others to express their views.

To foster an environment for personal growth, I will honor and take care of my body, mind, and character. I will be helpful to others and respect their rights. I will discourage intolerance, hatred, and injustice, and promote constructive resolution of conflict.

To contribute to the future, I will strive for the betterment of the community, myself, my university, the nation, and the world.

Affirmative Action

<https://catalog.iup.edu/content.php?catoid=7&navoid=951>

Title IX Reporting Requirement

<https://catalog.iup.edu/content.php?catoid=7&navoid=959>

Student Conduct and Student Rights

<https://www.iup.edu/studentssupportandstandards/policies/index.html>
www.iup.edu/gradcatalog

Department of Kinesiology, Health and Sport Science

The Kinesiology, Health, and Sport Science Department is a diverse and interdisciplinary department that offers multiple nationally accredited programs of study designed to promote lifetime health, fitness, and physical activity across the lifespan.

Curriculum requirements are specific to each program of study and include opportunities for student-centered learning and “hands-on” practical experiences. Students learn and apply their skills using up-to-date technology in the classroom and clinical settings. Classes are taught by outstanding faculty members who are active in research and service to their academic disciplines and who are committed to student professional development.

Graduates are prepared to assume leadership roles in a variety of occupational settings,

including educational, corporate, medical, and community sites.

Mission Statement and Program Objectives

The Athletic Training Program at Indiana University of Pennsylvania seeks to provide its students with a high quality, comprehensive, challenging, and diverse academic and clinical education in athletic training. Our graduates will have the knowledge, skills and critical thinking abilities to pass the Board of Certification examination, and the experience necessary to function as effective health care professionals in a variety of settings in which certified athletic trainers function.

Program Student Learning Outcomes (PSOs)

Upon completion of the Master of Science in Athletic Training program, student will:

1. employ the Core Competencies as outlined in the Athletic Training Education Standards.
2. create and implement evidence-based strategies and programs to prevent the incidence and/or severity of injuries and illnesses and optimize their clients'/patients' overall health and quality of life.
3. develop evidence-based clinical examination techniques and apply clinical-reasoning skills to accurately diagnosis and effectively treat patients.
4. assess a patient's status using clinician- and patient-oriented outcome measures and select the appropriate therapeutic intervention to maximize the patient's participation and health-related quality of life.
5. recognize, intervene, and refer clients/patients exhibiting abnormal social, emotional, and mental behaviors.
6. explain the athletic trainer's role in the healthcare system and understand the importance of risk management, healthcare delivery mechanisms, insurance, reimbursement, documentation, patient privacy, and facility management.
7. value the importance of maintaining current competence in the constantly changing world of healthcare and embrace the need to practice within the limits of state and national regulation using moral and ethical judgment.

Program Goals

1. **Goal:** Deliver quality classroom instruction aimed at developing high level Athletic Training **knowledge** base.
 - 1.1. Guide students towards fulfillment of all knowledge content within the Curricular Content Standards, as established by the Commission on Accreditation of Athletic Training Education (CAATE).
 - 1.2. Provide a challenging curriculum that will effectively bring about a high level of knowledge in subject matters pertinent to the profession of athletic training.
 - 1.3. Provide a comprehensive curriculum that will provide students with critical knowledge in various subject matters that may contribute to the overall education of well-rounded allied health care professionals.
 - 1.4. Ensure an educational environment that is conducive to achieving the highest learning potential in all students (resources, facilities, technology, instructors, methods).
2. **Goal:** Assist students in developing high levels of athletic training **clinical skills**.
 - 2.1. Guide students towards fulfillment of all skills content within the "Competencies in Athletic Training", as established by the Commission on Accreditation of Athletic Training Education (CAATE).

- 2.2. Effectively challenge students to achieve the highest level of clinical skills attainable.
- 2.3. Assist students in developing a comprehensive set of clinical skills that will adequately prepare them to meet the demands of a diverse population within diverse settings in which athletic trainers function.
- 2.4. Ensure a clinical teaching environment conducive to development of expertise in all entry-level skills pertaining to the athletic training profession (equipment, supplies, laboratory space, supervised instruction and practice).
3. **Goal:** Provide students opportunities to develop mature *clinical reasoning* competence by integrating knowledge, skills, and critical thinking.
 - 3.1. Guide students toward fulfillment of all the Curricular Content Standards related to clinical education as established by the Commission on Accreditation of Athletic Training Education (CAATE).
 - 3.2. Effectively challenge students to problem solve thru utilization of a variety of methods (case studies/reports, clinical scenarios, research, other problem-solving activities) within academic and laboratory courses, and clinical experiences.
 - 3.3. Provide students with a comprehensive and diverse clinical education and experience under direct supervision of a credentialed preceptor.
 - 3.4. Ensure a clinical experience environment that conducive to the development of clinical reasoning skills (student safety, supervision, diverse population and settings, resources/equipment/supplies).
4. **Goal:** Expose students to positive professional role models that demonstrate and encourage development of *professional behaviors* necessary for effective and ethical practice of athletic training.

Faculty and Staff

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Admission

In addition to meeting the admission requirements of IUP's School of Graduate Studies and Research, students must also meet the following entrance criteria:

- An undergraduate GPA of 3.0 and completion of the following pre-requisite coursework with a C or better:
 - Biology (with lab)
 - Chemistry (with lab)
 - Human Anatomy (with lab)
 - Human Physiology (with lab)
 - Exercise Physiology
 - Kinesiology/Biomechanics
 - Nutrition
 - Physics (with lab)
 - Psychology
 - Statistics
- A minimum of 40 hours of direct clinical observation under the guidance of a certified athletic trainer in a minimum of two different settings. You will need a letter of verification from each supervising certified athletic trainer.
- Current Emergency Cardiac Care (ECC) certification from an acceptable provider. That includes anyone adhering to the most current International Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiac Care.
- Completion of an interview with the program coordinator and faculty (as needed).
- Additional details and required documentation (clearances, Tuberculin (TB) skin test, liability insurance) as outlined in the Athletic Training Program Handbook.

