

# **Athletic Training Room (ATR) Policies & Procedures**

Phone Number: 5809

Hours: 2:30-5:30 pm (or an hour and a half before practice during preseason)

1. Athletes should report to the athletic training room (ATR) a minimum of 1 hour before practice for all new assessments / evaluations and 45 minutes prior to practice for reassessments. This ensures sufficient time for proper assessment and treatment.
2. All treatments and taping will be done more than 15 minutes prior to practice. The athletic trainers must be on the field / court 10 minutes before practice to check for conditions in order to prevent any further injuries. Please be courteous and considerate of your teammates.
3. The ATR is used as a classroom during the morning and early afternoon, assistance needed at these times should be set up by appointment. Please do not disturb our classes. If you are in need of ice, please use the far (south) door of the athletic training room to access the ice machine or use the ice machine in the warming kitchen which is located on the 3<sup>rd</sup> floor (fieldhouse) of the TARC. We will NOT wrap ice on during class times. Again, please do not interrupt our classes.
4. All personal items are to be kept out of the ATR: This includes coats, bags, cleats, and play books.
5. Food, drink, and tobacco are not permitted in the ATR.
6. Appropriate clothing should be worn for assessments and rehabilitation. (shorts, sports bra / tanktop)
7. If you have an appointment after activity, practice good hygiene. Please shower before entering the ATR. The only exception would be an emergency situation.
8. Please ask for assistance from the athletic training staff when entering the ATR. Do not help yourself to files, supplies in cupboards or drawers, or sit on the tables before assistance.
9. Abusive language will not be tolerated.
10. At times, prioritization of athletes for treatment or assessment may be needed due to factors including but not limited to: in-season vs. off-season, practicing vs. not practicing, competition vs. practice, etc.) If no prioritization is needed, athletes will be treated first come, first served. Please be patient if you are not an in-season or competing athlete.