

# FHS ATHLETIC TRAINING ROOM STUDENT –ATHLETE HANDOUT

## REPORTING INJURIES

All athletes are required to report all injuries and illness to the staff athletic trainers immediately.

All injured athletes are required to attend practice after the completion of their treatment and/or rehabilitation with the staff athletic trainers

Athletes that are also seeing a physical therapist will be required to attend treatments.

## DOCTOR’S NOTES/PHYSICIAN’S VISITS

An athlete that is referred to a healthcare provider, or chooses to see one on his/her own, must provide a written doctor’s note after every visit – that includes diagnosis, treatment needed special instructions, ability to participate and any restrictions or limitations- to the athletic training staff before they are allowed to practice or participate.

Information and instructions provided in the doctor’s note will be the ones followed until another note is obtained from the physician. If an athlete fails to provide a doctor’s note, that athlete will not be allowed to participate until a note is provided to the athletic training staff. Examples of healthcare providers include; physician, doctor, chiropractor, nurse practitioner, physician assistant.

## STUDENT ATHLETIC ACCIDENT INSURANCE

FISD will not provide medical insurance for students that participate in interscholastic athletics.

## PREVENTATIVE ANKLE AND WRIST TAPING

Any non-injured athlete that would like to be taped for games and practices in order to prevent injury, will be required to perform strengthening exercises three times a week during the normal operating hours of the athletic training room. Failure to comply with this will result in the athlete not being taped.

No athlete is allowed to tape themselves or to be taped by any person other than the FHS Staff Athletic Trainers, unless other arrangements have been by the FHS Athletic Training Staff.

## MORNING TREATMENTS

Morning treatments will be held Monday –Friday throughout the entire school year, with the exception of the following school holidays – Thanksgiving Break, Christmas Break, Easter, and Spring Break.

During the above holidays, a schedule of operating hours will be posted on the doors to the athletic training room and all coaches will be notified and asked to relay that information to their athletes. It is the athlete’s responsibility to know the operating hours of the athletic training room.

If an injured athlete fails to show up for morning treatments without notifying the staff athletic trainers, their coach will be notified and that athlete may be required to report to the training room during their athletic period and remain there until they have completed their treatments.

Seniors with off-campus first period will not be allowed to attend treatments during that time.

## MORNING TREATMENT HOURS

**(Times may be subject to change as coverage needs changes)**

### AUGUST-OCTOBER

6:30 AM -7:30 AM

ANY ATHLETE WHO’S PRACTICES START BEFORE OR AT 7 AM

7:30 AM - 8:30 AM

ALL OTHER ATHLETES EVEN IF THEIR SPORT IS NOT IN SEASON OR THEIR TEAM IS NOT PRACTICING THAT DAY. PLEASE NOTE THAT THERE MAY BE DAYS WHEN THE TRAINING ROOM WILL CLOSE DUE TO MEETINGS THAT THE STAFF ATHLETIC TRAINERS ARE REQUIRED TO ATTEND.

### NOVEMBER-MAY

7:00 AM - 8:30 AM

ALL OTHER HIGH SCHOOL OR JUNIOR HIGH ATHLETES EVEN IF THEIR SPORT IS NOT IN SEASON OR THEIR TEAM IS NOT PRACTICING THAT DAY. PLEASE NOTE THAT THERE MAY BE DAYS WHEN THE TRAINING ROOM WILL CLOSE DUE TO MEETINGS THAT THE STAFF ATHLETIC TRAINERS ARE REQUIRED TO ATTEND.

## ACADEMIC DAY

# **FHS ATHLETIC TRAINING ROOM STUDENT –ATHLETE HANDOUT**

Athletes are not allowed to miss any class, including any student aide periods, to see the athletic trainers, unless instructed by the staff athletic trainers

## **ATHLETIC PERIODS**

All injured athletes will be required to see the staff athletic trainers prior to reporting to practice.

## **CONTINUATION OF TREATMENTS/REHABILITATION**

All injured athletes will be required to attend treatments until released from the athletic training room by the staff athletic trainers.

## **SUMMER HOURS**

The athletic training room will not be open during summer vacation.

## **ENERGY DRINKS**

Per school policy, all types of energy drinks are not allowed on campus at any time.