Derek Sheely

2011 FSU FOOTBALL

PLAYER MANUAL

F.A.W.

TEAM POLICES
FSU FOOTBALL

ATHLETIC TRAINING ROOM

Any injury that occurs has the potential to cost valuable time to the athlete. To help minimize the time lost due to injury, it is imperative that all injuries be reported immediately to the Athletic Trainers. They are then able to render vital immediate care that is required with all injuries to minimize the severity. FSU team physicians and/or trainers then assess the injury to determine the most appropriate treatment regime. FSU football players who miss any practice or playing time due to injury are placed on rehabilitation programs that are designed to help the athlete completely recover from the injury as quickly as possible. Total rehabilitation is critically needed because the athlete returning to competition is susceptible to the same stress that produced the original injury. If the injured area is not rehabilitated, re-injury occurs, causing additional trauma and its ramifications.

1. Athletic Trainers will determine all athletic training room rules.
2. The Athletic Training Room is co-ed facility-proper dress is required.
3. Unless in emergency situations, NO ONE SHOULD BE IN THE ATHLETIC TRAINING ROOM WITHOUT FIRST SHOWERING!
4. No one will treat themselves; athletic trainers will administer all treatments.
5. The Athletic training room is a medical facility; not a place for social gathering.
6. Injured athletes must dress in full equipment of the day(Athletic Trainer will excuse).
7. Always report all injuries immediately and receive prompt treatment of such injuries.
8. Report for taping and treatment at designated times. These hours will be posted on the Athletic Training Room, football Office and Locker Room Bulletin Boards.
9. NO Food, drink, tobacco, or profanity is permitted in the athletic training room.
10. Physician/Doctor Procedure:
    a. No one is to be seen by a physician for a football related injury without first contacting a staff certified athletic trainer.

INJURIES

We must distinguish between pain and injury. A young man who is injured and cannot practice will be under the direction of our Athletic Trainer. In the **rare event** you are injured, remember the following;

1. Report all injuries to the Athletic Trainer and follow his instructions to the letter.
2. All treatment is to take place at the time the Athletic trainer designates.
3. No one is expected to miss practice without the Head Trainer's permission.
4. All meetings must be attended.
5. If one cannot practice on Wednesday, he **CANNOT START ON SATURDAY.**
6. If one cannot practice on a Thursday, he probably **will not dress.**
7. No matter how small the injury, get treatment.
8. Great champions can distinguish between pain and injury.
9. Do not come into athletic training room to cut off tape after practice.
10. Wear all pads including your hip pads.
11. Wear all pads inside your shirt.