

Athletic Training Room Policies and Procedures for Athletes

1. All injured or ill athletes must report between 7:30 – 9:30 a.m. If you do not show for treatment, you will be treated as if you missed practice. Athletes who are still participating but need treatment are expected to be in the athletic training room before 9:30 a.m. If you fail to do so, you will not receive treatment in the morning or the afternoon. NO A.M., NO P.M. Treatment times for weekends will be posted. General BucSports hours are 7:00 a.m. – 11:30a.m. and 1:00p.m. to 6:00 p.m. or whenever the last team practices Monday through Friday.
2. No headgear of any kind (male or female), cleats, equipment, or dirty gear is to be worn in the athletic training room.
3. BucSports is a co-ed facility. Proper dress is required for treatment. Please wear shorts and a T-shirt at all times. Come dressed and ready, and leave personal items and equipment in your locker. Please shower before receiving post-practice treatment.
4. The athletic training room operates on a first-come first-serve basis. Come early if you want to avoid the rush.
5. Report all injuries immediately. New injuries or illness must be reported before 8:00 a.m. the following day in order for the athletic trainers to report your prognosis to your coaching staff.
6. You are responsible for getting your taping or treatments done in time for all meetings and practices. Remember, you are never late for practice because you were detained in athletic training room, you simply did not get there early enough.
7. Injured players are expected to report to each practice session. There is no excuse for missing a meeting or practice unless it is an emergency just as there is no excuse for missing a treatment unless there is an emergency. Injuries requiring missed practice time must be excused by the head athletic trainer prior to meeting time.
8. Appropriate treatment for any and all musculoskeletal injuries will be decided upon only by your athletic trainer. When necessary, the team physician will be involved.
9. Continue all treatment until your athletic trainer releases you. Do not stop treatments just because your injury feels better. If you miss a treatment, you will be assumed to be healed.
10. You are to use the athletic training room for treatment only. No team meetings or study halls are allowed. The BucSports staff should be respected or treated as you would any other health care facility.
11. BucSports is the medical center for the ETSU department of athletics. Help keep this area clean and orderly.
12. Profanity is obscene. Its use is no compliment to you. Do not use it here. Abusive behavior or language will not be tolerated.
13. Taking items from the athletic training room without the permission of a staff athletic trainer is grounds for disciplinary action. Please ask for assistance before taking any supplies or using any equipment.
14. Please respect the privacy of the athletic trainer while in his/her office. A knock prior to entering will be appreciated. The phone on the back wall may be used for campus calls.
15. Injuries not sustained during team functions are not the responsibility of the athletic department.
16. Headphones must be used when listening to personal music systems.
17. Media interviews may not be conducted in the athletic training room.
18. No smoking, dipping, and/or chewing is allowed by ANYONE inside BucSports
19. No athlete is permitted to operate athletic training room equipment – No Self Treatments.
20. Remember, all BucSports staff are dedicated to your health and safety. They will give you the best possible care. Your courtesy, cooperation, and respect in return will be appreciated.

Furthermore, by affixing my signature below, I agree to follow these policies and procedures and understand that failure to adhere to the rules and regulations may result in my being barred from using the BucSports Athletic Medicine Center.

Signature _____ Date _____