



Athletic Training Room Rules

1. No cleats or sporting equipment allowed in the ATR.
2. No shoes on the treatment tables.
3. No profanity in the ATR.
4. Please do not touch the machines in the ATR.
5. No eating or drinking in the ATR.
6. Tobacco use is not allowed in or near the ATR.
7. Do not remove anything from the cabinets without asking permission or being told to do so.
8. Any medication given needs to be documented, either in the ATR, on the field, or on away games. Do NOT give any one else your medication, as this will result in no medication being given to you.
9. Dress appropriately. A shirt must be worn, no short shorts, etc. If coming in for rehab, make sure to wear appropriate shoes.
10. All medical referrals will be made or approved of by the head athletic trainer. If you go to the doctor without seeing the head athletic trainer first you will be responsible for the bill.
11. If you chose to see a physician without the knowledge of the head athletic trainer you will not be allowed to participate without a letter of clearance from the physician you saw.
12. Before going to the doctor you must see the head athletic trainer first to get a referral form that can be placed in your file for documentation. If this does not happen you will be held out of practice and competition until it is complete.
13. ALL paperwork must be turned in and completed before an athlete is allowed to participate. This includes the physical that our physician must sign.
14. Equipment checked out must be returned when the athlete is done with it. If it is not returned within 3 days of completion of use, the athlete will be charged the price of the item.
15. If you are given a water bottle, your name will be on it. Do NOT let anyone else drink from this. It is your responsibility to bring it to practices and games and to keep it clean.
16. When injured or sick you are responsible for showing up to treatment until released from the ATR by the head athletic trainer.
17. If you are sick or injured let the head athletic trainer know immediately. If the head athletic trainer is not notified of the injury or illness prior to 9am, you will not be excused from practice. If you think you are too sick to go to class, see the head athletic trainer first. The head athletic trainer will make the decision as to if your illness warrants the missing of class.
18. Be on time to all treatments, rehab, and doctor appointments. If something happens and you cannot make your scheduled time you MUST get in touch with the head athletic trainer at least an hour before the time established.
19. Not showing up for a scheduled appointment is inexcusable; there will be consequences if this happens.

20. Make sure to use indoor voices and keep your behavior in check. Do not disclose information to the head athletic trainer that you do not want your coach, parents, the Athletic Director or the Dean of Student Life to know.
21. Treatments and rehab will be scheduled around practices, games, and class. You are NOT to miss a class to do rehab or treatment.
22. Andrew College will not pay for ER visits unless a team physician or the head athletic trainer sends you there. If you visit on your own you will be paying the bill.
23. If coming in after practice for anything except ice, you must shower before treatment will be given.
24. All injuries must be reported to the Athletic Trainer
25. Wait for assistance from the Athletic Training staff prior to the beginning of a treatment or workout
26. Allow enough time for your treatment or taping prior to the beginning of the contest or practice
27. All tapings will be done on a first come basis, with the only exceptions for teams with contests - home or away, or any emergencies that arise
28. Any equipment removed from the training room must be signed out from the Athletic Trainer. The equipment must be returned after the season's final game