

THE ATHLETIC TRAINING ROOM





ATHLETIC TRAINING ROOM PROJECT

- ▶ You and your group will design a Facility from the ground up with 3000 Sq/Ft of area to work with
 - Design will be on butcher paper
 - Must include color and all parts must be labeled
- ▶ You will build an ATR, following the criteria outlined in this power point
- ▶ Capitol Budget = Unlimited (One time items, meaning – you don't need to buy them every year like tables, whirlpools, bikes, etc.,)
 - List all capitol items with costs on a spreadsheet
- ▶ Supply Budget = \$2000 (these are items you purchase on an annual basis like tape, band aids, etc.,)
 - All supplies listed with UNIT COST, QUANTITY, TOTAL COST
 - Must be within \$25 of the budgeted amount or you will lose points

THE ATHLETIC TRAINING ROOM

- ▶ Multipurpose facility designed to accommodate a variety of athletic training needs
- ▶ Accessible to both male and female athletes

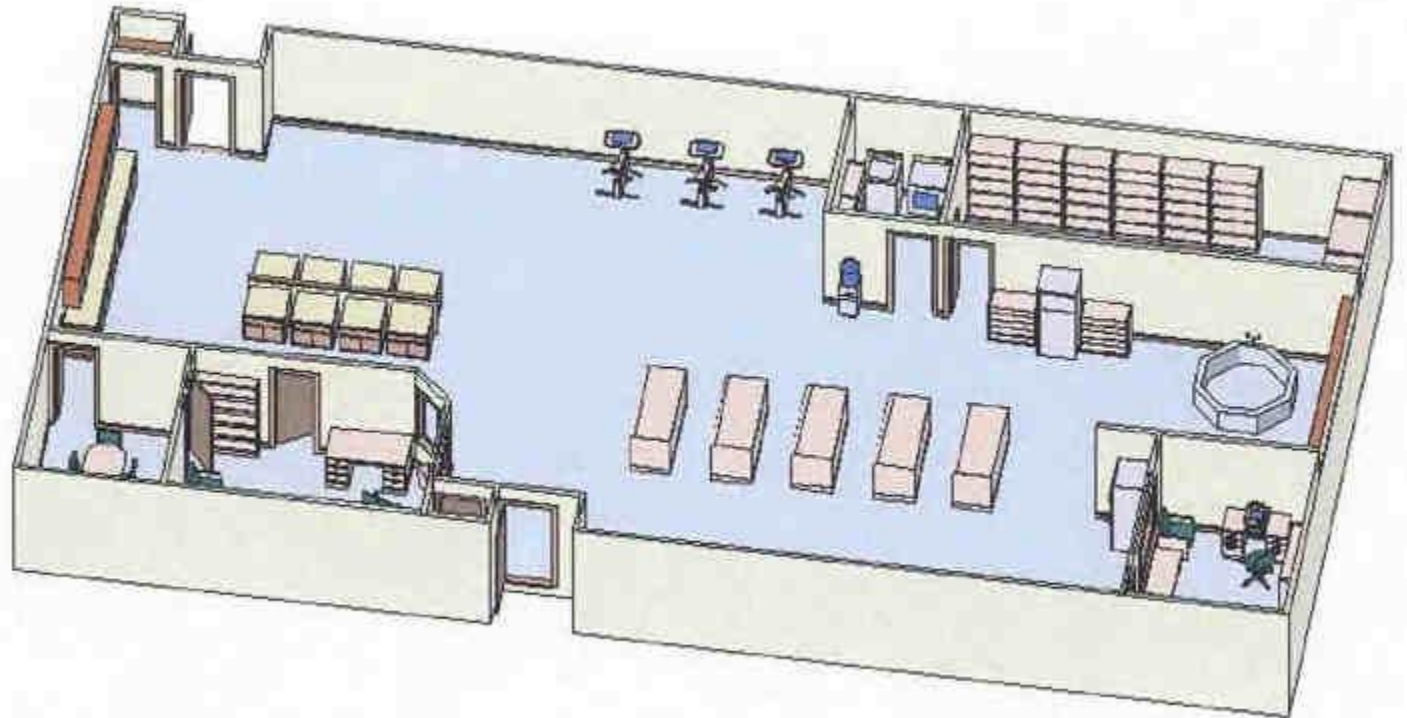
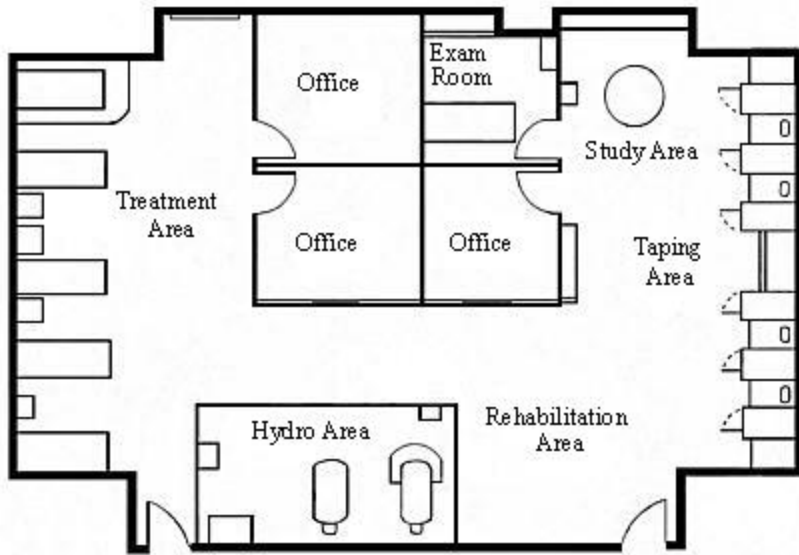
ATHLETIC TRAINING ROOM DESIGN MUST INCLUDE ALL OF THE FOLLOWING

