



BOARD POLICY

Athletic Trainers



POLICY NUMBER	LAST REVIEWED	VERSION	DOCUMENT STATUS
123.3 for First Read	9/10/2026	v1	DRAFT

PRINTED
9/10/2026

■ Proposed addition ■ Proposed deletion

Purpose

The Board is committed to protecting and enhancing the health and welfare of the District's student athletes by providing the highest quality and most expedient health care.

The Board recognizes that athletic trainers are part of a team of healthcare professionals to work with student athletes to prevent, treat, and rehabilitate injuries and medical conditions with the ultimate goal of returning student-athletes to the activity they enjoy as safely and quickly as possible.

Definitions

Athletic training services are the management and provision of healthcare services under the direction of a licensed physician. Services shall include: [\[1\]](#)[\[2\]](#)

1. The rendering of emergency care, development of injury prevention programs and providing appropriate preventative and supportive devices for the student athlete.
2. The assessment, management, treatment, rehabilitation and reconditioning of the student athlete whose conditions are within the professional preparation and education of a licensed athletic trainer.
3. The use of modalities, such as: mechanical stimulation, heat, cold, light, air, water, electricity, sound, massage and the use of therapeutic exercise, reconditioning exercise and fitness programs.
4. Services do not include surgery, invasive procedures or prescription of any medication or controlled substance.

Licensed athletic trainer shall mean a person who is licensed to perform athletic training services by the Board or the State Board of Medicine. [\[1\]](#)[\[2\]](#)

Written Protocol shall mean: [\[1\]](#)[\[2\]](#)

A written agreement or other document developed in conjunction with one or more supervising physicians, which identifies and is signed by the supervising physician and the licensed athletic trainer, and describes the manner and frequency in which the licensed athletic trainer regularly communicates with the supervising

physician and includes standard operating procedures, developed in agreement with the supervising physician and licensed athletic trainer, that the licensed athletic trainer follows when not directly supervised onsite by the supervising physician

Guidelines

Requirements for Athletic Trainers

All athletic trainers either employed or contracted by the District must hold an active athletic trainer license through the Pennsylvania Board of Medicine and maintain athletic trainer certification through the Board of Certification for the Athletic Trainer (BOC).

The athletic trainers will keep current on all continuing education requirements and must maintain CPR/AED certification to maintain certification and licensure.

Athletic trainers must comply with all applicable state laws and regulations and adhere to professional standards and best practices, including, but not limited to, the following:

1. The State of Pennsylvania Board of Athletic Training Statutes in the Commonwealth including the Osteopathic Medical Practice Act, as amended by Act 123 of 2011, and the Medical Practice Act, as amended by Act 124 of 2011 [3][4];
2. The Board of Certification, Inc. Standards of Professional Practice, and
3. The National Athletic Trainers' Association Code of Ethics.

Compliance with the P.I.A.A.

As all district secondary (grades 7-12) interscholastic sports programs are governed by the Pennsylvania Interscholastic Athletic Association (P.I.A.A.), athletic trainers must follow the current P.I.A.A. practices and procedures outlined in the P.I.A.A. Sports Medicine Guidelines. [5]

Injury/Illness Management

Student athletes that report to the licensed athletic trainers with an injury or illness will be evaluated and assessed to determine the appropriate medical plan of action. Based on the athletic trainer's reliance on the guidelines and practices listed in this policy, clinical judgement, and severity of medical condition, the student may be required to consult with a licensed physician for further evaluation.

If a student-athlete is required to see a licensed physician for an injury or illness that affects their athletic participation or physical activity, written medical clearance from the licensed physician must be obtained before returning to the activity.

Athletic trainers shall supervise the rehabilitation and treatment of student-athletes following an injury in accordance with physician orders and this policy. Trainers may communicate with physicians, coaches, school nurses, academic staff, and administrators to ensure all parties involved in the care or physical wellness of the student have accurate information.

Practice Standards

Athletic trainers shall comply with the following practices: [1][2]

1. Ensure that the student-athlete has secured a written referral or prescription from a licensed physician, dentist or podiatrist or subject to a written protocol from the Pennsylvania Department of Education — from the state's website, <https://www.ped.state.pa.us/>, or from the state's website, <https://www.ped.state.pa.us/>.

2. Comply strictly with conditions or restrictions by the referring physician, dentist or podiatrist that may be placed on the athletic training services rendered by the licensed athletic trainer.
3. Ensure that the student-athlete has undergone a medical diagnostic examination or has had the results of a recently performed medical diagnostic examination reviewed by the referring physician, dentist or podiatrist.
4. Keep a copy of the referral or prescription and the results of the medical diagnostic examination in the student's file.
5. Consult promptly with the referring physician, dentist or podiatrist regarding a new ailment or condition or a worsened ailment or condition of the student-athlete.
6. Consult with the referring physician, dentist or podiatrist upon request of either the referring physician, dentist or podiatrist or the student-athlete.
7. Refer student-athletes with conditions outside the scope of athletic training services to a licensed physician, dentist or podiatrist.
8. In the event of more significant injuries, such as Concussion and/or matters that require further medical attention, the athletic trainer will report each incident to a parent/guardian and to the school Athletic Director.
9. When a student-athlete requires immobilization devices, medical treatment, or activity restrictions that affect participation during the school day and require school-based accommodations, written medical documentation shall be provided to the school health team. Any documentation originating from the licensed athletic trainers that includes school-day medical-related restrictions shall be issued in accordance with the athletic trainer's written protocols and standing orders under the supervision of district's contracted sports medicine physician and shall include the physician's signature. The documentation shall specify the student's condition, restrictions, and anticipated duration. A written medical clearance releasing the student from such restrictions shall be provided to the school nursing team before the student returns to unrestricted participation.

Records Management

Trainers will keep up-to-date documentation of all student-athlete injuries, illnesses, and treatments. The retention of said documents shall be dictated by board policy and state law.

Legal References

No additional references listed.