

## **Athletic Training Room Rules and Policies**

1. This athletic training room (ATR) opens at 6:30 AM each day for treatment of new and existing injuries. Other arrangements can only be made through the staff ATs
2. If an athlete has a need for medical care outside the above mentioned times or normal school/ATR hours, please alert the staff ATs
3. NO treatment will be allowed during instructional class periods.
4. All athletes that need treatment or taping prior to athletic periods or after school practice should be in the ATR 10-15 minutes before the required practice time. This is the responsibility of the athlete to know the practice and game schedules.
5. All athletes should come to the ATR dressed for treatment.
6. All athletes should report any injury that occurs. This is important to determine statuses for the coach to organize practice/games
7. Athletes should leave all backpacks. Equipment, and personal belongings in the hallway or lockers.
8. No athlete should operate ATR equipment unless directed by a staff AT.
9. Athletes must sign in before getting treatment/rehab
10. No athlete should remove supplies or equipment from the ATR
11. All athletes will have to wait their turn. Treatment will be given in the order that the athlete arrive to the ATR
12. Athletes WILL NOT use the ATR as a hangout area
13. Athletes are responsible for all special equipment that is used. IF these items are not returned, the athlete will be held financially accountable. This includes wraps, braces, crutches, sleeves, splints, etc
14. Athletes WILL mind their manors. Athletes will do 10 pushups for every curse word said
15. Athletes should pick up after themselves. Food and drink will only be tolerated if the athletes prove themselves to be able to handle this responsibility.
16. All athletes will adhere to the athletic dress code when using the cold tubs
17. NO athletes are permitted to use the cold tubs without a staff AT's permission/direction.
18. NO shoes are to be worn on treatment tables at any time.