

MBU ATHLETIC TRAINING ROOM RULES

Head Athletic Trainer: **Meredith Dill**
Office: (314) 392-2399

Assistant Athletic Trainer: **Jamie Herron**
Office: (314) 392-2281

Assistant Athletic Trainer: **Matt Wallace**
Office: (314) 744-5380

Graduate Assistant Athletic Trainer: **Ashley Mettlach**
Office: (314) 392-2281

1. Athletic Training Room Hours: 9-12:00 AM and 1-5:00 PM, or until last practice is complete. The athletic training room will be opened at least 60 minutes prior to a scheduled practice and 20-30 minutes after completion of practice.
2. The athletic training room is not a LOUNGE; it is the medical center of the athletic department.
3. NO HORSEPLAY or FOUL LANGUAGE.
4. The athletic training facility is a co-ed facility; therefore, proper attire (shirts and shorts) is necessary for getting treatments.
5. Hands off all machines! STAY OUT of cabinets, office and storage areas. DO NOT take towels out of the athletic training room.
6. NO SHOES are allowed in the athletic training room. FOOD and DRINK is also prohibited.
7. Athletes MUST sign in and sign out when obtaining services in the athletic training room.
8. In season athletes will be attended to first if others are in line or waiting.
9. Shower prior to receiving treatment after practices.
10. Treatments are given only with the Head/Assistant Athletic Trainers' approval. The medical staff will decide the type and length of treatment given.
11. When done with treatments or taping, please vacate the athletic training room.
12. NO EXCUSES for missed treatments or doctor's appointments. If assigned treatments are missed, you will be reported to your coach.
13. Contact the Head/Assistant Athletic Trainer immediately at the first sign of injury or illness. Do not come to the athletic trainer prior to practice and inform him/her that you cannot practice.
14. Athletes should consult the Head/Assistant Athletic Trainer before reporting to the doctor's office or hospital except for a medical emergency.
15. The athletic trainers are not responsible for an athlete being late to practice. Allow extra time before practice if you need treatment or taping.
16. NEVER, NEVER apply heat to an injury. If you treat an injury yourself, only apply ice.
17. Athletes who are injured and unable to practice should check with the athletic training staff and coach for prescribed daily activities.
18. Athletes will be treated with respect at all times, and they must show the same courtesy to the athletic training staff and other athletes in the athletic training room.
19. Absolutely no cell phones or pagers in the athletic training room.
20. No music devices in the athletic training room (excluding game days).
21. Athletes are not permitted to wear jewelry or bracelets during practice or event participation.
22. Please reframe from putting your mouths and hands on the water bottle lids.