

ATHLETE SAFETY: What To Expect When You Meet A Health Professional



Health professionals have a responsibility to create training and treatment spaces that keep athletes safe and minimize the possibility of abuse and misconduct. You can use this checklist to determine if your health professional is following best practices. Discuss any concerns you have with your health professional. Report any misconduct or abuse involving anyone in the U.S. Olympic and Paralympic Movement to uscenterforsafesport.org/report-a-concern.

YOUR HEALTH PROFESSIONAL SHOULD

- Set and publicize standard treatment protocols at the beginning of each year or season.
- Follow professional standards for health and safety precautions at all times, including using gloves for sensitive treatments and exams.
- Interact with you and other athletes during the team's or office's typical working hours.
- Interact with you and other athletes respectfully and with appropriate professional boundaries.
- Follow your organization's policies on one-on-one interactions between minors and adults.
- Always allow a chaperone or support person of your choosing to be present during encounters.
- Ensure all of your interactions occur in a HIPAA compliant space.
- Conduct meetings, exams, and treatments in a location that is accessible to others. Doors should remain unlocked.
- Explain treatment to you in advance and encourage you (and your chaperone or support person if present) to ask questions.
- Always obtain informed consent. In the case of minors, obtain assent (i.e., agreement).
- Document all encounters according to professional and institutional requirements.
- Give you and other athletes a copy of their Patient's Bill of Rights and display it prominently in high traffic areas.
- Keep encounters confidential and private, not secret and isolated.

ENCOUNTER DO'S & DON'TS

DO'S

WHEN AN ENCOUNTER IS CONFIDENTIAL,
the health professional shares information with patient-approved people who need to know.

WHEN AN ENCOUNTER IS PRIVATE,
other people know when and where it is happening even though they are not in the room.

DON'TS

WHEN AN ENCOUNTER IS ISOLATED,
no one else is around or aware it is happening.

WHEN AN ENCOUNTER IS SECRET,
the health professional hides information about their interactions with athletes.