



Piedmont College Athletic Training

Training Room Rules

- Report all injuries and illnesses immediately to the athletic trainer, no matter how minor.
- You must have medical insurance and a pre-participation physical exam in order to participate.
- The athletic trainer must make all physician referrals, unless it is a life-threatening situation.
- Only the athletic trainer or team physician may make referrals for a second opinion.
- Appropriate dress is required in the training room at all times. Shorts and t-shirts must be worn.
- All outdoor sports teams must take their cleats off before entering the building. They must also remove their turf shoes before entering the training room.
- No loitering in the training room. Those not receiving treatment will be asked to wait outside.
- No profanity.
- No tobacco products.
- Rehabilitation will be done during non-peak hours only. Peak hours are from 2:00-4:00.
- Pre-practice taping begins at 1:30 p.m. – Get in as soon as possible.
- If you are told to come in for treatment of any kind and you fail to show up, your coach will be notified.
- Leave all gear in the hallway or on the shelves at the entrance.
- You are not allowed to use the phone in the training room without permission.
- You are not allowed to use the computer at all.
- You must sign in when you receive treatment.
- Treat all student workers with the utmost respect. They are there to help you and you are privileged to have their assistance.
- DO NOT touch any training room equipment unless instructed to do so. This includes the radio; do not touch the volume.
- Keep beverages off the equipment tables.
- The training room will never be an excuse for tardiness to practice. It is your responsibility to get in as early as possible for treatment.