Graduate Admissions: www.iup.edu/admissions/graduate/

For more information regarding Admission Classification and Provisional Admission for International Graduate Application, view the Graduate Catalog: www.iup.edu/gradcatalog

Financial Assistance

Graduate Assistantships

Due to the time demands of the program, graduate assistant positions are not typically awarded. However, the program does provide some scholarship assistance to students based on available funding and program enrollment numbers. Scholarship amounts vary year-to-year. Please contact the Graduate Coordinator if you have questions or concerns.

- <https://www.iup.edu/admissions/graduate/financialaid/index.html>
- Office of Financial Aid: www.iup.edu/financialaid/

Academic Advisement

Once admitted to the program, students will work with the program coordinator to develop a sequence of coursework that meets the goals of the student. The role of the program coordinator is to advise each student on what courses to take and to provide a timeline of completion.

The student role in the advising relationship is to be responsible for meeting all program requirements as outlined in the program handbook as well as requirements discussed with the program coordinator.

Campus Resources & Student Support

The School of Graduate Studies and Research: www.iup.edu/graduatestudies/
Graduate Catalog: www.iup.edu/gradcatalog
Office of Student Billing: <https://www.iup.edu/student-billing/>
Office of the Registrar: www.iup.edu/registrar/
Disability Support Services: www.iup.edu/disabilitysupport/
Office of Social Equity: www.iup.edu/social-equity/
IUP Campus Library: www.iup.edu/library/
MyIUP: www.iup.edu/myiup/
IT Support Center: www.iup.edu/itsupportcenter/
Veterans and Service Members: www.iup.edu/veterans/resource-center/
IUP Writing Center: www.iup.edu/writingcenter/
IUP Career and Professional Development Center: www.iup.edu/career/
IUP Parking Services and Visitor Center: www.iup.edu/parking/
University Policy: www.iup.edu/police/ | 724-357-2141
Crisis Intervention 24/7 Hotline: 1-877-333-2470
Student Registration: www.iup.edu/registrar/students/registration-resources/index.html

IUP Email

IUP offers an email account to all active students. **Your IUP email address is the primary means by which the university will contact you with official information and you should use for all IUP official communications. It is your responsibility to check your IUP email regularly.** Visit <https://www.iup.edu/itsupportcenter/get-support/e-mail-and-calendar/general/> to learn more about setting up this account. For more information regarding University Policy on email communications, view the Graduate Catalog: www.iup.edu/gradcatalog

Graduate Student Assembly

The Graduate Student Assembly (GSA) represents the graduate student body's interests at IUP and within the Indiana community. The GSA makes recommendations related University-wide and graduate-specific policies and in areas of concern in the cultural, intellectual, and social life of the part- and full-time graduate student. Visit www.iup.edu/graduatestudies/gsa for more information.

Programs and Degrees

MS in Athletic Training

Professional Athletic Training education programs use a competency-based approach in both the classroom and clinical settings. Using a medical-based education model, Athletic Training students are educated to provide comprehensive client/patient care in five domains of clinical practice: prevention; clinical evaluation and diagnosis; immediate and emergency care; treatment and rehabilitation; and organization and professional health and well-being. The educational requirements for CAATE-accredited Athletic Training education programs include acquisition of knowledge, skills, and clinical abilities along with a broad scope of foundational behaviors of professional practice. Students complete an extensive clinical learning requirement. Students will receive formal instruction in the following specific subject matter areas identified in the Standards.

The Master's of Science in Athletic Training program prepares students in a cohort-based model to serve as health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. The program has both an academic and a clinical education component. The clinical education component entails a series of sequential laboratory courses and a minimum of four semesters of practicum coursework that includes supervised field experiences with the IUP Department of Athletics and affiliated clinical sites (sports medicine clinics, physicians' offices/hospitals, high schools, and additional collegiate settings).

Program Progression

The program requires four full-time semesters (fall/spring) and two summers and will include a sequential classroom and clinical curriculum. Students will progress through the program in a cohort.

FIRST YEAR

Summer (10 credits)

KHSS 501 Foundations of Athletic Training	3
KHSS 525 Risk Management and Acute Care in Athletic Training	3
KHSS 545 Pathology and Assessment in Athletic Training I	4

Fall (14 credits)

BIOL 509 Pharmacology Principle and Applications	3
KHSS 565 Pathology and Assessment in Athletic Training II	4
KHSS 576 Athletic Training Clinical Practicum I	3
KHSS 585 Assessment and Management of General Medical Conditions in Athletic Training	4

Spring (11 credits)

KHSS 575 Pathology and Assessment in Athletic Training III	4
KHSS 577 Athletic Training Clinical Practicum II	3
KHSS 648 Therapeutic Modalities	4

SECOND YEAR

Summer (7 credits)

KHSS 580 Organization and Administration in Athletic Training	3
KHSS 646 Rehabilitation Methods and Therapeutic Exercise for Orthopedic Injuries	4

Fall (9 credits)

KHSS 634 Current Literature in Health, Fitness, and Sport	3
KHSS 676 Athletic Training Clinical Practicum III	6

Spring (9 credits)

KHSS 640 Research Methods for Health, Sport, and Physical Activity	3
KHSS 685 Professional Issues in Athletic Training	3
KHSS 677 Athletic Training Clinical Practicum IV	3

Certification and/or Licensure

Graduates of the program are eligible to sit for the Board of Certification (BOC) for the Athletic Trainer Examination. Passing the BOC Examination is a requirement for most state credentialing agencies.

Course Descriptions

Please refer to the Graduate Catalog for Course Descriptions. [Athletic Training, MS](#)

Evaluation of Students

For information regarding School of Graduate Studies and Research policies on grading, view the Graduate Catalog: www.iup.edu/gradcatalog

Athletic Training students will be evaluated using a variety of assessment techniques, including but not limited to written examinations, practical examinations, preceptor assessments, research papers and other competency-based projects.

