

Athletic Training Room Rules

- Student-athletes must conduct themselves in a professional manner
- No eating in the ATR under any circumstances- unless suffering from heat illness and ATC has authorized. If student-athletes bring their food in with them, the food must remain in the bag and untouched. They can eat in the hallway and then report for treatment. No eating is allowed in the ATR due to OSHA guidelines.
- Foul language and horseplay will not be tolerated; it is the ENTIRE staff's responsibility to police this.
- No gossiping, no inappropriate stories of their "night on the town" are permitted.
- No shoes inside the athletic training room. Shoes and personal items must be stored in cubbies provided outside the ATR.
- Student-athletes must leave their personal items in their lockers or the ATR Lockers. The ATR is not a storage facility. Any personal items left overnight will be held in an office for a certain amount of time (depending on the item's value) after that will be discarded.
- All student-athletes must be dressed appropriately for treatment/rehab.
 - Women may have a sports bra only when necessary for treatments, shirt must be on afterwards.
 - Athletes must wear athletic shorts or pants for lower body rehab. Jeans/skirts not allowed.
- You must shower before treatments, if showers are available (unless you have ice to-go)
- Athletes must pick up after themselves. Trash brought in, goes out with them or in the trash can. Any perishable items left behind will be discarded.
- No cups on the modality carts, shelves with a modality, or under tables.
- The ATR is not a hangout spot. Student-athletes that are in the ATR and not receiving treatment/rehab/care, will be asked to leave.
- Student-athletes are expected to report to treatments on time. Failure to comply with this can result in the athletic trainer refusing treatment.
- Athletes will not administer self-treatments. All treatments, taping, bandaging, and padding will be provided by the faculty/staff athletic trainers or supervised athletic training students.
- **NO TOBACCO, DIP, CHEW, OR SIMILAR PRODUCTS OF ANY KIND WILL BE ALLOWED.** This is an NCAA Violation. Any student-athlete who is found to be using any of these products will be politely asked to either remove it or leave.

DO NOT remove equipment or supplies from the athletic training room without the permission of a faculty/staff athletic trainer.

Rules for the Cold Tub:

- ALL athletes MUST shower and change BEFORE entering the cold tub.
- ALL athletes must have on clothing – spandex is not permitted.
- Eating and drinking in the wet room is NOT allowed.