**WNMU Athletic Training Room Student-Athlete Policies & Procedures**

 The policies of the Western New Mexico University (WNMU) athletic training program are designed to protect and assure the health and well-being of student-athletes. Please review the following policies carefully. If you have questions, please contact the athletic training office at (575) 538-6236.

**WNMU Medical Policies**

1. All injuries are to be reported by the student-athlete and/or coach to a certified athletic trainer as soon as possible after their occurrence.

 2. It is the responsibility of the student-athlete to inform the certified athletic trainer of any injury, illness, or physical difficulty they are experiencing that may be interfering with their ability to practice or compete.

3. The certified athletic trainer will make all decisions as to how each reported injury will be handled: refer, treat, limit activity, etc. If no referral is made, the certified athletic trainer will decide if the student-athlete may practice or compete.

4. Arrangements have been established with medical providers in the area and any services provided outside of these providers need to have a referral from the WNMU Athletic Training Staff. The patient may be responsible for all expenses incurred to outside providers. Written documentation from these providers is required before a student-athlete is allowed to return to participation.

 5. All physician referrals will be made by the certified athletic trainer. They will refer to the appropriate physician and follow up with that physician and the student-athlete as to the student-athlete's progress. The decision to return to activity will be made by the certified athletic trainer based on the recommendation of the physician. *Second Opinions*—If the athlete is not satisfied with his/her injury diagnosis or recovery progress, he/she should notify the supervising athletic trainer and request the consultation of another physician. The supervising athletic trainer will make the necessary arrangements and it will be covered by WNMU’s secondary insurance. However, WNMU will not cover the expenses of other physicians, hospital bills, lab bills, x-rays, etc. if the athlete is not referred by a member of the WNMU athletic training staff.

6. WNMU’s team doctor will be the final authority as to whether a WNMU student-athlete can safely return to practice and/or competition, even if a student-athlete has sought another medical opinion.

 7. If a student-athlete makes a physician appointment for an illness affecting their ability to participate in athletics, they should notify the athletic trainer who will then monitor the student-athlete's progress.

8. Student-athletes are required to report any changes in their health status to the certified athletic trainer that may occur during their participation in WNMU Athletics.

 9. All student-athletes are required to have filled out the appropriate yearly physical paperwork before they are allowed to begin practicing or conditioning. There will be no exceptions. Physicals must be completed yearly, dated after May 15 of the current year.

10. All student-athletes are required to follow training room policies and procedures. Failure to do so may result in expulsion from the training room.

11. When a student-athlete has started a rehabilitation program, the student-athlete is required to follow through with that program until released by the certified athletic trainer.

 12. To prevent medical problems associated with dehydration, all student-athletes will have unlimited access to water during practices and games.

 13. The WNMU athletic training staff will be the first responders for all injuries and illnesses that occur during practices and/or competitions. Coaches and players will help facilitate the care of the injuries or ill student athlete by staying clear of the area adjacent to the student-athlete and refraining from moving or handling the student-athlete. Coaches and players should not be involved in medical situations unless requested by and under the direction of the athletic training staff. In the absence of a certified athletic trainer, the coach in charge of the practice session will be the first responder.

 14. The athletic training room operates on a first-come first-serve basis.

 15. Injured players are expected to report to each practice session. There is no excuse for missing a meeting or practice unless it is an emergency just as there is no excuse for missing a treatment unless there is an emergency. Injuries requiring missed practice time must be excused by the head athletic trainer prior to meeting time.

 16. Failure of an injured athlete to keep treatment appointments will be interpreted as his/her unwillingness to cooperate with little desire to return to athletic competition. The coach will be informed of an athlete who fails to keep scheduled appointments.

17. Report to all treatments sessions and all doctor’s appointments on time. If you miss a doctor appointment you will not participate in team sponsored events until cleared by a physician.

 18. The athletic department will not be responsible for injuries or illnesses incurred when the student-athlete is not actively engaged in formal and official practice or intercollegiate contest. This includes injuries sustained during summer camps or summer training and conditioning. No financial charges can be made to the athletic department during the off-season for conditions that were not incurred as a direct result of participation in the athlete’s organized sporting activity.

**Athletic Training Room Rules**

 All student-athletes are expected to familiarize themselves with all training room policies and procedures. The following policies are to be followed by all student-athletes:

 1. No one is allowed in the athletic training room without supervision.

2. Remove shoes before entering the athletic training room.

3. Leave all athletic equipment outside the athletic training room.

4. Please use appropriate language.

5. Avoid all self-treatment. All taping, wrapping, etc., will be done by the athletic training staff.

6. Do not use training room equipment or supplies without permission.

7. Do not remove equipment or supplies from the athletic training room without permission. This includes tape.

8. Conduct yourself in a proper manner while being treated in the athletic training room. You will be asked to leave if your behavior becomes disruptive or is offensive to others.

9. Help keep the athletic training room clean at all times. Discard your trash and place used towels in the proper container.

10. Shower before routine post-practice or post-game treatments.

11. Student athletic trainers are acting on behalf of the certified athletic trainers. Please treat them with respect.

12. To facilitate treatment of all student-athletes, we ask you leave the athletic training room once you have received treatment during times when the training room is crowded and busy.

13. No tobacco or alcohol products allowed in the training room.

14. No cell phones, head phone, ipods, etc. allowed in ATR.

15. Student-athletes must dress appropriately for all treatments provided (i.e. whirlpool).