

ARGYLE HIGH SCHOOL

ATHLETICS: ATHLETIC TRAINING ROOM POLICY & PROCEDURES

POLICY: The use of all athletic training facilities and the conduct of the athletic training staff, athletic training students, and student-athletes shall be governed by the athletic training room policies and procedures.

PROCEDURES:

1. All students in athletics shall have the required UIL report forms on file in the athletic training room prior to participation in their sport. Participation includes any practice, before, during or after school, both in-season and out-of-season.
2. Injuries must be anticipated in any type of athletic activity. Almost without exception, every sport assumes some degree of risk. Therefore, when an injury does occur to a student-athlete participating in the athletics program, the student-athlete who has suffered an injury or illness should make it known to the athletic trainer and/or coaches. Injuries and illnesses should be reported as soon as possible.
3. If an athlete is injured and cannot participate in their sport, he/she shall be under the care and direction of the athletic training staff.
4. Student-athletes are encouraged to notify the athletic trainer if they plan to see a physician or other health care professional for their athletic injury. Student-athletes shall submit a physician's note immediately upon return to school. Physician orders shall be followed, including return-to-play guidelines.
5. If a student-athlete is seen by a physician for their athletic injury, only the physician can clear the student-athlete to return to play, unless otherwise indicated.
6. Morning in school treatments with a trainer are available from 7:15-8:15 am every school day. Student-athletes should be prompt and allow for adequate time for treatment. If a student-athlete is injured, they are encouraged to attend morning treatments.
7. In school treatments with the trainer are given only upon physician's or athletic trainer's approval. The athletic training staff shall determine the care provided for each injury.
8. Student-athletes shall attend in school treatments until the athletic trainer indicates that treatments may be terminated.
9. All Student-athletes must dress out for each practice even though injured and unable to participate unless instructed otherwise by the athletic trainer.

10. Student-athletes shall report to their coach at the start of the practice/period prior to attending treatment with the athletic trainer. Immediately following the student-athlete's treatment, they shall report back to their coach.
11. Student-athletes shall report to practice on time. Being in the athletic training room is not an excuse for being late to practice.
12. Student-athletes shall not treat themselves. The athletic training staff will provide necessary in school treatments.
13. Student-athletes are not permitted to be in the athletic training room without permission.
14. Student-athletes shall dress appropriately for the athletic training room. Inappropriate dress includes sports bras without a shirt, skirts, or other clothing that is not school appropriate.
15. Horseplay, cursing, abusive language and loitering shall not be allowed in the athletic training room. All students must comply with and abide by the weight-training rules regarding technique and form.
16. The Student Code of Conduct and all other school policies as detailed in Student Handbook shall be enforced in the athletic training room at all times.