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
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