Rosemount High School Athletic Training Room Guidelines

1. Anyone entering the training room MUST wear a mask at all times. No mask, no entry! The only exception is in an emergency situation.
2. No more than 3 people (in addition to the athletic trainer) are allowed in the training room at a time. If athletes and coaches refuse to abide by this, the training room will then only be open by “appointment only” or emergency situations.
3. Athletes waiting to enter the training room must wait outside until the athletic trainer has let them in (please practice social distancing in the hallway). The training room door will remain closed when the room is at max capacity.
4. Athletic trainer will keep a stocked “1st aid station” outside of the training room. This is for any athletes who just need a Band-Aid, gauze, nose plug, or any 1st aid items. This will keep the numbers in the training low.
5. There will be NO ice baths allowed
6. Athletes needing to ice after practice, are encouraged to ice at home if possible. Athletic trainer will not be wrapping ice on athletes.
7. Athletes will be required to sign in and out and note what they are being seen for. This is to help the athletic trainer do any tracing for athletes who may unfortunately become sick.
8. No preventative taping will be done. Taping will be limited.
9. If borrowing a wrap/brace, it must be washed after every practice and game in order for athletic trainer to re-apply to athlete.
10. Athletes needing equipment issues resolved (this pertains more to football) will not be allowed to fix these issues in the training room. Coaches will be responsible for this in order to minimize unnecessary contact in the training room.
11. Athletes must sanitize equipment after each use. This includes but not limited to: ice scoop, rehab equipment, foam rollers). Disinfectant wipes will be provided. Athletic trainer will disinfect tables after each use, and disinfect entire room (equipment included) at the end of the day.
12. No water bottles or coolers will be given out for practices or games. Each athlete must bring their own water bottle (no sharing).
13. Athletes doing rehab, will be given a time limit, and if appropriate may do their rehab at practice.
14. Athletes should not enter the training room after hours. Coaches, please be respectful and don’t just hand your keys off.
15. Once the athletic trainer has cleaned and disinfected the training room at the end of the day, no athletes or coaches should enter. This is to ensure that the room stays clean.
The only exception is if there’s an emergency and an athlete needs ice, or any blood supplies. In this instance, the coach should enter without the athlete and then lock the door behind them.

16. Any athlete that may contract COVID (positive test), it is highly recommended that they provide the athletic trainer with a clearance note from their doctor once they are allowed to return to play.

17. Any athlete that falls ill should not show up to practice and let their coaches know. Coaches may have their own team policy regarding this, and athletes should follow that.

18. If an athlete tests positive for COVID, the athletic trainer will let the athletic director and school nurse know. This also stands if an athlete tests positive and our school nurse/AD finds out first, they will let the athletic trainer know. This is to help with contact tracing.

19. These rules are in addition to any RHS, district 196, and MSHSL rules that have been put in place.

20. Please be respectful and abide by these guidelines to reduce the spread of illness. Athletic trainer does have the right to refuse treatment if an athlete or coach refuses to follow these guidelines.