

University of the Cumberland Athletic Training Room Policies

III. GENERAL MEDICAL SERVICES: To assure that Athletic Training Room Protocols and Procedures are carried out efficiently and with minimal confusion please read, understand, and abide by these policies:

ATHLETIC TRAINING FACILITY HOURS:

MONDAY - FRIDAY:	8:00 - 10:00 a.m.	1st Treatments
MONDAY - FRIDAY:	10:00 - 1:00 p.m.	CLOSED or by appointment
MONDAY - FRIDAY:	1:00 - 2:30 p.m.	2nd Treatments
	2:30 - 5:00 p.m.	Prep/Practice

WEEKEND & OTHER HOURS BY APPOINTMENT ONLY!

INJURIES: Notify the athletic trainer immediately or at the end of practice. Immediate treatment is important and will speed recovery time by several days. **DO NOT WAIT TO SEE THE ATHLETIC TRAINER THE FOLLOWING DAY. NEVER USE HEAT** unless advised by the athletic trainer or team physician. **ALWAYS USE ICE ON A NEW INJURY!**

ILLNESS: Report in person or call the athletic trainer immediately. The athletic trainer will assist you in scheduling an appointment with the campus medical clinic or team physician. If a student-athlete becomes ill during the night, and it is not an emergency, he/she should contact an athletic trainer as soon as the athletic training room opens the following morning (i.e.: 8:00 a.m.). If an emergency occurs, notify your Resident Advisor or the dorm representative on duty or dial 911 if life- threatening (9-911 if on campus).

PHYSICIAN SERVICES: In the event that a student-athlete sustains an athletic injury he/she should contact their supervising athletic trainer to obtain the proper referral information. **The Athletic Department will not be held responsible for any charges unless you have secured written permission and proper referral from the certified athletic training staff.** Please refer to the insurance procedure policy for background regarding Intercollegiate Athletic Insurance coverage.

ATHLETIC TREATMENTS: Student-athletes that require evaluations or rehabilitation should report to the Athletic Training Room as advised by their supervising athletic trainer. All athletes requiring rehab must report during the posted morning hours. Afternoon hours are reserved for those athletes requiring more than one treatment session per day. Saturday and Sunday treatments are by arrangement with your supervising athletic trainer only.

Before reporting to the athletic training room for treatment, the student-athlete will undress at his/her locker area, shower, and come to the athletic training room in appropriate attire. Student-athletes who are not properly attired for a co-ed facility will be asked to leave the facility. **THIS RULE WILL ONLY BE WAIVED IN CASES OF EXTREME EMERGENCY.**

- Do not bring equipment into the athletic training room.
- Cleated shoes of any kind are not allowed in the athletic training room.
- All athletic training room equipment will be signed out (ie: elastic wraps/sleeves/pads/ braces, etc.) and is expected to be returned ASAP upon completion of use. Failure to return equipment will result in a charge to your student account for the cost of replacing the unreturned equipment.
- All athletic training room towels are marked "CCATR" or "UCATR" and are not to be taken from the Athletic Training Room (each sport is responsible for providing towels to their athletes).
- When all athletic trainers are busy and all available rehab space is being used, please wait patiently until assistance/space is available, or make an appointment for a time to return. Do not leave the facility without making arrangements for later.
- NO HORSEPLAY or PROFANITY in the Athletic Training Room will be tolerated.
- No student-athlete is allowed to enter the Athletic Training Room storage areas or offices unless accompanied by an athletic trainer or given permission. Removal of equipment or supplies is strictly prohibited without the consent of an athletic trainer.
- NO STUDENT-ATHLETE IS TO TOUCH OR OPERATE ATHLETIC TRAINING ROOM EQUIPMENT OR THERAPEUTIC MODALITIES!
- NO FOOD OR DRINKS SHOULD BE BROUGHT INTO THE ATHLETIC TRAINING MEDICAL FACILITY UNLESS UNDER SPECIFIC/SPECIAL CIRCUMSTANCES.
- NO TOBACCO PRODUCTS WILL BE TOLERATED IN THE ATHLETIC TRAINING ROOM. TOBACCO PRODUCTS HAVE ALSO BEEN BANNED AT PRACTICE AND AT THE UNIVERSITY OF THE CUMBERLANDS SPONSORED EVENTS AS SUPPORTED BY THE NAIA AND MIDSOUTH CONFERENCE RULES.

Note: Two rules apply to treatment times in the training room. (1) If you know your rehabilitation program takes 1 hour, be sure to come in at least 1 hour before the athletic training room closes. (2) All treatments last a minimum of 20 to 30 minutes. Do not expect to receive full treatment if you come in 10 -15 minutes before closing time. It is your responsibility to arrive on time to assure the proper amount of time for your treatment.

THESE RULES ARE FOR YOU! PLEASE COOPERATE!