



Memorial High School

Treatment Policy

1. Dress out in athletic gear, loose fitting shorts and t-shirt. Evaluation and rehabilitation exercises will be performed. NO GIRDLES, SPANDEX, TIGHTS, LEGGINGS, YOGA PANTS, OR SPORT BRAS.
2. Report to coaches and dress out before going to athletic trainer. You must have approval prior to the athletic period to visit the athletic training room. Your first trip to the ATR concerning an injury will not be during class time, unless you are injured during the period.
3. Athletic Treatment times are:
 - a) 7 am-7:30am (all Sports)
 - b) 7:30- 8:00 (cross country/boys soccer/boys track)
 - c) 8:00 am-8:30am late arrival seniors (all sports)
 - d) ALunch(allsports)
 - e) BLunch(allsports)
 - f) During athletic periods (with prior coach approval)
 - g) After school

***Athletes reporting to the ATR during another class period or study hall will be sent back to their class ***

4. Remove shoes and leave books outside of the ATR door or in boy's locker room.
5. If new, introduce yourself and the sport you play. The athletic training staff will then collect a history of your injury and enter all documentation into Rankone.
 - a) How long have you been injured?
 - b) What have you done for the injury?
 - c) Have you seen a doctor?
 - d) If yes, documentation of prior visit is required for treatment of injury.
6. Be Patient –injuries will be treated according to severity. (Emergency, game day prep, in-season, off-season).