



1. Athletic Training Services at Games or Tournaments (Value \$35 per hour)

Through TRIA's Sports Medicine Program, our goal is to offer high quality, reliable, professional athletic training services with a unique approach. The model for our services focuses on a partnership with the teams to bring together all areas of expertise and support in athletics programs, from the directors and coaches to the parents. Our athletic trainers are an extension of our clinics into the community who, along with the TRIA Sports Medicine Program Manager and Supervisors, aim to offer a high level of medical care and customer service.

Qualifications of our Athletic Trainers (ATs) Include:

- BOC Certified
- Minnesota Board of Medical Practice Licensed
- Emergency Cardiac Care (ECC) Certified

Expectations of our Athletic Trainers Include:

- The highest level of professional conduct
- Up to date in skills and expertise in the field of Athletic Training
- Up to date on NATA and other internationally recognized sports medicine agency's position statements and best practices, Minnesota State High School League policies and procedures, and any other athletic association governing body policies and procedures.
- Teamwork
- Quality and timely communication with association personnel, athletes and parents

2. Education (Value \$50 - \$150 per hour)

TRIA values strong connections to our community. One way we love to connect is through education and being a valuable content resource. Some highlights of our ability to be a supportive community partner include educational programs for athletes, coaches, and parents. Examples of topics we can provide education on are listed below. This is not an exhaustive list, but will provide you with examples. We are happy to tailor a topic or talk to a specific audience and to meet your needs.

- Sport specific injury prevention programs
- Functional Movement Screening
- Helmet and equipment fitting
- ACL injury prevention
- Throwing injury prevention
- Gym or field safety
- Emergency preparedness

- Concussion recognition, management and return to play
- Hydration and Nutrition
- Proper warm-up and cool-down
- General health and wellness
- Bone Health
- Mental Health
- Career exploration opportunities for students interested in pursuing careers in sports medicine and other healthcare fields
- When to see a physician after injury
- How to support and assist an athlete who has suffered a season or career ending injury or illness

3. Baseline Impact Testing (Value \$20 per Athlete)

The IMPACT Baseline test is a computerized test that measures brain functioning, including processing speed, reaction time, verbal and visual memory. Ideally this test is completed prior to the start of a sport season or before an injury occurs so post-injury testing can be compared to baseline. This test is a tool that can aid the medical team in concussion management.

TRIA Athletic Trainers will coordinate with association officials to set up testing times either at the TRIA clinic or at a school or community center computer lab secured by the association.

4. Injury prevention programs (Value \$100 - \$300 per individual)

TRIA Athletic Trainers will work with teams, and/or coaches to set up and implement injury prevention programs as part of routine training. Examples of programs include: ACL Injury Prevention, TRIA's Hockey Injury Prevention Program, Arm Care, Fusionetics – Movement Evaluation, Functional Movement Screening and Individualized Corrective Exercise.

(or)

Coach training for injury prevention (Value \$500 per sport)

5. Annual Emergency Action Plan Updates and Reviews (Value \$500)

TRIA Athletic Trainers will work with facilities and association personnel to assist with an annual review and update of the Emergency Action Plan (EAP) for each facility that the athletes will be practicing or competing in for home competition. (If an EAP does not already exist, TRIA Athletic Trainers will help to create one.) Upon completion, the Athletic Trainers will assist in the review of the EAP with each coach/team at the beginning of their season.

6. Concussion Protocol (Value \$500)

TRIA's Sport Concussion Program experts will be available to consult with association personnel for initial implementation, annual review and update of the association's concussion protocol as needed. Additionally our experts are available for coach, parent and athlete education on concussion recognition and management. We are a valuable resource to help ensure best practice management of concussions for return to learn and return to play.