Comprehensive/Candidacy Examinations

Program retention, completion, and Board of Certification examination endorsement are contingent upon students passing course comprehensive final examinations including a mock/practice certification exam.

Degree Completion

Students must maintain a minimum of a 3.0 GPA during their graduate studies to maintain degree candidacy.

The program coordinator will work with each student to assure program progression and timeliness of applying for graduation.

For more information, view the Graduate Catalog: www.iup.edu/gradcatalog

University Policies and Procedures

University policy is the baseline policy. Programs may have policy that is more stringent than the University baseline policy; however, not less stringent than the University baseline policy. For questions

regarding this statement, please contact [Program Coordinator] or the School of Graduate Studies and Research.

Academic Calendar

View the IUP Academic Calendar: www.iup.edu/news-events/calendar/academic/

The Following University and SGSR policies can be found at www.iup.edu/gradcatalog

Academic Good Standing

Academic Integrity

Bereavement-Related Class Absences

Continuous Graduate Registration for Dissertation and Thesis

Grade Appeal Policy

Graduate Fresh Start Policy

Graduate Residency Requirement

Leave of Absence Policy

Time Limitations

Time-to-Degree Masters/Doctoral Dismissal Appeal Policy

Time-to-Degree Extensions for Master's Thesis and Doctoral Dissertation

Transfer of Credits Policy

Athletic Training Program Policies

General Program Policies

CastleBranch

The program utilizes CastleBranch to document student compliance with required program documentation including the following:

- Background Clearances – PA Department of Human Services Fingerprinting, PA Child Abuse Clearance and Criminal Record Check **(due upon program admittance)**
- Program Handbook Verification **(due upon program admittance)**
- Technical Standards Verification **(due upon program admittance)**
- Physical Examination – verification from HCP **(due upon program admittance)**
- Drug Testing Verification – verification of completion **(due upon program admittance)**
- Title IX/Mandated Reporter Training – verification of IUP provided training **(due annually)**
- HIPPA training – training module purchased through CastleBranch **(due annually)**
- OSHA training - training module purchased through CastleBranch **(due annually)**
- FERPA training – verification of approved online training **(due annually)**
- Vaccination Records – upload CDC recommended vaccine records **(update as needed)**
- Emergency Cardiac Care Certification - must be valid before starting clinical experiences and remain valid throughout program **(update as needed)**
- Student Liability Insurance - must be valid throughout program **(update as needed)**

More information will be provided in KHSS 501.

Estimated student cost - \$150

ATrack

The program utilizes ATrack to document clinical education requirements and assessments. Students will use ATrack to document clinical hours, patient encounters and preceptor evaluations. Preceptors will utilize ATrack to verify clinical hours, patient encounters and to perform clinical evaluations.

Students need to have their ATrack account active prior to the first clinical rotation in KHSS 576. More information will be provided in KHSS 501.

Estimated student cost - yearly subscription (\$45) or lifetime (\$90)

Technical Standards

Please refer to Appendix A for the Verification of Technical Standards for Admission. Verification of receipt will be collected via CastleBranch.

Vaccination Records

All IUP students must complete a health history and immunization form on the Health Service web portal. <https://www.iup.edu/healthservice/health-and-immunization-history/index.html>

The Athletic Training program recommends that students are up-to-date on all CDC recommended vaccines for Healthcare workers (<https://www.cdc.gov/vaccines/adults/rec-vac/hcw.html>). In addition to uploading immunization information to the IUP Health Service web portal, athletic training students will upload vaccination verification to CastleBranch.

While vaccines are not mandated by the University or Program, clinical sites may require verification of vaccine status prior to beginning a clinical rotation. Therefore, it is strongly recommended that CastleBranch be up to date with all listed vaccines.

Clinical sites have the right to determine their own vaccination and other clinical requirements. Vaccination exemption criteria vary site-by-site. Therefore, if a student cannot meet a clinical site's requirements, they will not be able to complete required clinical experiences. If possible, an alternative clinical assignment will be made, but this is not a guarantee. Many health care systems and facilities have strict vaccination requirements for both students and employees. Therefore, failure to submit required vaccination records could prohibit one from fulfilling program requirements.

Communicable and Infectious Disease

The purpose of IUP's policy is to:

- Safeguard the welfare of students and employees
- Manage the operations of the university in an effective and efficient manner
- Inform and advise the university community
- Establish operating procedures appropriate to all constituents of the university community

IUP's policy can be found at <https://www.iup.edu/humanresources/policies/communicable-disease-policy/index.html>

Clinical Education Policies

Equal Opportunities in Educational Experiences and Clinical Placements

IUP's athletic training program is fully committed to providing quality educational experiences and equal opportunities to its students. Clinical placements are assigned in the best educational interests of the student and are in compliance with the University's Statement of Non-Discrimination.

Indiana University of Pennsylvania is committed to equal opportunity and affirmative action for its students, employees, and applicants. The university is committed to providing equal educational and employment rights to all persons without regard to race, color, sex, religion, national origin, sexual orientation, age, disability, or veteran's status. Each member of the university community has a right to study and work in an environment free from any form of racial, ethnic, and sexual discrimination. In accordance with federal and state laws, the university will not tolerate racial or ethnic discrimination or discrimination on the basis of disability.

This policy is placed in this document in accordance with state and federal laws including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the Civil Rights Act of 1991 as well as all applicable federal and state executive orders. This policy extends to disabled veterans and veterans of the Vietnam era.

