

# **WNMU Athletic Training Room Athlete Policies & Procedures**

## Athletic Training Room Policies:

1. Athletes will treat the Athletic Training Room as a professional medical treatment & rehabilitation facility.
2. Athletes will respect athletic training staff, coaches, and other athletes.
3. Athletes will not use cell phones in the Athletic Training Room.
4. Athletes will leave backpacks & sports equipment outside the Athletic Training Room.
5. Athletes will shower before receiving treatment.
6. Athletes will bring their own towels for whirlpool treatments.
7. Athletes will dress appropriately to use whirlpools.
8. All treatments will be administered by athletic training staff.
9. The athletic training staff is not responsible for athletes showing up to practice on time.

## Procedures to follow if injured:

1. Inform the Head or Assistant Athletic Trainer of the injury. Immediately after practice, game or first thing the next morning, these are the only acceptable times for new injury evaluations. **Do not wait until right before the next practice to let the Athletic Training Staff know that you are hurt.**

2. An athletic trainer will evaluate you and then a treatment plan will be put together for you. Please communicate with your coach what is happening with your injury.
3. Next you will need to complete an athletic injury claim form in the athletic training room.
4. You will make appointments for all treatment & supervised rehabilitation. It is very important that you comply with the athletic training staff; we are here to help you.
5. In order to return to practice you must have full range of motion, good strength, be pain-free, feel like you can compete with out being re-injured, and then you must pass a functional test.
6. If you are hurt and in need of additional medical attention outside of the Athletic Training Room, it must be coordinated by the Athletic Training Staff and not the athlete or the athlete's family. The WNMU Athletic Department will not be responsible for any medical care that is coordinated outside of the athletic training staff.
7. If you receive medical bills that are related to an athletic injury that occurred at WNMU, it is your responsibility to inform the Head Athletic Trainer so that appropriate action can be taken.