



Mountain Ridge Athletic Training Room Information for Parents



ATHLETIC TRAINING STAFF

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TYPICAL HOURS

- 2:20-6 PM or later on game days
- Athletic Trainers may be on campus later due to practices or games
- If the Athletic Training Room is locked, athletes should contact their coach to call the Athletic Trainer



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 practices and events
- Get plenty of rest
- Warm-up/cool down
- Wash hands often
- Wash practice/game clothes and gear



INJURIES

- Report injuries/illness/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 provides continuation of care instructions to ensure the health and safety of student athletes
- Athletic Trainers can provide a referral form for medical provider appointments in 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 the Athletic Trainer for an evaluation

MISCELLANEOUS



- If your child has rescue medications (inhaler, epi-pen, glucose testing supplies, etc.) please ensure s/he has the medication every day, informs the coach and Athletic Trainer where it is kept and we have the specifics for use
- Provide a copy of the medication protocol and/or care plan for chronic conditions
- If informed prior to a medical provider appointment, the Athletic Training staff will provide a referral form to be completed during the appointment. Otherwise, ask for a note stating the injury and any restrictions
- Please contact the Athletic Training Staff by email or voicemail with any questions