

## **ATHLETIC TRAINING ROOM (ATR) PROCEDURES**

- The ATR is, first and foremost, a healthcare facility and should be treated in such a manner.
- ALL doctor notes pertaining to any athletic restrictions/clearance MUST be turned into the athletic training staff.
- NO FOOD or DRINKS (except water) allowed in the ATR.
- Athletes must sign-in prior to receiving treatment. If you do not know how to sign-in, ask one of the certified athletic trainers or student athletic trainers.
- Treatment/Evaluation times, Monday-Friday, are 6:30-7:15 am. ONLY exception is for those athletes that ride the bus, who may come during their athletic period. OTHERWISE, you are to be at practice participating or listening to instructions and can always be learning something.
- Athletes must come in appropriate attire for treatment or rehabilitation. A shirt and shorts/pants must be worn at all times, including in the whirlpool.
- NO shoes on the tables. NO cleats or spikes allowed in the ATR.
- NO profanity, derogatory/abusive or disrespectful language in the ATR. NO horseplay.
- Return ALL equipment issued by athletic training staff (i.e., crutches, ACE wraps, neoprene garments, ankle braces, boots, etc). Athletes will be financially responsible for items that are not returned. ONLY one will be issued out, if an athlete forgets it or loses it, they will not be given another one.
- DO NOT take any equipment from the ATR unless given permission.
- Athletes are not allowed in the ATR without supervision.
- Being in the ATR is not an excuse to be late to practice unless prior arrangements have been made between coach, athlete and athletic trainer.
- During holiday breaks, treatments will be done by appointment ONLY.
- ALL shoes, backpacks, athletic equipment or excess gear is to be left outside in the cubie.
- Athletic Trainers are allowed to administer one dose of ibuprofen or tylenol to athletes once per day and ONLY for immediate injuries when deemed necessary. It will NOT be given OUT every day to an athlete.