

Notre Dame Athletic Training Room

Policy and Procedures



1. Student-Athletes are **not** allowed in the ATR without supervision.
2. Student-athletes are not permitted to discuss the health information or participation of any athlete that is receiving care within the ATR.
3. **No cleats or spikes** will be allowed in the ATR.
4. Sign- in upon entering the ATR. If you do not know how to sign in, or have questions, ask the athletic trainer.
5. Please remove shoes before getting on the treatment tables.
6. Do **not** bring unnecessary clothing, athletic equipment, or bags into the ATR.
7. No self-treatment will be tolerated. All taping, wrapping, wound cleaning and bandaging, etc. will be applied by the athletic training staff.
8. Do not use, remove, or otherwise touch any equipment or supplies from the ATR without permission.
9. Please return all loaned equipment as soon as it is no longer needed (i.e. braces, wraps, crutches, etc.).
10. Student-Athletes must conduct themselves in a proper manner (courteous, respectful, and patient) while in the ATR. Please use appropriate language. You will be asked to leave if you become excessively loud, or your behavior becomes disruptive or is offensive to others.
11. The ATR is a co-ed facility. Everyone will act with respect and maturity and dress appropriately as necessary for treatment (i.e. shorts, t-shirts).
12. Help keep the ATR clean at all times. Discard your trash and place used towels in the proper container.
13. To facilitate treatment of all athletes, we ask that you leave the ATR once you have received treatment during times when the center is crowded and busy.
14. **Please arrive early** so that you may be evaluated, treated, do your rehabilitation exercises, get taped, and be to practice on time.
15. Remember, the athletic training staff is dedicated to your health and safety. They will give you the best possible care. Your courtesy, cooperation and respect in return will be appreciated.

16. Athletes will **not receive** any treatment until evaluated by the athletic trainer. All injuries must be documented before taping, bracing, therapeutic modalities, or rehabilitation exercises are performed. All treatments are under the discretion of the athletic trainer.

17. The Athletic Trainer is not responsible to evaluate any injury from outside Notre Dame High School athletics. The Athletic Trainer **will not** treat a student for outside sports, clubs, events, etc.

18. The athletic training room will open approximately one (1) hour prior to your scheduled practice. The athletic training faculty/staff will make every effort to treat student-athletes on a first come first serve basis. At times, in-season sports may have priority. Please plan accordingly.

19. All return to play decisions will be made by the athletic trainer.

20. The athletic training staff **will not** be dispensing medications of any kind. Please do not ask. If an athlete needs medications during the day, he/she will need to see the nurse. If it is after hours, during games, athletes will need to see their own parent(s) or guardian(s).

21. Taping is under the discretion of the athletic trainer. All athletes who are being taped need a documented injury evaluation by the athletic trainer, are compliant with a treatment and rehabilitation program, and progress to no tape before being fully cleared to normal activity. Athletes will be functionally tested before returning to athletics without tape. If an athlete wants long term taping they will be asked to buy a brace.

22. All Notre Dame athletes will have a Healthy Roster account. Once an athlete is on a roster, a parent or legal guardian will be emailed an access code to download and validate the account. All injuries will be reported through Healthy Roster, treatment and rehabilitation will be updated on this account, return to play and clearance status will be monitored and updated on this account. Parents will be able to communicate directly with the athletic trainer and coach through Healthy Roster.

23. All athletes are required to take a baseline Impact Test. Baselines are valid for a two year period. Typically athletes will take the Impact Test during freshman year and junior year.