

AT ETIQUETTE 101

ATTENTION Young Professionals:

- 1) **WHEN HOSTING EVENTS:** Designate one (or more) to welcome and introduce the visiting team's AT/Coaches to your facility, and you as the AT. If the other team does not have an AT, inform coaches you are there if needed. ALWAYS GREET VISITING AT. Its ok to say HELLO 😊
- 2) **DRESS CODE:** Remember that you are a health care professional. Consider all the positions you may find yourself in during the day (bending over, squatting down, etc). Keep in mind how others may view you as a professional when exposing tattoos, piercings, colorful hair/makeup, or sloppy attire. A generally well-manicured look (including facial hair for men) is recommended.
- 3) **SOCIAL MEDIA:** See it as a reflection & extension of yourself. Someone who doesn't know you should be able to look at your profiles and gain a good understanding of who you are. If that person is an employer or networking opportunity, what do you want them to know about you? Think about that when posting pictures and sharing posts.
- 4) **AT CONFERENCES:** "Be present." You should be engaged in the lectures or when standing with a group of people for a networking opportunity. Introduce yourself, engage in conversation, and show your interest. Showing up on time and wearing attire that represents you as a professional shows your respect to those who have taken the time to put this on.
- 5) **WHILE TRAVELING:** Remember that you are always on. Despite going out for a nice dinner or having a few drinks after the tournament is done, if someone suddenly comes up sick or injured, you will be looked at for care. Never compromise yourself professionally in the name of having a good time. Enjoy yourself, but within means.

Always keep in mind that you are a healthcare professional, and this is who you must represent 😊



Young Professionals' Committee