Typical Clinical Rotation Plan

Year One – Fall (KHSS 576) Pediatric/Secondary School Rotation with Supplemental General Medical Experience

- Students will be assigned to a preceptor at local high school
 - Mileage from campus ranges from 1 to 30 miles
 - Students are expected to provide their own transportation
- Additionally, students will rotate through the campus Student Health Center for general medical experience

Year One – Spring (KHSS 577) Collegiate Experience with Supplemental Physician Office Experience

- Students will be assigned to a preceptor in the IUP Athletic Training Facility
- Additionally, students will rotate through the Center for Orthopedics and Sports Medicine for physician office experience
 - Mileage from campus is less than one mile
 - Students are expected to provide their own transportation

Year Two – Fall (KHSS 676) Immersive Experience

- Students will work with the Clinical Education Coordinator to select an immersive experience at a site that meets the career goals/interests of the student
- Students will be at the experience site for the first six weeks of the semester
- Rotation may take place at an on- or off-campus site
- Students are responsible for all travel and lodging (if needed) expenses

Year Two – Spring (KHSS 677) Final Rotation with Supplemental Outpatient Clinic Experience

- Students will work with the Clinical Education Coordinator to select a final experience site. Priority is to address any deficiencies in patient population demographic exposure.
- Additionally, students will rotate through the Indiana Total Therapy for an outpatient clinic experience
 - Mileage from campus ranges from less than one mile to 6 miles
 - Students are expected to provide their own transportation

Requirements Prior to Beginning a Clinical Experience

Prior to engaging in clinical experience and providing preceptor-supervised patient care, students must have:

- a valid Emergency Cardiac Care certification
- a valid student liability insurance policy

- an active ATrack account
- current criminal background check documents on file
- completed annual IUP Title IX/Mandated reporter training
- completed annual HIPPA training
- completed annual OSHA training
- reviewed clinical site-specific policies with a preceptor including but not limited to the following
 - emergency action plan
 - BBP exposure plan
 - Communicable and infectious disease policies
 - Documentation policies and procedures
 - Patient privacy and confidentiality protections
 - Plan for clients/patients to be able to differentiate practitioners from students
 - Dress code
- been instructed and evaluated for proficiency in a clinical skill prior to applying the skill in patient care

Student Identification

Athletic training students are required to wear a name badge identifying them as a student when engaged in clinical education activities. Name badges can be obtained from the I-Card office in Clark Hall. Cost will be covered by the athletic training program.

Associated Clinical Education Costs

Students can anticipate some additional costs associated with clinical experiences including but not limited to the following:

- travel expenses to and from clinical site(s) – clinical rotations will include both on-campus and off-campus sites; all students will be required to travel off-campus for multiple clinical experiences; effort will be made to partner students at sites further from campus to reduce costs
- clinic-appropriate apparel
- supplies

Estimated student cost - varies

Clinical Education Dress Code

Each clinical site has the authority to set the dress code during activities in their facilities. In general, “clinical casual” will be expectation when in medical facilities. Dress when outdoors should be appropriate for the environment.

Please keep in mind that you are representing yourself, your academic program, and your profession in how you dress and present yourself to other healthcare providers and their patients.

Confidentiality Statement

While engage in clinical education experiences, students may have access to confidential patient records while assisting with their care. Students are reminded that all patient records (medical and academic) are confidential. Please refer to your annual HIPPA training for specifics regarding patient confidentiality and to this weblink for IUP’s FERPA policy (<https://www.iup.edu/registrar/policies/ferpa/ferpa-basics.html>) regarding access to academic records.

Importance of Interprofessional Education

Interprofessional education (IPE) is “when students from two or more professions learn about, from, and with each other to enable effective collaboration and improve health outcomes.” As future healthcare providers, it is vital that you learn to work alongside other providers with the best interest of your patient in mind. The Athletic Training Program is committed to providing its students multiple opportunities in Interprofessional Education. This is accomplished in both the classroom and in clinical experiences.

When in classes with other students preparing for a career in healthcare, it is expected that you will serve as advocates for the athletic training profession and promote athletic trainings contributions in patient care.

When engaged in clinical education, you will be given ample opportunity to work with students and current professionals from various healthcare fields. Again, you are expected that you will serve as advocates for the athletic training profession and promote athletic trainings contributions in patient care. Additionally, you will be required to document IPE experiences when tracking your patient encounters in ATrack. This allows the program faculty to track your IPE experiences and will direct future clinical placements.

Clinical Education Time Commitment

The clinical education competent of the program is a vital part of the athletic training student’s education. There is a substantial time commitment required to ensure that students can gain adequate opportunities for patient care in a variety of settings. Furthermore, the program does have policies in place to reduce the risk of excessive time commitments during clinical experiences.

- Required clinical hours are related to course credit. A general rule is that students are required to document 40-50 hours per course credit. Students, if they wish, may accrue additional, volunteer hours. However, these additional hours cannot be mandated by a preceptor.
- Student cannot be required to accrue more than 20 hours per week.
- Students must be given one day off within a 7-day span.

Bloodborne Pathogen Policy

Please refer to Appendix B for the Bloodborne Pathogen Policy.

IUP Communicable Disease Policy

<https://www.iup.edu/humanresources/policies/communicable-disease-policy/index.html>

Interpersonal Relationship Policy

Based on the Board of Certification Standards of Professional Practice, Code of Professional Responsibility, Patient Care Responsibilities, Code 1.6, which states, “The Athletic Trainer or applicant: Does not engage in intimate or sexual activity with a patient and/or parent/guardian of a minor patient.”

The Pennsylvania Code 16.110. Sexual Misconduct states,

- (a) Sexual exploitation by a Board-regulated practitioner of a current or former patient, or of an immediate family member of a patient, constitutes unprofessional conduct, is prohibited, and subjects the practitioner to disciplinary action under section 41(8) of the act (63 P. S. § 422.41(8)).

(b) Sexual behavior that occurs with a current patient other than the Board-regulated practitioner's spouse constitutes unprofessional conduct, is prohibited, and subjects the practitioner to disciplinary action under section 41(8) of the act.

(c) When a Board-regulated practitioner is involved with the management or treatment of a patient other than the practitioner's spouse for a mental health disorder, sexual behavior with that former patient which occurs prior to the 2-year anniversary of the termination of the professional relationship constitutes unprofessional conduct, is prohibited, and subjects the practitioner to disciplinary action under section 41(8) of the act.

