General Information

What is an athletic trainer?
An athletic trainer is an allied healthcare professional that specializes in preventing, assessing, treating, and rehabilitating athletic injuries. We are nationally certified and licensed through the state of Arizona to practice athletic training. All TUSD athletic trainers have Masters degrees to ensure delivery of a high level of care.

Physicals
Each athlete MUST have a pre-participation physical examination before competing for the season. The physical must be dated after March 1 of the previous school year and submitted to the Athletics office.

Doctors Releases
Whenever an athlete visits the doctor, a release must be given to the athletic trainer prior to return to activity—NO EXCEPTIONS!

Inhalers / Other conditions
Those athletes requiring an inhaler for asthma or other respiratory conditions should leave an extra one with the athletic trainer for emergencies. If your athlete requires emergency intervention for other conditions (i.e. diabetes, severe allergic reactions), please leave an extra form of treatment (glucagon kit, EpiPen, etc.) with the athletic trainer.

OTC medicines
Over-the-counter (OTC) medicines will NOT be dispensed by the athletic trainer—NO EXCEPTIONS! If an athlete requires Tylenol, Advil, etc., it will have to be provided by the athlete’s parent or guardian.

Water bottles
It is the district’s policy that EVERY athlete bring his/her own water bottle to practices. These should be high-quality, reusable containers, clearly labeled with the athlete’s full name. This policy is in effect to reduce the spread of illnesses.