



Mineral Area College Athletic Training Manual

Athletic Training Mission Statement:

Athletic Trainers are licensed health care professionals heavily trained in the prevention, recognition, evaluation, and treatment of athletic injuries in the athletic population. The Athletic Trainer at Mineral Area College provides services comprised of emergency care, preliminary diagnosis, basic therapeutic intervention, and rehabilitation of certain athletic injuries and medical conditions.

Physician and Physical Therapy Services

- Team Physicians are provided by the Athletic Trainer at his/her discretion.
- Physical Therapy services are provided by PRORehab,p.c. Sports and Physical Therapy in Farmington for those that have a Physicians referral or prescription.
- A student-athlete is allowed to see a non-affiliated physician if needed. However, it is then the student-athlete's responsibility to inform the Athletic Trainer to receive physical therapy services.

Signing-In

- If the athlete is receiving treatment of any kind (including taping, heating, or ice) they are to sign in on the Treatment Log so the Athletic Trainer and the Coach has a record for that day's treatment. The sign in sheet is located on the taping table on a clipboard.

Keeping the Athletic Training Room clean

- It is important to keep the Athletic Training Room clean and organized for the purpose of running the department smoothly.
- Make sure when you use weights you put them back in the place that they belong.

Athletic Training Modalities

Whirl Pool

- Student-athlete must inform the Athletic Trainer **at least** 45 minutes before they want to use it.
- Student-athlete must bring their own towel. We **will not** provide towel for everyone.



Hot Packs

- Hot Packs are provided for the convenience of the student-athlete. They are located in the back of the Athletic Training Room with the cover hanging above.
- Hot Packs **cannot** be taken out of the Athletic Training Room.
- **DO NOT** sit on Hot Packs, they will burst.
- Return Hot Packs to inside the hydroculator when done using them.

ICE

- Ice machine is **not** located in the Athletic Training Room. It is inside the boiler room/cages inside double doors on the basketball court.
- Ice Bags are located on top of the ice machine.
- **DO NOT** leave the door open!
- **DO NOT** leave ice scoop inside the ice machine!

Athletic Training Absence

- **DO NOT** be in the Athletic Training Room without Athletic Trainer or coach supervision.

Student-Athlete Insurance

- Student-Athletes must have their own primary health insurance to participate in competitive athletics at Mineral Area College (per NJCAA Regulations). Student-athlete will not be allowed to participate in any sport related activities until they have proof of current health insurance.
- Primary Insurance is defined as health insurance held by the student-athlete and/or their parents. This policy is required **FIRST** before Mineral Area College's secondary policy will take effect.
- The insurance policy held by Mineral Area College is a secondary policy only.
 - A secondary policy is a policy which generally covers extra costs that the student-athlete's primary insurance does not cover.
- Before the secondary policy can take effect:
 - Student-athlete must have current primary insurance coverage
 - Student-athlete must first see the office of Student Services and Athletic Trainer.



Doctor's Appointments

- Student-athletes are allowed to ask Athletic Trainer with assistance in scheduling visits to physicians.
- If a student-athlete decides to go to their own physician, they are responsible for communicating physician orders or diagnosis with Mineral Area College Athletic Training Staff. Without these orders, the Athletic Trainer will be unable to give the athlete the care they need.

Hours of Operation

- Athletic Training Room hours are from 12:30-6:30 Monday thru Friday
- Student-athletes needing treatment need to be in the Athletic Training Room 30-45 minutes before their practice is scheduled to begin.

Supplies

- Student-athletes are not to take supplies out of the Athletic Training Room without permission.
- All cabinets and drawers will be locked with the Athletic Trainer is not present.
- Teams that will be practicing without the Athletic Trainer present will be responsible for unlocking and locking the Athletic Training Room before and after practice.

Drug Testing

- Each student-athlete will sign a drug testing acknowledgment form found in the Student Handbook.
- Drug tests will be done at the beginning of the school year and then randomly throughout the academic year.

Language/Behavior

- Student-athletes are expected to act like responsible young adults at all times on campus and in the community. This is especially true inside the Athletic Training Room.
- ***Cursing, profanities, obscene/offensive language, derogatory comments, and lewd behavior*** will not be tolerated at any time in the gymnasium, wellness center, weight room, and Athletic Training Room.