

Mountlake Terrace High School Sports Medicine/Athletic Training Room Policies and Procedures

Health care for individual athletes is unique for each sport and each athlete. These policies and procedures have been established to better meet the needs of every one: Athlete, Athletic Trainer, Coach, Parent and Physician.

- **ALL** injuries must be reported to the Athletic Trainer. Please report all injuries to the athletic trainer as soon as they occur and any injury, whether in-season or out, can affect participation and must be evaluated.
- If an athlete cannot practice on a given day, s/he must check in prior to the following day's practice. An athlete may **NOT** return to play until cleared by the athletic trainer
- Any injured athlete or athlete that requires taping, treatment or rehab must report to the athletic training room immediately after school.
- Any athlete receiving tape, treatment or other services **MUST** sign in
- Athletes will be treated on a "first come, first served" basis; priority will be given to those athletes who are able to practice and/or whose practice begins earliest. Athletes *must wait outside* of the athletic training room for their turn
- All injured athletes must report to practice prepared to participate. If an injured athlete is unable to participate, injury-specific conditioning drills and exercises will be given. The injured athlete must dress appropriately – i.e. sweats/shorts, t-shirt, athletic shoes/cleats
- Any truancy or non-compliance by the injured athlete will result in referral to the coach for appropriate disciplinary action.
- Any injured athlete that sees a physician must have a signed clearance before return to participation will be allowed. Please see the athletic trainer for a physician referral if necessary.