

**Training Room Hours:**  
**M – F 2:30 – 6:30**  
**Stop in any time during these hours**  
**Phone 994-2174**

**Guidelines for Coaches and Athletes**

At the beginning of each sport season, each head coach should allow time before or during the first practice for the athletic trainer to share the following information with all the athletes:

1. Always use ice or cold packs on a new injury. NEVER USE HEAT IN ANY FORM ON A NEW INJURY. Athletes must not apply heat to any injury without the athletic trainer's consent.
2. Report all injuries to the athletic trainer before you go home. Physician consultations must be arranged with the athletic trainer. Emergencies that develop overnight are the only exception.
3. Always seek the athletic trainer's opinion as to whether your discomfort is an injury or just a "getting in shape" pain. When in doubt as to what to do for an injury or condition, apply ICE or cold packs for 20 minutes on, 40 minutes off, repeat until you go to bed. If pain persists, seek the athletic trainer's advice as soon as possible.
4. Eat a variety of foods, limiting pop, fatty foods, and high sugar foods. During hot weather or during the first days of practice, drink plenty of fluids, preferably water. Specific information concerning nutritional requirements may be obtained from the athletic trainer.
5. NEVER take a supplement, nutritional or performance enhancing. Many of these can cause permanent damage and or problems for athletes. If you have questions regarding a particular supplement, please ask the athletic training staff.
6. Learn to stretch properly and do so before and after each practice. Remember that bouncing, or ballistic, stretching is dangerous and not recommended for athletes. Specific stretching programs are available for the athletic trainer.
7. All equipment issued from the training room shall be returned. Lost equipment must be paid for.
8. Those who steal supplies and/or equipment from the training room will be dealt with as per school policy pertaining to theft. Athletes who steal, steal from themselves! ASK AND YE SHALL RECEIVE!
9. First aid kits are available for each team. Water will be provided for all home events. If you are in need of a water bottle, please see an athletic trainer.
10. REMEMBER THAT THE ATHLETIC TRAINER IS ONLY HUMAN!!