(d) A practitioner who engages in conduct prohibited by this section will not be eligible for placement into an impaired professional program in lieu of disciplinary or corrective actions.

(e) Consent is not a defense to conduct prohibited by this section

Based on the BOC Standards and PA Licensure Codes, the IUP MSAT students must follow the following policies regarding interpersonal relationships and communication with patients, preceptors, coaches, administrators, faculty, and other persons they may come into contact within their professional practice/clinical experiences.

Athletic training students will not become involved in social or sexual relationships with students, patients, parents, coaches, administrators, teachers, or faculty at associated clinical sites. If this policy is violated, the student will be removed from the site, with possible suspension or dismissal from the program.

MSAT students will not engage in inappropriate or excessive socialization with student-athletes at Indiana University of Pennsylvania (IUP). At no time shall a student be involved in a consensual relationship with an athlete for whose medical care he or she is responsible (athlete is on the team the assigned preceptor cares for). If a student becomes involved in a relationship with an IUP student-athlete, the athletic training student must immediately inform the Clinical Education Coordinator. The disclosure of the relationship is to prevent the athletic training student from being assigned to a preceptor who cares for the student-athlete. Violation of this policy will result in removal from the clinical site and potential suspension or dismissal from the program.

Social Media Contact with Student-Athletes and/or Patients

MSAT students will refrain from contacting and engaging with patients on social media platforms during their clinical rotations. For high school student-athletes/patients, there should be no social media contact. For student-athletes at IUP during assigned clinical rotation, all contact with student-athletes or patients should be through the students' IUP email account. The purpose of this is to avoid any unsolicited/unwanted contact between the MSAT student and the student-athlete/patient. This will help avoid any contact making a student-athlete uncomfortable or perceiving a situation as harassment.

Appendices

Appendix A— Verification of Technical Standards for Admission

Indiana University of Pennsylvania Athletic Training Program

Verification of Technical Standards for Admission

The Indiana University of Pennsylvania Athletic Training Program is a rigorous and intense program that places specific requirements and demands on all students enrolled. An objective of this program is to prepare its graduates to enter a variety of employment settings and to render care to a wide spectrum of patient populations. The following essential function requirements for the Indiana University of Pennsylvania Athletic Training Program are considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry level athletic trainer, ensure the safety of all patients being cared for by athletic training students, and meet the expectation of Commission on Accreditation of Athletic Training Education (CAATE).

The following essential functional requirements must be met by all students after they have been accepted into the program. Some standards in the program are developmental in nature and must be met at specific points within the curriculum as new information is presented within the context of specific coursework. Students must possess the physical, mental, and cognitive skills necessary to assimilate this new learning. If a student is unable or becomes unable to fulfill these technical standards with or without reasonable accommodation, the student cannot enroll or remain enrolled in the program. Students are required to report any changes in status and update this verification as appropriate. Compliance with the program's essential function requirements does not guarantee a student's eligibility to sit for the Board of Certification (BOC) certification exam, nor meet state licensure requirements.

1. The ability to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm. This shall be demonstrated by meeting all program academic performance and clinical experience expectations including but not limited to maintaining an adequate GPA; obtaining individual course, laboratories, and clinical practicum grades; satisfactory completion of comprehensive exams; and receiving satisfactory clinical experience evaluations.
2. The ability to perform appropriate physical examinations using accepted techniques; and accurately, safely, and efficiently use equipment and materials during the assessment and treatment of patients. This shall be demonstrated by meeting program performance standards in all program psychomotor skills evaluations, and clinical experience rotations.
3. The ability to record the physical examination results and a treatment plan clearly and accurately as demonstrated by students' performance in relevant written assignments, laboratories, and clinical practicum courses and rotations.
4. The ability to communicate effectively and professionally 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 communicate at a level consistent with competent professional practice. Communication, through whatever means, must be clear to the recipient. This shall be evaluated by way of clinical experience evaluations by a qualified and experienced preceptor.

5. Effective skills and appropriate demeanor and rapport that relate to professional education and quality patient care. This shall be evaluated by way of clinical experience evaluations by a qualified and experienced preceptor.
6. The ability to perform all responsibilities and tasks effectively and safely during periods of high stress and during periods of change/uncertainty. This shall be evaluated by way of clinical experience evaluations by a qualified and experienced preceptor.

At this time, you are being asked to verify that you understand and meet the essential function requirements listed on the first page of this verification, with or without reasonable accommodation(s).

If a student states they can meet the essential function requirements with reasonable accommodation(s), the University's Department for Disability Access and Advising (D2A2) will determine whether the student can meet the essential function requirements with reasonable accommodation(s). This includes a review of whether the accommodation(s) requested are reasonable, considering whether accommodation(s) would jeopardize patient safety, or the education process of the student or the institution, including all course work, clinical experiences and internships deemed essential to graduate.

SIGN ONLY ONE VERIFICATION STATEMENT

VERIFICATION OF STUDENT NOT REQUESTING ACCOMMODATION(S)

I certify that I have read and understand the essential function requirements as listed above. I believe to the best of my knowledge that I meet each of these essential function requirements without accommodation. I understand that if I am unable to meet these requirements I will not be admitted into the program.

Signature of Applicant

Date

VERIFICATION OF STUDENT REQUESTING ACCOMMODATION(S)

I certify that I have read and understand the technical standards as listed. I believe to the best of my knowledge that I can meet these essential function requirements, with reasonable accommodation(s). I realize that it is my responsibility to contact the University's Department for Disability Access and Advising (D2A2) to determine what accommodation(s) may be available. I also understand that if I am unable to meet these requirements, with or without reasonable accommodation(s), I will not be admitted into the program.

