



GRHS Sports Medicine – Parent/Athlete Information



ATHLETIC TRAINER: Lance Hale

Training Room 832 223 4361

ASST ATHLETIC TRAINER: Audrey Yager

The following rules are in effect for the George Ranch athletic training room. Student-athletes should follow these rules so they can be served efficiently.

1. The athletic training room is first and foremost a healthcare facility and should be treated in such a manner. Only GR student athletes and staff are permitted in the athletic training room.
2. The athletic training room will open approximately one (1) hour prior to your scheduled practice. The athletic training faculty/staff will make every effort to treat student-athletes on a first come first serve basis. At times, in-season sports may have priority. Please plan accordingly. **Morning treatment are from 7:30-8:05 am. Treatments during the athletic period will be determined by the Athletic Trainer and Coach (athletes should attend morning treatments if they plan on attending treatment during the athletic period). Training room will be open for approx. 30 min at conclusions of games/practices.**
3. Student-athletes are expected to report to morning treatments on time. Failure to comply with this can result in the athletic trainer refusing treatment. Prior to coming during athletic period, athletes must check in with their coach.
4. Student-athletes must come dressed appropriately for their treatment or rehabilitation.
 - The athletic training room is not a place to dress and undress.
 - Please leave your shoes, bags, other clothing, etc. outside of the athletic training room in the spaces provided. DO NOT leave stuff on the floor or in front of the doorway.
5. Any student athlete with a new injury or illness must notify the athletic training staff immediately so that coaching staffs can be updated on the student athlete's status. Staff athletic trainers will determine a specific report time based on daily practice times.
6. Student athletes are not permitted to treat themselves or dictate their own treatment. All treatments are at the discretion of a staff athletic trainer.
7. All return to play decisions will be made by a staff athletic trainer and/or the affiliated physician(s).
8. DO NOT remove equipment or supplies from the athletic training room without the permission of a staff athletic trainer.
9. DO NOT use the athletic training room equipment or supplies without permission.
10. Student athletes using the athletic training room should refrain from loud and obnoxious behavior. Foul and/or offensive language is not permitted and will not be tolerated.
11. After practice, athletes should shower before receiving treatment of wounds, cuts and abrasions.
12. Athletes should return all equipment and supplies (wraps, crutches, etc.) as soon as they no longer need to use them. Athletes will be put on hold/fine list for equipment and supplies that have not been returned.
13. Athletes will treat all athletic trainers and student athletic trainers with the utmost respect. This respect will then be returned in-kind to student-athletes.
14. If a student athlete is not adhering to the rules and policies of the athletic training room, he or she can lose privileges to the facility. Coaches will be notified of any student athlete who is not compliant.