



Mountain Ridge Athletic Training Room Information for Parents



STAFF

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Athletic Training Room
D112
Phone: 623-376-3044
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TYPICAL HOURS

- 2:20-6 PM or later on game days
- Athletic trainers may be on campus later due to games or practices.
- If the athletic training room is locked athletes should ask their coach to contact athletic trainer by phone.



ABOUT

Athletic Trainers are nationally certified, state licensed medical professionals who practice under the guidance of a physician.



PREVENTION

Eat balanced meals
Proper hydration-before, during and after activity
Get plenty of rest
Warm up/Cool down
Clean practice/game clothes and gear



INJURIES

- Report injuries/illnesses/etc. to coach and Certified Athletic Trainer immediately
- Follow instructions for treatment of injuries and to prevent further injuries
- A physician/medical provider note is required for all visits to a doctor/medical professional. Documentation provide continuation of care instructions to ensure the health and safety of student athletes.
- Athletic Trainers can provide a referral form for medical provider appointments if we are notified in advance. Medical provider completes the referral which is returned to the Athletic Training Room.
- For general aches and pains after practices/games, ice 15-20 minutes every 90 minutes. If pain is affecting normal activities or athletic performance, see Athletic Trainer for evaluation



MISCELLANEOUS

- If your child has rescue medications (inhaler, epi-pen, glucose testing supplies, etc.) please be sure s/he has the medication every day and informs coaches and Athletic Trainers where the medication is kept and specifics for its use.
- Please supply the Athletic Training Room with a copy of the medication protocol
- If we are informed of a doctor appointment in advance we will provide a referral form for the doctor to complete
- Please contact the Athletic Trainers by email or voicemail with any questions