

10 Easy Steps



The
**ATHLETIC
EDGE**
by Pivotal Health Solutions

HOW TO

**BUILD OR RENOVATE A
TRAINING ROOM**

How to Build or Renovate a **TRAINING ROOM**

Your athletic training room is the heartbeat of your facility – where your athletes get the help they need to prevent sports injuries, recover quickly, and improve their overall performance. So make the space work for you. It's easy with the right equipment and the right layout. At the same time, you'll want to give your training room a similar look and feel as throughout your facility – bolstering team pride and showing recruits that your team is where they need to be. So, how can you make this happen? We asked our athletic training experts to give us their best evaluation.



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1

Weigh your needs.

Whether you're doing a new build-out or renovating an existing space, perform a literal walk-through of your current facility to determine your needs, both present and future. Consider key factors such as your number of student athletes and possible growth in that population, as well as layout, traffic flow and equipment.



2

Talk it out.

During this needs assessment, make sure you get input from those who will use the space daily: your athletic trainers. They've worked in your current space day in and day out, and will know better than anyone else where traffic flow has been a problem, where storage is desperately needed and whether or not you need new tables or other equipment to help them improve their job efficiency.



3

Cover your areas.

Most training rooms include specific areas for taping, storage, hydrotherapy, treatment and rehabilitation, as well as office space. Will your training room be shared by various sports? Will both male and female athletes use this area? Ideally, athletic facilities will have designated training rooms for specific sports and genders, but that's not always economically possible. Consider the needs of various sports as well as the size differentials of your athletes when planning out areas in your training room.



4

Go with the flow.

You'll want to establish proper, ergonomic traffic flow. For example, during peak hours, athletes will be going in and out of your taping station(s), so place these stations close to locker rooms and entryways for good flow. Treatment tables and rehabilitation go hand in hand, so these areas should be in close and direct contact, away from heavy traffic. Also, remember to set aside some quiet areas for office space, both for staff to work and for private patient consultations.



5

Rely on the professionals.

Work closely with your engineers and architects to ensure that your layout is also economical. While you can build or tear down walls into any configuration you might want, these building experts will be able to provide guidance on what you should or shouldn't do to achieve the lowest cost. They'll also be able to provide advice to make sure your vision meets current building codes.



6

Be well equipped.

Consider your furniture and equipment at the outset. Your needs will depend on the size and style of your work area. How many and what kinds of athletes do you treat? Are you more rehab-based or do you perform more manual therapy? These types of questions will help you determine the number and type of treatment tables, equipment, taping stations and other furniture/equipment to best meet your core needs.



7

Go custom.

Custom equipment doesn't cost as much as you might think – and you'll actually save, considering the benefits of having treatment tables or other equipment that are perfectly ergonomic, efficient and flexible enough to meet all of your athletes' specific needs. Your vendor may be able to customize an existing piece of equipment or work directly with you to develop a brand-new item.



8

Don't forget about storage.

Space restraints don't mean you have to give up storage. You'll want to maximize every bit of dead space possible to provide storage for all your equipment needs. Make it smart storage, too – for example, supplies needed for taping can be stored under the stations so they are easily accessible, while other non-daily-use supplies can be placed elsewhere within your training area.



9

Stick to a budget.

Sometimes you'll have a budget you need to meet right from the start. Or, you may want to perform your needs assessment, get a quote and make cuts from there. For example, maybe instead of exotic materials or finishes, you'll need to choose a more standard option. Either way, your vendor should be able to work with you to maximize your budget and ensure your core training room requirements are met.



10 Brand it!

Branding is the final step that can take any training room from ho-hum to top-of-the-line, and your athletes and recruits will feel it, too. Logos, custom colors and other graphics can be applied to nearly any surface in your training room, ensuring this area is cohesive with the rest of your athletic facility and providing a stunning first – and last – impression.



Today's athletes are bigger and stronger than ever. Is your current training room a good match? This space is a major factor in delivering a positive athlete experience and improving athletic performance on the field, track or court. Whether you're building new or renovating, make sure your training room has the skills and space to meet those needs – and then some.

**Request
your FREE
training room
mock-up
today!**

Click Here!







"First and foremost, as athletic trainers, we are here to help improve our athletes' overall health and performance. But if you don't have an appropriate facility where athletes can have a good experience, the timeline of injury recovery can take longer and your overall work environment and athletic program can be negatively affected. Today, preventative medicine and quicker recovery are key for all athletes. When athletes are recovering from injuries or when athletic trainers are working to prevent injuries on a grander scale, an important component is the ability to have a modern, updated, efficient athletic training room facility. This allows us to offer up-to-date care and support to our student athletes, which is our primary goal."

**– Owen Stanley M.S., ATC, CSCS,
NREMT, Assistant A.D.**

Director of Sports Medicine, South Dakota State University



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