- ▶ Size
- ▶ Lighting
- ▶ Plumbing
- ▶ Electricity
- ▶ Ventilation & heating
- ▶ Telephone access
- ▶ Storage
- ▶ Office space
- ▶ Wet area
- ▶ Taping area
- ▶ Treatment area
- ▶ Exercise & rehabilitation area

SIZE

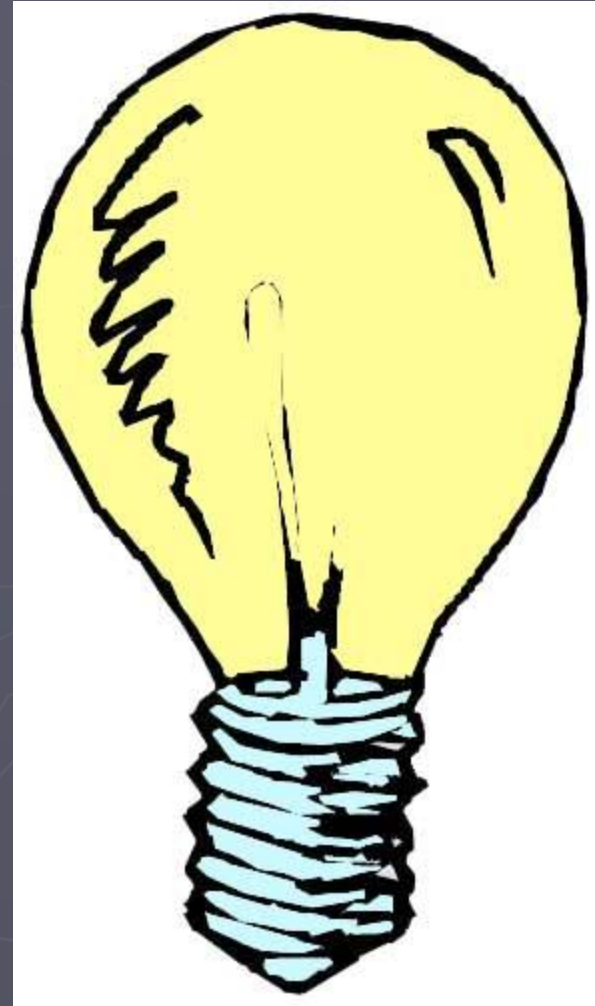


- ▶ Based on size of school
- ▶ Based on number of athletes/patients
- ▶ At least 1,200 square feet
- ▶ Most high schools 400-800 square feet
- ▶ Utilization of space most important



LIGHTING

- ▶ Good lighting for proper examinations & treatments
- ▶ Poor lighting may result in inaccurate assessment



PLUMBING

- ▶ Special plumbing
 - Sink (hot/cold water)
 - Ice machine
 - Whirlpool
 - Hydrocollator
- ▶ Floor drains in wet area
- ▶ Considerations:
 - Dishwasher
 - Washer/dryer



ELECTRICITY

- ▶ Electrical outlets strategically placed
- ▶ Equipment & modalities should be used w/out extension cords
- ▶ Ground fault interrupters (GFI): mini circuit breaker that will stop the flow of electricity in the event of a short of contact with water



VENTILATION & HEATING



- ▶ Heated/cooled to comfortable level
- ▶ Busy; lots of traffic/movement
- ▶ Equipment that requires heat can lead to humidity
- ▶ Most athletes in shorts

TELEPHONE ACCESS

- ▶ Important for safety & emergencies
- ▶ Building and long distance line
- ▶ Emergency telephone numbers clearly posted
- ▶ Emergency instructions/protocol posted



STORAGE

- ▶ There can never be enough storage
- ▶ Locked cabinets & storage closets important to maintain good control over supplies and equipment

OFFICE SPACE

- ▶ Desk
- ▶ Examination table
- ▶ File cabinets
- ▶ Bookcases
- ▶ Storage
- ▶ Telephone
- ▶ Data/injury logs
- ▶ SECURITY



WET AREA

- ▶ Refrigerator
- ▶ Ice machine
- ▶ Whirlpool
- ▶ Hydrocollator
- ▶ Separate from rest of ATR
- ▶ Special floor drain
- ▶ Special consideration to ventilation & electrical outlets
- ▶ Concrete/tile flooring





DO NOT LEAVE THE
ICE SCOOP
OR
ICE BAGS
IN THE ICE MACHINE

LIFT HERE FOR ICE

#1

#2

#3

#4









UNDER-WATER TREADMILL







TAPING AREA

- ▶ Most used area





TREATMENT AREA

- ▶ Used for modalities & examinations







EXERCISE & REHAB AREA

- ▶ Exercise bike
- ▶ Elliptical trainer
- ▶ Special weights
- ▶ Various rehab equipment





REHAB EQUIPMENT



OPERATION OF THE ATR

- ▶ Staffing
- ▶ Rules & Procedures
- ▶ Documentation
- ▶ Inventory & Budgeting
- ▶ Medical Kits
- ▶ General First Aid supplies, Equipment, & Modalities

STAFFING

- ▶ Certified Athletic Trainer
- ▶ Athletic Trainer Student Aides
- ▶ Support Staff
 - Team Doctors
 - Therapists
 - Other allied health professionals

RULES & PROCEDURES

- ▶ ATR Rules
- ▶ Injury Management Policy
- ▶ Housekeeping
- ▶ Dress Code & Personal Hygiene

INVENTORY & BUDGETING

- ▶ Supply & ordering
- ▶ Tracking product expirations dates
- ▶ Identifying purchasing patterns
- ▶ Establishing relationships with vendors for special pricing

MEDICAL KITS

- ▶ Portable storage container for medical supplies
- ▶ Soft-sided bags
- ▶ Fanny packs
- ▶ Hard-shell boxes