Signature of Applicant

Date

Appendix B— Blood Borne Pathogens Exposure Control Plan

INDIANA UNIVERSITY OF PENNSYLVANIA

ATHLETIC TRAINING PROGRAM

BLOOD BORNE PATHOGENS EXPOSURE CONTROL PLAN

INTRODUCTION

The OSHA Blood Borne Pathogens Standard was issued to reduce the occupational transmission of infections caused by microorganisms sometimes found in human blood and certain other potentially infectious materials. Although a variety of harmful microorganisms may be transmitted through contact with infected human blood, Hepatitis B Virus (HBV) and Human Immunodeficiency Virus (HIV) have been shown to be responsible for infecting health care providers who were exposed to human blood and certain other body fluids containing these viruses, through routes like needle stick injuries and by direct contact of mucous membranes and non-intact skin with contaminated blood/materials, in the course of their duties. Occupational transmission of HBV occurs much more often than transmission of HIV. Although HIV is rarely transmitted following occupational exposure incidents, the lethal nature of HIV requires that all possible measures be used to prevent exposure of health care providers.

This exposure control plan has been established by Indiana University of Pennsylvania's (IUP) Athletic Training Education Program (ATEP) in order to minimize and/or prevent exposure of its students to disease-causing microorganisms transmitted through human blood or other body fluid and as a means of complying with the Blood Borne Pathogens Standard. All students who are exposed to blood and other potentially infectious materials as a part of their clinical education duties are included in this plan.

Components of this exposure control plan include:

- I. Exposure Determination
- II. Hepatitis B Vaccination Policy
- III. Methods of Compliance
- IV. Procedures for Evaluation Follow-up of Exposure Incidents
- V. IUP-ATEP Student Training
- VI. Exposure Reporting Form

I. EXPOSURE DETERMINATION

For the purposes of this document, exposure is defined as a needle stick or as any skin, eye, mucous membrane, or parenteral contact that a student has with blood or any of the other potentially infectious materials (OPIM) listed below, during the course of their normal responsibilities and clinical experiences.

Possible exposure situations include, but are not limited to: clinical and emergency care of athletic injuries, cleaning of potentially contaminated equipment and/or surfaces and the handling of contaminated materials.

Other Potentially Infectious Materials (OPIM)

Body Fluids

- semen
- vaginal secretions
- cerebrospinal fluid
- pleural fluid
- pericardial fluid
- peritoneal fluid
- amniotic fluid
- any bodily fluid visibly contaminated with blood
- saliva in dental procedures
- secretions from blisters
- any unfixed tissue or organ from a human

II. VACCINATION POLICY

All IUP students must complete a health history and immunization form on the Health Service web portal. <https://www.iup.edu/healthservice/health-and-immunization-history/index.html>

The Athletic Training program recommends that students are up-to-date on all CDC recommended vaccines for Healthcare workers (<https://www.cdc.gov/vaccines/adults/rec-vac/hcw.html>). In addition to uploading immunization information to the IUP Health Service web portal, athletic training students will upload vaccination verification to CastleBranch.

While vaccines are not mandated by the University or Program, clinical sites may require verification of vaccine status prior to beginning a clinical rotation. Therefore, it is strongly recommended that CastleBranch be up to date with all listed vaccines.

III. METHODS OF COMPLIANCE

A. UNIVERSAL PRECAUTIONS

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

The IUP-ATEP will follow the “Universal Precautions for Preventing Transmission of Blood Borne Infections”, as described by the Centers for Disease Control (<http://www.cdc.gov/niosh/topics/bbp/universal.html>).

B. ENGINEERING AND CLINICAL PRACTICE CONTROLS

Engineering and clinical practice controls shall be used to eliminate or minimize student exposure. The following engineering controls will be utilized:

1. Hand Washing Techniques
2. Regulated Waste - Non-Sharps
3. Regulated Waste - Sharps
4. Precautions in Handling Specimens
5. Management of Contaminated Instruments/Equipment
6. Whirlpool Cleaning
7. Personal Protective Equipment
8. Housekeeping (Environmental and Working Surfaces)
9. Laundry
10. Communication of Hazards to Employees, Students, Managers, and Athletes

The above controls will be maintained or replaced on a regular schedule either by the programs clinical coordinator, IUP clinical preceptor or off campus clinical preceptor.

1. Hand Washing and Other General Hygiene Measure

Hand washing is a primary infection control measure, protecting both the clinical care provider and the patient. The clinical care provider will wash their hands using soap and water whenever they have become contaminated and as soon as possible after removing gloves or other personal protective

equipment. If soap and water are not available, a waterless cleanser may be used. When other skin areas or mucous membranes come in contact with blood or other potentially infectious materials, the skin will be washed with soap and water, and the mucous membranes shall be flushed with water, as soon as possible.

The clinical care provider should wash hands between patients, before and after contact with open wounds or lesions, after removing gloves, or in any other instance where contact has occurred/may have occurred with any potentially infectious materials.

The clinical care provider should observe the following rules for proper hand washing:

- Vigorously lather hands using soap and rub together for at least 15 seconds under a moderate stream of water at a comfortable temperature.
- Rinse hands well with finger tips down and dry hands with paper towel.
- Use paper towel to turn faucets off. (will help prevent contamination of "clean" areas)

A waterless cleaner will be available to all care providers for use when functioning in areas where a hand washing facility is not available.

2. Regulated Waste (Non-sharps)

The substances listed below must be placed in containers which are: closable, constructed to contain all contents, and able to prevent leakage of fluids during handling, storage, transport or shipping.

- liquid or semi-liquid blood or other potentially infectious materials;
- gloves that have come into contact with blood or OPIM
- contaminated items that would release blood or OPIM in a liquid or semi-liquid state if compressed; (e.g. adhesive bandages, steri-strips, non-stick pads, gauze, etc.)
- items that are capable of releasing these materials during handling;
- pathological and microbiological wastes containing blood or other potentially infectious materials.

Biohazard receptacles will be placed in all athletic training faculties and red biohazard bags will be placed in each field kit so as to accommodate non-sharp regulated waste on the playing fields and courts.

Regulated waste that has been decontaminated need not be labeled or color-coded.

3. Regulated Waste – Sharps

Contaminated needles shall not be bent, recapped, or removed. Shearing or breaking of contaminated needles is prohibited. Syringes will not be bent, broken, or disassembled before disposal. Contaminated needles, scalpels, and syringes are to be disposed of in an approved sharps container.

