

Level 1 - Yellow

Training Room Duties

1. Student knows the location of all the coolers and all sources of ice.
 - a. Sanford (Storage area next to the training room) stores the jugs and aqua lifts.
 - b. Main training room has two ice machines
 - c. Laundry room has another ice machine but that is used primarily for a back up.

2. Student knows how to properly clean and dry coolers, ice chests, bottles, and lids.
 - a. The coolers, ice chests, bottles, and lids need to be cleaned after each use.
 - b. They are all cleaned with Iso-Quin solution which is a mixture of $\frac{2}{3}$ water and $\frac{1}{3}$ Iso-Quin.
 - c. When cleaning the coolers, ice chest and Aqua-Lifts, spray some Iso-Quin solution in the cooler and wipe it dry with a towel. You need to make sure there is NO WATER remaining in the coolers.
 - d. When cleaning bottles and lids, spray Iso-Quin inside of the bottles and squish inside with hot water. Then spray the lids with Iso-Quin and rinse it with hot water.

3. Student knows how to make heel and lace pads
 - a. First break off some heel and lace pads from the roll
 - b. Then put a **dime** size of skin lube on one side of the pad
 - c. Last put the two pads together
 - d. Make sure you always clean up this greasy mess!!

4. Student knows how to clean the Hydrocollator
 - a. Turn it off and unplug.
 - b. Open the hose spigot to drain it
 - c. Take the hot packs and the metal racks out and clean them with stainless cleaner
 - d. Clean the inside with Iso-Quin solution
 - e. Clean the outside with stainless steel cleaner.
 - f. Put the hot packs and the rack back in the Hydrocollator and fill it with COLD water and then turn it back on.
 - g. Be sure to close water spigot.

5. Clean the whirlpool appropriately
 - a. When cleaning the whirlpool, use the whizzer solution (directions for mixing are on the bottle)
 - b. This needs to be done every day that it is used
6. Clean the training room appropriately
 - a. Student can follow cleaning list

Treatment

1. Student knows how to make an ice bag
 - a. Put a half a scoop of ice in the bag
 - b. Be sure to get all the air out of the bag
 - c. Tie the bag at the top!!
2. Student knows how to wrap ice bags on all major joints
 - a. Student can use flexi-wrap appropriately, including replacing the wrap on the handle.
3. Student is able to apply a hot pack
 - a. Student pulls the appropriate size of hot pack out of the Hydrocollator.
 - b. Student places the hot pack in the appropriate hot pack cover.
 - c. Student applies a towel underneath for comfort of the athlete, checks on the athlete every 5 minutes and sets the timer for 10 minutes.

First Aid

1. Student knows how to properly remove gloves
 - a. First with one hand pinch
2. Student knows how to properly dispose of bloody items
 - a. Student places bloody items in the biohazard trash can or other approved container.

Emergency Procedures

1. Student knows the purpose and location of the emergency cards
 - a. The purpose of the emergency cards are for to be able to take important information on the road without taking everyone's physical
 - b. The location of the emergency cards are in stored with each sports head coach

2. Student knows the procedure to call 911
Tell the dispatcher
 - a. What is the emergency
 - b. Where are you (**Be Specific**)
 - c. Is the person conscious or unconscious?
 - d. What steps have been taken?
 - e. Are there any known medical conditions?
 - f. Do not get off the phone until the dispatcher tell you to

3. Student knows the Kingwood Park address, training room phone number and directions to the school
 - a. 4015 Woodland hills Dr.
 - b. 281-641-6738
 - c. The School's cross street is Chanay and Woodland hills

4. Student knows the location of all the doors and gates used as ambulance access and can direct emergency personnel to the proper location.

5. Student is able to identify all emergency equipment
 - a. Splints are currently in the bright yellow bag
 - b. Knows the location of the AED's.

Field set-up

1. Student is able to assist in football practice set-up
 - a. 10 Aqualifts full of ice and water (Number and position on field can change)
 - b. 6- 10 gallon coolers full of ice and water
 - c. 4 ice chests full of ice
 - d. 1 playmate full of 5 premade ice bags
 - e. Practice kit
 - f. Splints
 - g. 5 towels