



## **RESOURCES FOR PERFORMING ARTS ATHLETIC TRAINERS DURING COVID-19**

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The National Athletic Trainers' Association's Council on Practice Advancement Performing Arts Committee is committed to providing performing arts athletic trainers with resources to provide them with the skills needed to care for their performing athletes and help support themselves during the COVID-19 pandemic. The following are strategies athletic trainers in the performing arts can integrate/utilize as they continue to provide care to their patients.

### **Telehealth**

Providing virtual continued care to your performing athlete may seem challenging and overwhelming. However, athletic trainers in the performing arts possess skills including creativity and ingenuity. There are multiple resources and recommendations available online through the NATA COVID-19 Resource page: [www.nata.org/practice-patient-care/health-issues/covid-19-coronavirus](http://www.nata.org/practice-patient-care/health-issues/covid-19-coronavirus).

Performing artists will need varying levels of support during this time. Be prepared to demonstrate exercises or movements you want patients to do to assist in your evaluations and reassessments for those who might not respond to verbal cues well. This is also a good way to get yourself up and moving. Don't forget to consult your practice act for any details or restrictions about implementing telehealth sessions.

### **Offer Virtual Workshops**

Performing artists, collegiate faculty and professional company artistic staff are looking for ways to keep moving safely in their own home. What better way to guide them than by leading them in movement-based workshops that build a virtual community and maintain connections? Examples include workshops focused on dynamic warmups, optimal breathing strategies to target parasympathetic nervous system stimulation for managing stress or maintaining hip mobility. Consider recording these sessions so you can offer both synchronous and asynchronous learning. During your time with attendees, discuss the needs and interests of your patients to provide patient-centered care.

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### **Collaborate With Faculty and Artistic Staff**

Teaching movement virtually may be new not only for athletic trainers, but for collegiate faculty and company artistic staff, as well. Remember, we are in this together. Staying connected with your faculty and staff maintains a sense of community and increases opportunities to learn from each other and develop collegiality. Make sure your faculty and artistic staff are aware of virtual resources available for your students for their mental and physical health.

### **Develop an Online Video Library**

Is your home exercise software lacking specific performing arts exercises? Use this time away from your usual work setting to film your own videos. This will expand your library of resources for exercise or other wellness topics that you can use for teaching and caring for patients. Upload the videos to your home exercise platform or YouTube.

### **Online Prescreening**

Collegiate performing art students do not always arrive early to campus for the start of the fall semester for the typical “preseason” usually provided to athletic teams. Similarly, dancers in professional companies often do not arrive prior to the beginning of the season. Consider offering virtual prescreening opportunities to connect with your incoming dancers for movement assessments and review of health forms.

### **Plan Ahead**

Once we get through the pandemic, there will be a new “normal.” Consider using this time to review your policies and procedures, emergency action plans, athletic training facility and rehearsal spaces. Identify areas that may need improvement or changes, such as availability of hand-washing stations and more regular cleaning of barres in the studio. Work with faculty and administration to plan for these changes. If your company or faculty are considering in-person productions or performances, be sure to collaborate with them to determine if it is feasible and the necessary steps needed to create a safe environment.

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