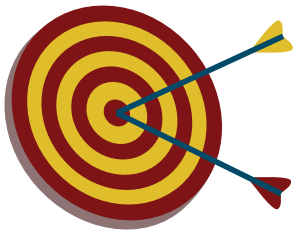




Introduction to Ponderosa Sports Medicine Program

FOR ATHLETES



MY FOCUS

- The health and safety of all Ponderosa athletes is my priority.
- We have an all-inclusive athletic training room - **ALL** athletes are welcome. Services are entirely rendered based on arrival, **FIRST COME, FIRST SERVED.**



PROACTIVE

- My door is always open. You are encouraged to come see me when you have aches and pains associated with sports
- Many times there are things that we can do to decrease discomfort or prevent a small ache from turning into something larger.



PHYSICIAN REFERRALS

- Regardless if you see a physician I recommend or one of you/your parents' choosing, I must receive a written record from that visit that describes status.

NOTE: This must come to ME and NOT the coach.



OPEN COMMUNICATION

- I am very honest with athletes, parents, coaches and physicians, and am **ALWAYS** available if you have any questions, comments or concerns.

Chris Mathewson, Head Athletic Trainer
cmathewson@dcsdk12.org • 720-233-3233

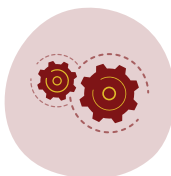
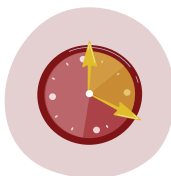
FOR ATHLETES

STUDENT-ATHLETES' EXPECTATIONS FOR INTERACTIONS WITH ATHLETIC TRAINERS



- Student-athletes have the right to confidentiality and modesty during evaluation and treatment.
- Student-athletes have the right to have a parent/guardian or an adult of the same sex present during evaluation and treatment.
- Appropriate attire must be worn in the athletic training room. This includes shorts and a tank top during evaluation or treatment.
- No electronic devices are to be used in the athletic training room unless for clinical purposes.
- Photos/videos will only be taken with prior written informed consent. Consent must be from a parent or legal guardian if the student is a minor.
- Student-athletes should expect that the athletic trainer will conduct themselves in a professional manner that is consistent with the NATA Code of Ethics, BOC Standards of Professional Practice, and Panorama Orthopedics and Spine Center Standards of Conduct.

ATHLETIC TRAINING ROOM RULES



- No cleated or spiked shoes are allowed in the athletic training room.
- No shoes of any type are allowed on the taping table.
- The use of profane language will not be tolerated.
- Ask first to use the phone.
- A shirt and shorts are required at all times.
- Ask an athletic trainer to prepare any type of treatment (ice bags, heat packs, band-aids, etc.).
- Equipment of any type is not to leave the athletic training room without the athletic trainer's permission.
- Consider the athletic training room closed when the athletic trainer is not present.
- "Please" and "Thank You" is not required, but is very much appreciated.