

# DON'T BE A SPECTATOR.

# ATHLETIC TRAINERS

can help prevent the misuse of prescription, illicit, and over-the-counter medications.

**LEARN THE FACTS.** Educate yourself about the substances your athletes and other students may have access to. Know common types of prescription, illicit, and over-the-counter drugs that might be prescribed to or used by your athletes if they are injured or experience pain.

**START THE CONVERSATION.** Initiate conversations about the safe use of prescription, illicit, and over-the-counter drugs. Encourage athletes to talk with doctors, healthcare professionals, guardians, or trusted adults if they are prescribed medications, are injured, or experience pain.

**KNOW THE SIGNS.** As an athletic trainer, your first line of defense is recognizing risky decisions or behaviors from adolescents and athletes. Always be aware of how an athlete is handling life in and out of season. Be a resource for your athletes and stay in contact with them regularly for support.

## KNOW YOU HAVE INFLUENCE

Athletic trainers are in an important position when it comes to promoting the safe use and preventing misuse of prescription, illicit, and over-the-counter medications. These relationships may provide mentor-like support and guidance for adolescents and student-athletes, and allow trainers to add personal influence to the expectations and rules about drug use that high school sports and other activities follow.

## OBSERVE

Athletic trainers can be one of the first in the line of defense when it comes to recognizing questionable decisions or behaviors of adolescents and student-athletes. By carefully monitoring adolescents and student-athletes, offering support and guidance, and setting a positive example, you can keep them on a path to achieving optimal performance.

## START THE CONVERSATION

Initiate conversations about the safe use of prescription, illicit, and over-the-counter medications with adolescents and student-athletes. Encourage adolescents and student-athletes to be aware of their mental health and stress levels and how that can affect their decision making. Proper education and awareness of these medications will allow adolescents to continue making safe and informed decisions.



**SAFE USE**  
starts with you.



**SAFE STORAGE**  
protects others.



**SAFE DISPOSAL**  
is a solution for all.



SCAN FOR MORE  
ATHLETIC TRAINER  
RESOURCES

This was developed and funded in whole and or part, by grants from the Illinois Department of Human Services and Center for Disease Control. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of IDHS, CDC, or HHS, and should not be construed as such.

**OMNI**



THE  
PRESCRIPTION  
PLAYBOOK