Contaminated broken glass is also to be placed in disposable sharps containers. When cleaning up broken glass which may be contaminated, use mechanical means such as a brush, and dustpan, tongs, or forceps. DO NOT pick up directly with the hands.

Sharps containers will be closable, puncture resistant, labeled or color-coded, and leak proof on sides and bottom, and maintained upright throughout use. Containers will be located in all athletic training rooms and the IUP physician's exam area.

Once the lid on the Sharps container is closed, it officially becomes "waste" and must be disposed of within 14 days.

Reusable containers are not to be opened, emptied, or cleaned manually or in any other manner which will expose employees to the risk of injury. DO NOT reach by hand into a container which stores reusable contaminated sharps.

Overfilling of sharps containers creates a hazard when needles protrude from openings. Close Sharps containers when 3/4 full. Then it will be disposed of in the proper manner.

Disposal of waste or sharps containers will take place by following the procedures mutually agreed upon by the IUP Athletic Training staff and the IUP Health Services Department or the affiliated site Athletic Training Program and their Health Services Department or Nurses Office. The biohazardous waste must be in an appropriately labeled box that is packed and closed in accordance with the directions marked on the box. Also, ensure that the lids on all sharps containers are closed and securely fastened.

4. Precautions in Handling Specimens

4.1 Collection of Blood or OPIM

Specimens of blood or other potentially infectious materials shall be placed in a container which prevents leakage during collection, handling, processing, storage, transport, or shipping. The container must be closed before being stored, transported, or shipped.

During the entire specimen collection process, the athletic trainer must use gloves and may need other personal protective equipment as appropriate.

4.2 Collection of Urine Samples

Should drug testing occur, a drug testing procedure should be in place which provides specific details related to the testing of athletes as outlined by the approved laboratory which has been contracted to analyze urine samples. These procedures should include collection technique taking into account specific steps necessary to protect both the specimen processor (Athletic Trainer) as well as maintain the integrity of the collection process. The athletic trainer will use gloves during the entire collection process until the specimen is placed into the approved container for transportation to the approved laboratory.

5. Management of Contaminated Equipment and Instruments

Assess equipment and/or instruments for contamination, and decontaminate if possible, before servicing or shipping. Equipment and/or instruments which have not been fully decontaminated must have a label attached with information about which parts remain contaminated

Sterile instruments will be wiped off with isopropyl alcohol following use and will then be bagged and marked before being stored in the appropriate location prior to going through the sterilization process. Instrument trays will be cleaned once a week or more often if deemed necessary due to contamination. An antimicrobial solution (such as Isoquin) will be used in the trays and thermometer holders. Instruments will be wiped off with isopropyl alcohol before and after each use before being placed back into the instrument trays or thermometer holders.

Equipment (ie. splints, stretchers, oxygen equipment) will be wiped off with antimicrobial solution or discarded using the Regulated Waste - Non-Sharps Management procedure.

6. Whirlpool Cleaning

An antiviral/fungal/bacterial cleaning solution will be used to clean hydrotherapy equipment on a daily basis. During normal operation a water soluble, chlorinated cleaning agent will be used to decrease risk of contamination both during and between patient uses.

Prior to patient use, the whirlpool will be filled to operational level and the appropriate amount of cleaning agent will be dissolved into the water. When the whirlpool is emptied, the sides and bottom will be cleaned using an antiviral/fungal/bacterial cleaner.

On a weekly basis, or more frequently if needed, the antiviral/fungal/bacterial cleaning solution will be run through the agitator. The agitator will be placed in a bucket containing a mixture of the solution and the motor will be run for 10 minutes. Following this, the agitator will be rinsed by placing it in a bucket of water and running it for 5 minutes.

7. Personal Protective Equipment General Guidelines

7.1 Protective Equipment

All personal protective equipment will be provided, repaired, cleaned, and disposed of by the clinical education site. The clinical care provider shall wear personal protective

equipment when doing procedures in which exposure to the skin, eyes, mouth, or other mucous membranes is anticipated. The articles to be worn will depend on the expected exposure.

Various sizes will be kept on hand. Care providers who have allergies to regular gloves may obtain hypoallergenic gloves.

The following items will be made available to persons providing service in the athletic training room:

- latex examination gloves
- goggles
- CPR mouth shields/masks
- face masks

- aprons
- cleaning/utility gloves

If a garment is penetrated by blood or other potentially infectious material, the garment shall be removed as soon as possible and placed in a designated container for laundering or disposal. All personal protective equipment shall be removed before leaving the work area; it shall be placed in assigned containers for washing, decontamination or disposal.

7.2 Protection for Hands

Gloves shall be worn in the following situations:

- when it can be reasonably anticipated that hands will contact blood or other potentially infectious materials, mucous membranes, and non-intact skin. (blisters, lacerations, abrasions, subungual hematoma, etc.)
- when performing vascular access procedures (administering intravenous solution, if qualified)
- when handling or touching contaminated items or surfaces. (laundry, soiled bandages, gauze, etc.)
- when team physician is suturing, draining hematomas, managing ingrown toenails, dermatological lesions etc.)
- when collecting specimens
- if the employee has cuts, scratches, or other breaks in the skin

Disposable Gloves

Replace as soon as feasible when gloves are contaminated, torn, punctured, or when their ability to function as a barrier is compromised. Do not wash or decontaminate single use gloves for re-use.

Utility/Cleaning Gloves

Decontaminate for re-use if the gloves are in good condition. Discard when gloves are cracked, peeling, torn, punctured or show other signs of deterioration (whenever their ability to act as a barrier is compromised).

7.3 Protection for Eyes/Nose/Mouth/Body

The clinical care provider shall wear masks in combination with eye protection devices (goggles or glasses with solid side shields) or chin-length face shields whenever splashes, spray, spatter, or droplets of blood or other potentially infectious materials may be generated and eye, nose, or mouth contamination can be reasonably anticipated.

