

Level 2 - Purple

Training Room Duties

1. Student knows how to properly restock cabinets
2. Student knows how to clean counters and floors properly
 - a. Counters get cleaned with Iso-Quin
 - b. Floor need to be swept every day and mopped as needed with required cleaning solution
3. Student knows how to start laundry, fold and put away items (*included ace wraps)
 - a. Follow instructions on machine
 - b. Laundry needs to be completed at the end of every day or as needed
 - c. Hot Pack covers need to be washed every Wednesday
4. Student knows how to complete inventory
 - a. Can count and fill out appropriate paperwork

Injury Care/Wound Care

1. Student is able to identify all wound care supplies and knows the purpose of each item.
 - a. Saline solution-irrigation of wounds
 - b. Hydrogen Peroxide- 1st time irrigation **if wound has debris in it**. Can be used to remove blood from uniform
 - c. Gauze- cleaning the wound. Be sure to clean from inside out
 - d. Non-adherent pad- to be placed over wound during practice and competition
 - e. Taping supplies- to secure non-adherent pad to body part
 - f. Band-aids- to be placed on smaller and easily managed wounds
2. Student shows understanding of the different wound care sequences done in the training room, during practice and at game
3. Student is able to apply wound care procedures with OSHA guidelines

Treatments

1. Student knows the theory behind cold whirlpool
 - a. Decrease inflammation
 - b. Constricts blood vessels
 - c. Water provide some form of compression
 - d. Action of water from motor helps remove unwanted fluids from tissues of affected area
2. Student knows how to fill up a cold whirlpool
 - a. Temperature needs to be 50 degrees
 - b. Fill tub with 1 trashcan of ice
 - c. 2 pumps of whirlpool disinfectant

3. Student knows the theory behind warm whirlpool
 - a. Increase relaxation of tissue
 - b. Dilation of blood vessels
 - c. Action of water from motor helps remove unwanted fluids from tissues of affected area
4. Student knows how to fill up a warm whirlpool
 - a. Preferred temperature is 104 and not to exceed 108
5. Student is able to properly fill out treatment log
 - a. Completely blanks on treatment log
 - b. Check boxes of all modalities and treatments that the athlete had received

Field Setup

1. Student knows how to set up for a sub-varsity football game
 - a. 6-10 gallons
 - b. 2- ice chests
 - c. 2-playmate ice chest with 5 ice bags
 - d. Splints
 - e. Practice kit
 - f. AED
 - g. Yellow equipment kit
2. Student knows how to set-up a varsity football game

