ATS: Strength and Conditioning Protocols

You are able to set/define protocols for Strength and Conditioning sessions to make tracking and data entry easier. These protocols may be selected by the Athletic Trainer/Strength Coach when documenting or by the Athlete through the ATS Kiosk and Athlete Smartphone.

To begin go to admin—> maintenance—>Protocols—> Strength/Conditioning Protocols.
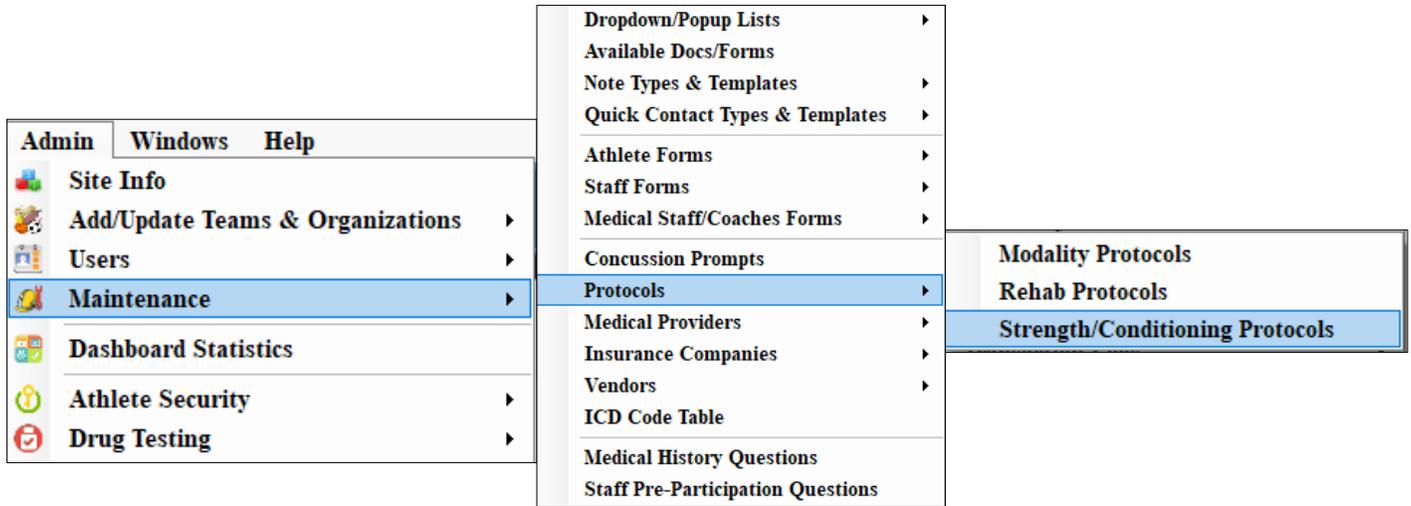
The screen below should open up.   The first step is to select the name of your protocol from the Protocol Name dropdown menu. If you have not yet created a name for this protocol click on the blue (+) button to open up the appropriate drop down list and add the new protocol name.
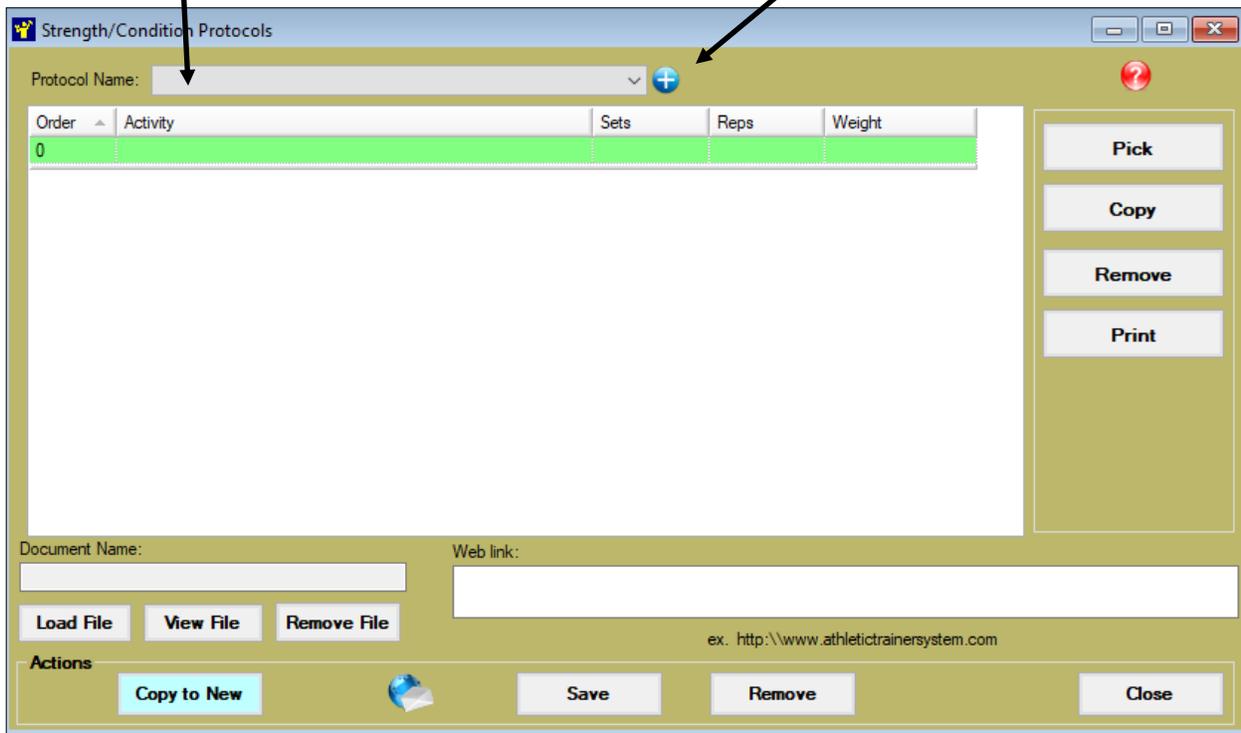
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After you have clicked the blue (+) button on the previous screen StrConProtocol drop down/ pop up menu should appear. Using the blank space at the top of the list fill in the name of your protocol in the descripting, give it a unique abbreviation, a sort number and make sure it is marked as active. Be sure to click save when you are finished.

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Once you have created the Protocol name, select it from the drop down menu. You can now build your session. Be sure to number/order your exercises! Select an exercise from the drop down menu, this list is also customizable, to learn more about customizing the exercise drop down click here. Then fill in your sets/reps/weight.

If you have a specific file (could be instructions, pictures, etc) you would like to load with the protocol link that document in the Document Name area. If you want this protocol to refer to specific website you will type in the web address in the web link box. Be sure to click save when you are finished.

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Now when you go to create a strength session if you click the Protocol button a list of available protocols that have been created will appear. Select the name of the protocol you want.

The desired protocol will then automatically load.

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These protocols can now also be made available for the athlete to choose from via the ATS Kiosk or Athlete Smartphone.