

Athletic Training Resources

- **Secondary Insurance**

PVCC carries secondary insurance on all student athletes. This policy is a secondary policy only, with the medical insurance of parents/guardians/self being the primary insurance. Athletic-related injuries sustained while participating in official practices or competitions are covered. All injuries must be reported to the coach, Athletic Trainer and Athletic Director when they occur.

RICK WADE, ATHLETIC TRAINER: (602) 787-7167

The college's insurance carrier does not accept responsibility for illness, or a pre-existing injury or condition. **Persons who do not already have a primary carrier may inquire into school insurance coverage by contacting Rick Wade at (602) 787-7167 or Student Life at (602) 787-7240**

- **Physical Exams**

All athletes are required by NJCAA regulations to have a physical exam before they can practice or compete in inter-collegiate athletics. Physicals may be given by your own physician or the Athletics Department can refer you to one. All physicals must be submitted on the official PVCC Physical Form available in F-134. For more information, call Rick Wade, at (602) 787-7167.

All physicals must include an EKG. Cost free physicals, provided by the TOPS program, are offered annually in the Phoenix area. Student-athletes and coaches will be notified of these physical dates.

- **Injuries**

All injuries should be reported to your coach and the Athletic Trainer (F-134) at (602) 787-7167. Athletic training room hours of operation vary throughout the year and are posted on the door (F-134).

Any referrals made to physicians for athletic injuries must be made by the PVCC Athletic Trainer to be covered under school insurance. Exceptions will be made for serious or life threatening injuries.

Fitness Center

- **Usage Guidelines**

1. Student athletes must be enrolled in a no cost, non-credit Fitness Center section prior to using the facility. Please see your Christina in L-109 to get enrolled in the proper fitness center non-credit section.

2. Before any student athlete is allowed to use the fitness center he/she must attend a fitness center orientation.

3. Credit classes are available for student athletes who wish to take the Lifetime Fitness Class (all regular fees apply for credit classes). Student athletes enrolled in the Lifetime Fitness Class should attend on the orientations listed in the schedule of classes. For 2 credits: PED115, 14926.

4. All regular fitness center policies and procedures must be followed by student athletes at all times. Remember, you are representing the PVCC athletic program whenever you are training in the Fitness Center.

Please dress appropriately, do not use cell phones in the facility, carry water in closed-lid containers and always conduct yourself in a professional manner (i.e. no foul language).

5. All fitness center users must have a PVCC student ID card and must use their ID card to check in and out at the fitness center front desk at all times.

6. **Workout towels** are provided to fitness center users while they are inside the facility. Towels should be left at the front desk upon exiting the workout area.

7. **Free lockers** are available to student athletes. Please see Todd Lehman (L-107) for locker assignment. Locks left on unassigned lockers are subject to removal by fitness center staff.