Tips for Legislative Calls

While email and social media tools have become great ways to reach out to members of Congress, a personal phone call about a policy issue is still one of the most effective forms of communication in advocacy outreach. The following are some tips and a sample script you can use in calling a Congressional office:

- Calling is a good way to get your message across when time is short.
- Be brief and prepared with one or two key points or issues.
- You will probably speak to a staff person who will take a message for the legislator—if possible, ask for the staff person working on that particular issue.
- State your name, address, email, phone number, and if you represent anyone.
- If the staff person does not know the legislator’s position, request a response in writing.
- Offer to send additional information on the issue.
- Thank the staff person and record their name, the date and time of the call, the legislator’s view on the issue, and any commitments that were made. Let NATA staff know about your efforts.
- If you receive a response, be sure to thank the legislator for taking the time.
- If you find out that the legislator voted the way you wanted them to, write them thanking them for it.
- If you were promised a response and don’t receive one, write or call again.

Sample Script for Calling Your Representative

Greeting and Introduction:
• Good morning ___________. My name is ___________, and I am calling as a registered voter in [City], a certified athletic trainer, and a member of the National Athletic Trainers’ Association.

• May I please speak with the Health Legislative Assistant or the Legislative Director?

Purpose of the Call and Personal/Local Connection:
• I strongly encourage you to support H.Res. 112, The Secondary School Student Athlete’s Bill of Rights. This legislation outlines 10 best practices to make secondary school athletics safer.

• Add a personal touch: Explain why you care about youth athlete safety and encourage them to support this bill, emphasizing that it is piece of legislation with bipartisan support. (In 2014, this same piece of legislation gained more than 60 co-sponsors during one of the worst political climates in history.

Closing and Follow Up
• Thank you very much for your time and for considering my concerns and request. Please contact me at (provide phone number or email address) if I can provide more information about the need for this issue or its impact in your district.