GAME SITE EQUIPMENT

- ▶ Vacuum Splints/General Splinting Materials
- ▶ Crutches
- ▶ AED



SPLINTS

- ▶ Vacuum
- ▶ Air
- ▶ Padded wooden or cardboard
- ▶ SAM[®]
- ▶ Plastic articulated

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CRUTCHES



GENERAL FIRST AID, EQUIPMENT, & MODALITIES

- ▶ Consumable supplies
 - cannot be re-used
- ▶ Non-consumable supplies
 - can be re-used
- ▶ Miscellaneous Equipment
 - exercise equipment, various rehab items
- ▶ Therapeutic Modalities

NON-CONSUMABLE SUPPLIES

- ▶ Used in ATR or checked out by athlete that can be reused and last for considerable amount of time
 - Blankets
 - Braces
 - Crutches
 - Instruments
 - Penlights
 - Slings
 - Splints
 - Scissors, sharps, tweezers, nail clippers

MISCELLANEOUS SUPPLIES



- ▶ Refrigerators
- ▶ Ice machines
- ▶ Tables
- ▶ Benches
- ▶ Carts
- ▶ Desks
- ▶ Computers
- ▶ Exercise equipment
- ▶ Rehab items
- ▶ Stretchers
- ▶ Immobilizers
- ▶ Neck collars

THERAPEUTIC MODALITIES

- ▶ Various pieces of equipment used by athletic training staff to help promote healing and mobility
- ▶ 3 Categories
 - Mechanical (massage, manipulation, etc)
 - Thermal (applications of heat & cold)
 - Electrical (ultrasound, e-stim, etc)

THERAPEUTIC MODALITIES

▶ Mechanical

- Involves manipulation of the muscles in the body
 - ▶ Massage, vibration, and mobilization

▶ Thermal

- Involves the use of heat or cold
 - ▶ Hydrocollator or ice pack

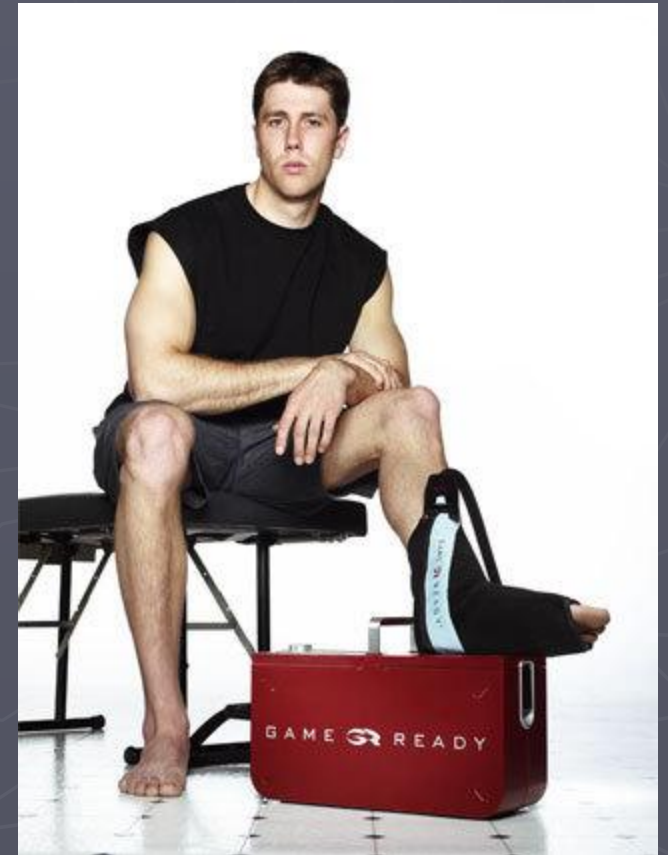
▶ Electrical

- Involves the use of electrical stimulation
 - ▶ Ultrasound, TENS, e-stim

MODALITIES



GAME READY





Athletic Training Center









