

# Today's Agenda: 9/08/14

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1. Due – Circle of Care Weebly.
2. **TO: What factors must be considered when designing an ATR?**
3. Students will be assigned athletic training room design project.

# The Athletic Training Room

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## ■ Design of AT Facility

- Layout must meet needs of pt population
  - Consider size & # of teams & athletes

## ■ Size

- Goal is to maximize space that is available

## ■ Special Considerations

- ATR required independent light, heat, AC and electricity

# The Athletic Training Room



- Location
  - Accessible from inside & outside
  - Close to fields
  - Adjacent to locker rooms
  - Double door entrances (~44 inches wide)
  - Ramp access

# The Athletic Training Room

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- Tx / Electrotherapy Area
  - Located next to taping area
  - # of tables determined by dividing the peak # of athletes treated in 1 hour by 3
    - $18 \text{ athletes} / 3 = 6 \text{ tables}$
    - Multiply result by 100 to get sq footage
  - At least 4 table
  - Adjustable stools for each tx table
  - Hydrocollator & ice bags available

# The Athletic Training Room

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- Tx / Electrotherapy Area Continued...
  - Ultrasound, diathermy, E-stimulation
    - Tables with lockable storage to house electrical units
  - Grounded outlets
  - Rubber mats along sides of treatment tables
  - **MUST BE SUPERVISED AREA!!!**

# The Athletic Training Room

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- Hydrotherapy Area
  - H<sub>2</sub>O resistant flooring, sloped for drainage
  - Noisy area / Humidity / Water Vapor
  - # of whirlpools determined by dividing peak # of athletes in 1 hour by 3
    - 18 athletes/3 = 6 whirlpools
  - Place outlets 4-5 ft above floor & covered
    - GFIs needed
  - Good place for ice machine

# The Athletic Training Room

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- Rehabilitation Area
  - Most open of all areas
  
  - Need room for equipment
    - Dumbbells/free weights
    - Shoulder wheel
    - BAPS
    - Isokinetic machines
    - Balance & proprioceptive equipment
    - Surgical tubing
  
  - **MUST BE SUPERVISED!!!**

# The Athletic Training Room

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- Taping / Bandaging Area
  - Most traffic
  - # of tables determined by dividing the peak # of athlete taped in 1 hour by 20
    - $120 \text{ athletes} / 20 = 6 \text{ tables}$
    - Multiply number of tables by 100 to determine sq footage required
  - Sink, cabinets, and countertop necessary



# The Athletic Training Room

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- Storage
  - Minimum of 100 sq feet
  - Close to TR
  
- Office
  - Minimum of 120 sq feet
  - Locked records
  - Limited access to other personnel
  
- Exam room
  - Private area for team doc
  - Desk, exam table, phone, storage cabinets
  - Locked due to prescription and OTC meds
    - Only Pharmacists and Physician can have key to Rx meds

# The Athletic Training Room

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## ■ Daily Maintenance

### ■ ATC or ATS

- Clean and disinfect tx tables daily
- Clean and disinfect modalities daily
- Empty trash daily & shred medical records

### ■ Janitorial staff or ATS

- Sweep floors daily
- Clean and disinfect sinks and whirlpools daily
- Empty trash daily
- Mop floors weekly