

**COMMERCE ISD**  
**ATHLETIC TRAINING ROOM RULES**

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*The Commerce ISD Athletic Training Room is a professional health care facility, and should be treated as such. By using these facilities, you inherently agree to help maintain an appropriate atmosphere by adhering to the policies outlined below. Those who demonstrate an unwillingness to follow these procedures may be subject to dismissal and any future treatment will be at the discretion of the Head Athletic Trainer.*

1. Athletic Training Room *HOURS OF OPERATION* are as posted based on semester and will be closed during practice times.
  - a. Hours: M-F: 7:30-8:30AM, 2:30PM-end of practice (Friday's based on game schedules)
  - b. Sat Treatments: By appointment only
2. Student-athletes are responsible for reporting all injuries and medical conditions to the Head Athletic Trainer within 24hrs of symptoms.
3. Student-athletes **must** inform the Athletic Trainer of any doctors' appointments.
4. Student-athletes **must** be released by the treating physician following appointments in order to participate.
5. Students must be fully clothed to receive treatment.
6. Every student-athlete **must** sign-in prior to treatment and taping.
  - a. *Student-athletes will be treated based on order of sign-in.*
7. Any student-athlete wishing to get ankles taped for practice **must** complete ankle rehabilitation daily, no exceptions will be made.
  - a. Any student-athlete wishing to be taped for games **must** be taped daily for practice and complete rehabilitation requirements.

**\*\*\*Practice how you play\*\*\***
8. Treatment of in-season student-athletes takes priority over out-of-season student-athletes. Once a treatment modality has been started it cannot be halted.
9. It is the responsibility of each student-athlete to allow enough time for treatment prior to practice. *I.e. Arriving 10 minutes prior to practice is not allowing enough time for pre-practice treatment.*
10. Student-athletes **must** comply with posted Athletic Training Room Rules.
11. Student-athletes **must** complete **all** Pre-Season requirements in order to be eligible.
12. Student-athletes **must** comply with all UIL rules and regulations. *Including: Banned Substances*

**\*\*Keep for your records.**