

Level 3 - Blue

Training Room Duties

1. Student knows how to file medical paper work
 - a. Paperwork goes in current year physical in chronological order
2. Student is proficient in computer based injury management program
3. Student is able to stock a kit appropriately
 - a. Reference is practice kit

Injury care

1. Student is able to identify the different types of injuries
 - a. Sprain- stretching or tearing of a ligament
 - b. Strain- stretching or tearing of a muscle
 - c. Laceration- A jagged, irregular open wound created by a noncutting object such as a steel pole or wall.
 - d. Abrasion- damage to the superficial layer of skin (a scratch)
 - e. Fracture- a breaking in the bone
 - f. Dislocation- Occurs when a significant force displaces bone so that the two bone ends in the same joint no longer line up.
 - g. Separation- occur when a significant force separates the two bones together
 - h. Avulsion- A partial tearing away of a body part
 - i. Contusion- Closed wound, commonly called a bruise
 - j. Hematoma-
 - k. Puncture- Occurs when a pointed object enters the body
 - l. Concussion
2. Student knows the signs and symptoms of heat exhaustion
 - a. Cramping
 - b. Exhaustion
 - c. Nausea
 - d. Vomiting
 - e. Dizziness
3. Student knows the signs and symptoms of heat cramps
 - a. Cramping of extremities
4. Student knows the symptoms of heat stroke
 - a. High body temperature
 - b. Cessation of sweating
 - c. Hot dry skin
 - d. Mental status changes
 - e. Unconscious
 - f. May still be sweating

5. Student can complete care of a wound within 2 minutes
6. Student is able to determine proper size crutches for athlete
 - a. Two finger easily fit between arm pit and crutches

Taping and Wrapping

1. Student is able to tape a wrist
 - a. See instructions in packet
2. Student is able to buddy tape fingers
 - a. See instructions in packet
3. Student is able to tape an ankle
 - a. See instruction in packet

Skill: Taking Temperature

Thermoscan

1. Remove instrument from cover (gently lift and twist)
2. Ensure that clear probe cover is on probe (clicks when connected)
3. Gently tug down on ear lobe of athlete
4. Insert probe into ear
5. Press and hold button until beep is heard
6. Temp will be seen on screen of instrument
7. Record Temperature
8. Dispose of probe cover by pressing the button at the base of the probe
9. Return back to cover

Spot Vital Signs

1. Turn on (big button at the bottom of the face of the machine)
2. Remove probe from holder (has a blue top)
3. Insert probe cover
4. Insert gently in mouth under tongue
5. Audible beep will be heard when temp is taken
6. Temp will be shown at bottom of screen
7. Record Temperature
8. Dispose of cover by pressing blue top of probe
9. Return probe to holder

Field / Court Set-up

1. Student knows how to set up the gym for volleyball and basketball games
 - a. 2 plastic carts
 - b. 2-10 gallons of water and ice
 - c. 2- Igloo playmate ice chests filled with 5 ice bags
 - d. 3-4 towels per cart
 - e. 2 sleeves of cone cups