

Training Room Design

Sports Medicine I

- A well designed Training Room is:
 - Designed to maximize it's use
 - Should be greater than 1000 sq ft
 - Size depends on number of athletes
 - Have separate areas for each need
 - A good flow for traffic

- Exams
- Physicals
- 1st Aid
- Taping
- Treatment
 - Stim, U/S, Heat, Ice, Hydrotherapy
- Rehab
 - ROM, strengthening, flexibility,...
- Record Keeping
- Storage

What is a Training Room for?

- Storage Facilities should have
 - Plenty of space to walk around
 - Plenty of cabinets and shelves
 - A closet with a fixed temp of 70-80 degrees F
 - A refrigerator should be available

Storage Facilities

- Only allow treatment and care of injuries
- No meetings or gatherings allowed
- No Cleats
- Equipment and Bags stay outside
- Keep shoes off table
- No profanity
- No rough housing
- No food or drinks

Training Room Policies

- Keep the Training Room clean
- Good Hygiene and sanitation is essential
 - Sweep and mop daily
 - Disinfect tables throughout the day
 - Disinfect the modalities daily
 - Empty trash daily
 - Clean whirlpools daily

- Maintaining adequate records is vital
- Treatment Logs
- Injury Reports
- Rehab Notes
- SOAP Notes
- Doctors Notes
- Physical Paperwork
- Drug Consent
- Concussion Paperwork
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Record Keeping

- THE ULTIMATE ATHLETIC TRAINING ROOM/BUDGET PROJECT 150 PTS

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- You are the new Athletic Trainer at Casteel High School and have been given the task of designing and setting up the Athletic Training room that will be incorporated in the construction of the Football Stadium Field House next year.
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- Project parameters:
- You will be graded on:
 - Originality, functionality, and neatness of design
 - Accuracy and practicality of budget
 - Overall quality of product and presentation

- Design: 40 pts
- You may use all notes, handouts, power points presentations, internet pictures that were discussed and previously reviewed OSHA regulations for location, size, access and safety, to design your facility. Be creative and have fun designing an incredible design. All supplies, modalities, utilities, etc... must be functional to and accommodate the average high school athletic program population (approx. 800 athletes).

- Budget: 30 pts
- This portion of the project requires you to set up and manage a budget for your Athletic Training Facility.
- Directions:
- Your budget can not exceed **\$50,000**
- You are required to order the following items:
- Whirlpool (2)
- Ice Machine (2)
- Hydrocollator
- Rehab Modalities (2)
- All further supplies and capital items will be left to your discretion.
- You must put your supply order on same sheet
- Remember to order items that will help fulfill the seven domains of Athletic Training you previously learned. Use the various catalogs provided to shop around for the best price on your supplies. It is important to think ahead and save money where you can.

- Presentation: 40pts
- You will have to validate your work by giving an oral presentation to the class and instructor, demonstrating how your design meets all the components of a quality Athletic Training Facility, along with a brief explanation of the reason for the design, the unique products you chose, why your athletic training room meets all of the demands of the athletes and the athletic trainers.

- Originality: 20pts
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- Color/Clarity of Design: 10pts
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- Effort: 10pts
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- Functionality: 20pts
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- Clarity and Quality of Presentation to class: 20pts