Training Room Rules

PLATINUM RULE:

ANY student athlete that sees ANY physician for ANY reason (illness or injury) MUST have a note from THAT physician BEFORE being able to resume participation or receive treatment.

- NO EXCEPTIONS

1. If you are unable to participate in a workout due to injury OR if you are injured during a practice, you MUST be evaluated by a Staff Athletic Trainer.

2. No cleats or Spikes allowed in the Training Room.

3. You must shower prior to all treatments & rehabilitations.

4. Appropriate attire must be worn at all times.

5. Everyone must sign in on the treatment log prior to receiving treatment.

6. No self-administered treatments.

7. No food or drinks allowed in training room outside of lunchtime treatments.

8. Horseplay and foul language will NOT be tolerated.

9. No footwear allowed on treatment tables.

10. The training room does not make you late for class or practice. It is your responsibility to be on time for all scheduled treatments/appointments.