When cleaning a potentially infectious material spill, the clinical care provider will wear gloves.

8. Housekeeping (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

an antiviral/fungal/bacterial cleaning solution. Cleaning will take place in the following situations:

- after completing procedures on an individual patient
- immediately or as soon as feasible after overt contamination with of blood or OPIM
- at the end of each day if the surface may have become contaminated since the last cleaning.

9. Laundry

A clinical care provider who may handle contaminated laundry are to wear latex gloves and other appropriate personal protective equipment as needed. Universal precautions will be used when dealing with laundry that has come into contact with blood or OPIM

Contaminated laundry will be handled as little as possible with a minimum of agitation. It will not to be sorted or rinsed, but will be placed in a container or bag immediately.

Contaminated laundry which may soak-through or cause leakage will be put in a biohazard bag to prevent soak through or leakage of fluids to the exterior.

10. Communication of Hazards

Warning labels will be easily visible on all containers of regulated waste. Labels shall be fluorescent orange or orange-red with lettering or symbols in a contrasting color. The label is either to be an integral part of the container or affixed as close as possible to the container by a method which prevents loss or unintentional removal of the label. The label shall have the biohazard symbol and the text BIOHAZARD.

Red bags or red containers may be substituted for the warning label.

Identification of additional hazards will be occur through annual blood-borne pathogen training as presented in the Introduction, Section I and Section V of this document.

IV. PROCEDURES FOR EVALUATION AND FOLLOW-UP FOR POST-EXPOSURE

Persons who have had an exposure incident shall report the incident immediately to the IUP-ATEP Clinical Coordinator and to their clinical supervisor (IUP Staff Athletic Trainer or Affiliated Site Preceptor). Should the staff Athletic Trainer or Preceptor be exposed they will be responsible in following the procedures as stated below. All clinical care providers who incur an exposure will be offered post-exposure evaluation and follow-up in accordance with the OSHA standard. This follow-up will include the following:

1. Written documentation of the route of exposure and the circumstances related to the incident are to be reported as soon as possible following the exposure. This is to be returned to the Head of the Athletic Training program within 48 hours.

2. The source individual will be identified, if possible. The blood of the source individual will be tested for HIV/HBV infection after consent from the source individual is obtained.
3. Results of testing of the source individual will be made available to the exposed clinical care provider. The exposed individuals will be informed about the applicable laws and regulations concerning disclosure of the identity and infection of the source individual.
4. The exposed individual will be offered the option of having their blood collected and tested for HIV/HBV serological status. The blood sample will be preserved for up to 90 days to allow the employee or student to decide if the blood should be tested for HIV serological status. If the exposed individual decides after that time that testing will not be conducted then the blood sample will be discarded.
5. The exposed individual will be offered post-exposure counseling and should they wish to have such counseling they will be referred to appropriate counseling centers concerning precautions to take during the period after the exposure incident. The exposed individual will also be given information on what potential illness to be alert for and to report any related experiences to appropriate personnel.

The Head of Athletic Training Services where the incident occurred (IUP Staff Athletic Trainer or Affiliated Site Preceptor) will assure that the policy outlined above is effectively carried out and will maintain records related to this policy. Should this individual be exposed the above procedures should be overseen by another staff Athletic Trainer, Student Health Center staff member or School Nurse.

V. IUP-ATEP STUDENT TRAINING

Students will receive blood borne pathogen training annually. HBV vaccination will be recommended and records will be kept identifying students that have received the HBV vaccine as well as those that have declined vaccination. Exposure counseling will take place in the event of an exposure incident and reporting will occur in accordance with the policies and procedures described in this document. Documentation of annual training will be housed in the IUP-ATEP administrative files on CastleBranch.

IUP-ATEP Students will be trained regarding blood borne pathogens prior to initial assignment to tasks where exposure may occur. Additional training will be provided whenever there are changes in tasks or procedures that would affect occupational exposure.

Training will take place at the beginning of each clinical rotation. The training approach will be tailored to the specific location of the individual's clinical assignment. The training plan will include an opportunity for students to have their questions answered by an individual who is competent in the OSHA/Blood borne Pathogen Compliance Issues (Practicum Course Instructors, IUP Staff Athletic Trainer or Affiliated Site Preceptor).

The following content must be included:

- Explanation of the blood borne pathogen standard

- General explanation of the epidemiology, modes of transmission and symptoms of blood borne diseases
- Explanation of this exposure control plan and how it will be implemented
- Procedures which may expose employees or students to blood or other potentially infectious materials
- Control methods that will be used to prevent/reduce the risk of exposure to blood or other potentially infectious materials
- Explanation of the basis for selection of personal protective equipment
- Information on procedures to use in an emergency involving blood or other potentially infectious materials
- What procedure to follow if an exposure incident occurs
- Explanation of post-exposure evaluation and follow-up procedures

Please note that this plan will be reviewed at the start of each ATEP clinical experience semester. ATEP students will also review the online training program through CastleBranch.

**INDIANA UNIVERSITY OF PENNSYLVANIA
ATHLETIC TRAINING PROGRAM**

**BLOOD BORNE PATHOGENS EXPOSURE CONTROL PLAN
EXPOSURE REPORTING FORM**

Exposure Location: _____

Exposed Provider's Name & DOB: _____

Exposed Provider's Contact Information: _____

Date of Exposure: _____ **Route of Exposure:** _____

Exposed Provider's Testing and Follow-Up Details: _____

Source Individual's Name & DOB: _____

Source Individual's Contact Information: _____

Source Individual's Testing and Follow-Up Details: _____

Name	Signature	Date
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Head of AT Services, Health Center

Staff or School Nurse

Signature Page

My signature below indicates that I am responsible for reading and understanding the information provided and referenced in this department/program student handbook.

_____[please initial] I understand my program coordinator may share this document with the School of Graduate Studies and Research.

Print Name

Signature

Date

Submit to CastleBranch

The Athletic Training Program will keep this signed document on file.