



# Mountain Ridge Athletic Training Room Information For Parents



## STAFF

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## HOURS

Typical hours:

- o 2:20-6 PM or later on game days
- o Athletic trainers may be on campus later due to games or practices.
- o If the athletic training room is locked athletes should ask their coach to contact athletic trainer by phone.



## ABOUT

Athletic Trainers are nationally certified, state licensed medical professionals who practice under the guidance of a physician.



## PREVENTION

Eat balanced meals  
Proper hydration-before, during, after activity  
Warm up/cool down  
Get plenty of rest  
Clean practice/game clothes/gear



## INJURIES

- o Report illness/injury/etc to coach and certified athletic trainer immediately
- o Follow instructions to prevent further injuries
- o A physician's note is required for all Dr. visits. These are to be turned into the certified athletic trainer in the athletic training room, D112. A note will be issued from the athletic training room for athlete to give to coach
- o If you know of an upcoming appointment, please let the certified athletic trainer know and we will complete referral paperwork for the athlete to take for the doctor to fill out. Return completed paper work to the athletic trainer.
- o If something is sore, ice 15-20 minutes every hour to hour and half. Have the problem evaluated in the athletic training room before or after practice/game.



## MISCELLANEOUS

- o If your child has rescue medications (inhaler, epi-pen, glucose, testing supplies, etc) please be sure the athlete has the medication; and informs the coach where the medication is kept and specifics for its use.
- o Please supply the athletic training room with a copy of the medication protocol.
- o If we are informed of a doctor appointment ahead of time, we will send a referral form with you for the doctor to complete.
- o Please contact the athletic training room/athletic trainers with any questions.