VII. SPORTS MEDICINE POLICIES

The Sports Medicine Staff's responsibility is to provide injury care, management, and rehabilitation of athletic injuries for our student-athletes. This care consists of preventative measures prior to practices and games, first aid during practices and contests, and treatment and rehabilitation after activity.

Staff members work to serve student-athletes, and should be treated with the respect and courtesy they deserve. A student-athlete should notify the coach or athletic trainer immediately if he or she is injured. The coach, the athletic trainer, or the Athletic Office should be notified, if possible, before a student-athlete goes to the hospital or doctor if injured as a result of practice, a game, or any other event directly related to the athletic team.

To ensure the most efficient and appropriate service, we ask the cooperation of student-athletes by following the procedures listed below:

1. All injuries should be reported to the Sports Medicine Staff.
2. Student-athletes must report to the Athletic Training Clinic (ATC) 45 minutes prior to the start of practice to ensure that they will not be late for practice; unless other arrangements have been made.
3. All student-athletes are required to shower prior to post workout treatments.
4. Shirts and shorts must be worn at all times unless otherwise instructed by a member of the Sports Medicine Staff.
5. Dirty practice gear and shoes are not allowed in the ATC.
6. Practice equipment (i.e. bats, gloves, lacrosse sticks, etc.) is to be left outside the ATC.
7. Food or drink is not permitted in the ATC.
8. Smokeless tobacco is not permitted in the ATC.
9. Rehabilitation treatments are by appointment only. (Failure to make or keep an appointment does not guarantee treatment at a later time.)
10. Student-athletes should understand that medical confidentiality will be observed, but that their availability for practice and games will be discussed with the head coach.
11. Questions or problems concerning the Sports Medicine Program should be referred to the Head Athletic Trainer or the Director of Athletics.

ATC hours:

1. For Rehabilitation: as posted on the ATC door
2. For Game and Practice Preparation: begins at 1:30 PM and ends 30 minutes after the last practice or contest.