



## GUIDELINES FOR PRACTICING AS A LICENSED ATHLETIC TRAINER WITH VERSUS WITHOUT STANDARD OPERATING PROCEDURES

*This document is being provided by the Ohio AT Section, which is responsible for the scope of practice for athletic training in the State of Ohio and the Ohio Athletic Trainers' Association, the professional organization. Questions related to interpretation of the State Practice Act can be referred to: AT Section at (614) 466-3774 or [board@otptat.ohio.gov](mailto:board@otptat.ohio.gov)*

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### **The State of Ohio Athletic Training practice act states that:**

**“Athletic training”** means the practice of prevention, recognition, and assessment of an **athletic injury** and the complete management, treatment, disposition, and reconditioning of acute athletic injuries upon a **referral**.

**“Athletic injury”** means any injury sustained by an individual that affects the individual’s participation or performance in sports, games, recreation, exercise, or other activity that requires physical strength, agility, flexibility, speed, stamina, or range of motion.

**“Referral”** is defined by the Ohio Revised Code as a written referral from the following individuals:

- (A) An individual licensed under Chapter 4731. of the Revised Code to practice medicine and surgery;
- (B) An individual licensed under Chapter 4731. of the Revised Code to practice osteopathic medicine and surgery;
- (C) An individual licensed under Chapter 4731. of the Revised Code to practice podiatric medicine and surgery;
- (D) A dentist licensed under Chapter 4715. of the Revised Code.
- (E) A physical therapist licensed under Chapter 4755. of the Revised Code; or
- (F) A chiropractor licensed under Chapter 4734. of the Revised Code.

Additionally, it is the position of the Athletic Trainers Section that nurse practitioners and physician assistants may refer to athletic trainers provided that a physician has given them the authority to do so. Please note that the referral is initiated by the physician who is utilizing the nurse practitioner or physician assistant to extend that information to the athletic trainer.

### **Referral Explanation:**

**Referrals** from any of these healthcare professionals must be according to that profession’s Practice Act and the law must allow them to delegate such responsibilities. Therefore, an AT may practice athletic training, upon referral as indicated above. Referrals may be made through a prescription written for the individual athlete, through direct communications with the referring licensed provider, or through Standard Operating Procedures.

**Standard operating procedure (SOP)** means a written referral relationship that consists of a plan of care communicated between the health care professional listed in division (A) of section 4755.60 of the Revised Code or rule 4755-41-01 of the Ohio Administrative Code and the athletic trainer, and shall include procedures for assessment and treatment. Standard operating procedures **DO NOT** transfer to visiting teams

A progression of categories is listed as a guideline for your use. All treatment should be rendered in accordance with any established standard operating procedures. Permission to treat should be obtained. Athletic trainers should not attempt any treatment measure unfamiliar to them or outside the scope of athletic training practice. Some variance may be seen in treatment, depending upon educational background, facility or setting limitations, and patient response.

<b><u>First Aid and Emergency Care</u></b>	<b><u>Routine (no injury present)</u></b>	<b><u>Restorative (injury present)</u></b>
<b>NO REFERRAL or SOP NECESSARY</b>	<b>NO REFERRAL or SOP NECESSARY</b>	<b>REFERRAL or SOP NEEDED</b>
Basic, immediate care given on site to stabilize and prepare for evacuation and further medical care as needed.	Preventative measures commonly used by athletic trainers and unlicensed professionals where no injury is evident. The sole intent of routine treatments used is to maintain normal function during participation and daily living.	Patient specific instructions for use with a diagnosed injury or as prescribed by the referral source. When there is not an established standard operating procedure, patient specific instructions are necessary.
Examples include provision of first aid/emergency care to individuals not covered under SOP, such as visiting participants and sports camps.	Examples include warm-up, cool-down, ice bags, hot packs, and prophylactic taping.	Examples include protective taping, bracing, rehabilitation, and therapeutic modalities.

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**The Mission of the Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers Board is to actively promote and protect the health of the citizens of Ohio through effective regulation of the professions of occupational therapy, physical therapy, and athletic training.**

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