

## **Athletic Training Room Schedule**

Mon-Fri

7:00-2:00 Morning Treatments and Rehab's

2:00-? Afternoon practices and games.

-There will be no rehabilitations done at this time; each Athletic Trainer will be at their respective teams practice or game.

Sat-Sun The Athletic Training Room is closed other than for scheduled Practices, games or treatments set up by the Certified Athletic Trainer (ATC).

- The Athletic Training Staff reserves the right to close the Athletic Training Room early if there are no scheduled practices or games at that time.
- There should be no one in the Athletic Training Room when there is no ATC present.
- An ATC will provide all treatments during the declared hours of service. No modalities can be operated by anyone other than the Athletic Training Staff.
- Due to the high risk of injuries during Football, one ATC will attend all scheduled practices and games in both the fall and spring.
- Each ATC will be traveling with their respective team(s) during each season, due to this we all work very closely together. If your ATC is not in town feel free to talk to one of the other ATCs, they will also be able to take care of you.
- Please inform the Athletic Training Staff of any injuries/problems or illness you have as soon as they occur.

**The ATC should never be the last person to  
know about an injury!**

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

- If we instruct you to come in for treatment/rehab it is your responsibility to attend. If you do not, your coach will be informed and we will assume you are “healed.”
- If we instruct you to see a doctor at Student Health or make an appointment for you with another doctor we expect you to go. The Athletic Training Staff is not responsible when **YOU** miss an appointment.
- Respect the Athletic Training Staff, ATR and all the equipment and supplies. Nothing should be taken from the Athletic Training Room unless provided by the staff.
- Rehab and treatments are on a first come first serve basis.
- **ATR TOWELS DO NOT LEAVE THE ATR. THEY ARE FOR WHIRLPOOL USE NOT SHOWER OR WEIGHT ROOM USE**
- Do not put your shoes on the treatment tables
- Do not use the ATR as a social gathering point.
- **DO NOT USE THE ATR AS A HALLWAY!!!** Use the hall entryways to the locker rooms. If you are not getting treatment do not walk through the ATR.
- No tobacco products in the ATR.
- No cussing.
- Please, help yourself to ice packs and heat packs.
- Rinse off before getting into whirlpool.
- **Clean up after yourself!**
- If we are not in the ATR you can find us by looking at the board or calling us on our cell phones.