



**ATHLETIC MEDICINE AND REHABILITATION CLINIC  
POLICIES, GUIDELINES, AND PROCEDURES  
EAST LOS ANGELES COLLEGE**

**Student Name:** \_\_\_\_\_ **SID#:** \_\_\_\_\_

1. All patients must report injuries when they occur.
2. Patients not compliant with the athletic trainers' request for rehabilitation will result in the suspension of competition.
3. Athlete-patients are not permitted to wear their cleats in the athletic training clinic.
4. No shoes of any kind are permitted on the treatment tables.
5. Athletes-patients are not permitted to eat or drink in the athletic training clinic.
6. Athletes-patients are not allowed to take anything from the athletic training clinic without the express permission of the athletic trainer. Any equipment needed will be issued and if any equipment is not returned by the date specified, a hold will be placed on the athlete-patient's transcripts.
7. Athletic trainers are not required to dispense over-the-counter medication.
8. Spatting is prohibited.
9. **NO GAME DAY ONLY TAPING!** Athlete-patients wanting to be taped for games must be taped for all practices. Light practices may be exempt.
10. Athlete-patients who are taped must do the required rehab protocol before they are taped.
11. Athlete-patients cannot tape themselves or each other. All taping is performed by an East Los Angeles College certified athletic trainer or supervised athletic training student.
12. All taping must be done at ELAC prior to leaving for an away event, unless the drive is 60 or more minutes or it is an overnight trip. No taping at the host site unless prior arrangements are made.
13. Jewelry and body piercings are prohibited which includes bobby pins and plastic/metal hair accessories.
14. Athlete-patients must shower and maintain proper hygiene when receiving treatment, as well as dress appropriately for therapy (athletic shoes, shorts, t-shirt/tank top). Serious, acute injuries are exempt.
15. All athlete-patients must attend practice! No rehab during practice hours. If an injury requires immediate medical attention, call the athletic trainer immediately for assistance. Athlete-patients not requiring immediate assistance should remain at practice and seek assistance after practice.
16. The athletic training clinic is a medical clinic. All athlete-patients are seen by appointment. Walk-ins are welcome, but those athlete-patients with appointments will receive priority. The only exception is athlete-patients with a serious injury or illness. Athletic training services will end 30 minutes prior to the starting time (whether it be practice or the time the coach indicates an athlete must be ready for competition), 30 minutes after practice ends, or 30 minutes prior to the closing of the athletic training clinic. Any late arrivals will not receive treatment or taping. The only exceptions will be arrangements made prior with the athletic trainer and the coach. This will ensure all athletes will be on time for practice. The athletic training clinic will not be used as an excuse for an athlete-patient's tardiness.
17. The college is not liable for any illness, non-sport related injury, or injury resulting from an athlete-patients' negligence or defiance of a coaches' or athletic trainer's recommendation. Any athlete-patient going to a physician without a referral from an athletic trainer must present a signed release from that physician before he/she can return to play, even if the injury is non-sport related.
18. The athletic training clinic is NOT a lounge! We do not have forks, knives, spoons, plates, cups, napkins, microwave or refrigerator for personal use, restrooms, showers, towels, beds, or pillows. This room is not the social or meeting area! No cell phones, bags or personal items, eating, drinking, or playing music in the clinic. This is not your bedroom, living room, garage, closet, kitchen or bathroom. This is not Staples, we do not photocopy, fax, print, or scan. We do not have pens, paper, scissors, or tape for your personal use.
19. All athletic medicine and rehabilitation clinic rules will be strictly enforced. Not following the policies, guidelines, and procedures of the athletic training clinic may result in the suspension of competition.

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**Signature of Student**

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**Date**

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**Signature of Parent/Guardian, if student is under 18 years of age**

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**Date**