



Athletic Health Care Information for Coaches:

Providing the highest quality Sports Medicine~Athletic Training services to the NCAA intercollegiate athletes and optimum clinical education experiences for the Athletic Training students are the goals we collectively strive to achieve. The Sports Medicine~Athletic Training staff members diligently work to be the leaders in our field from the BSC campus community to the state, regional and national levels.

The members of the Sports Medicine~Athletic Training staff are committed to supporting and educating the coaching staff, administrative staff, the athletes and the students in the realm of Sports Medicine~Athletic Training. We consider it our responsibility to not only care for the intercollegiate athletes and to teach the Athletic Training students, but to assist these individuals in learning and obtaining life skills and in becoming quality, healthy, productive, responsible member of the greater community for life.

1. Pre Participation Clearance:

a. Defined: All student-athletes must be certified as being athletically, academically and medically eligible to participate by the Associate Athletics Director. The medical component of the student-athlete's eligibility will be determined by the designated member of the Athletic Training Service staff and communicated to the Associate Athletics Director. Participation of any kind is prohibited until this dual certification is given.

b. First Year and Transfer student-athlete requirements for Medical clearance:

1. First Year Athlete Athletic Health Questionnaire
2. Copy of front and back of current health insurance card. **(A student-athlete's personal health insurance coverage must amount to at least \$50,000!)**
3. Pre participation physical examination (must take place within 6 months of your teams first practice)

c. Returning student-athlete requirement for Medical clearance:

1. Returning Athlete Athletic Health Questionnaire

Returning athletes must submit a copy of their insurance card ONLY if their health insurance has changed. **(A student-athlete's personal health insurance coverage must amount to at least \$50,000!)**

*All forms are available at bscbears.com in the sports medicine section.

2. Post-Injury Clearance:

a. Defined: Any student-athlete who has sustained an injury or illness that required medical treatment by a physician (including Nurse Practitioner or Physician's Assistant) must return with a **written note** with diagnosis and participation status. To facilitate this, a referral form can be obtained from the Athletic Training Services program.

b. Staff Certified Athletic Trainers role in post-injury clearance: Upon receipt of a written clearance note from the student-athlete's physician, the staff Certified Athletic Trainers will put the student-athlete through a functional assessment to determine his/her exact playing status. While this never happens, the staff Certified Athletic Trainers reserve the right to hold out an injured student-athlete if he/she cannot pass the objective criteria to fully play their sport and/or position within their sport regardless of written clearance from their physician.

3. Warning of Risks of Participation: Each student-athlete needs to be warned of the potential risks of participating in each sport. A written warning is incorporated into the Athletic Health Questionnaire, but a verbal warning is needed by the coach at a team meeting. The warning of risk and assumption of risk by the student-athlete must be as specific as possible to the inherent risks of each sport.

4. Insurance: Each student-athlete must carry his/her own individual health insurance in the amount of **at least \$50,000** and provide documentation of that coverage as specified above in the Pre-Participation Clearance section.

5. Injury & / or Illness Reporting: Any injury or illness that is sustained by a student-athlete must be reported to the Athletic Training Staff within 24 hours. If the injury or illness resulted in an emergency room visit and/or is catastrophic in nature, please call AND email the Head Athletic Trainer as soon as possible (please call and leave message on cell phone).

6. Confidentiality:

> Any medical information related to the Athletic Health Care needs of the student-athlete is confidential.

> The information provided to the Athletic Training Service program regarding the student-athlete constitutes a medical record and cannot be shared with anyone outside of the immediate staff members who are responsible for their care.

> Each student-athlete signs a disclosure form to specify who they want information to be released to.

7. Emergency Plan:

> The Emergency Plan is designed to facilitate emergent care for a seriously injured student-athlete, member of the athletics staff or even a spectator. A more detailed Emergency Plan can be found in the Athletic Health Care Handbook for Coaches and in the Athletics Department. The more detailed Emergency Plan is site-specific and comprehensive.

The following is designed to explain the components of the Emergency Plan and outline the role of the coach. The Emergency Plan must be reviewed by all Athletics Department staff annually

a. Personnel:

> Per NCAA requirement all Head coaches must be certified in First Aid and CPR with AED training.

> Proof of current FA/CPR certification must be provided to the designated Athletic Department staff member.

> The staff Certified Athletic Trainer will assume the role of primary care giver.

- > In the absence of a staff Certified Athletic Trainer, the coach is the primary care giver.
- > An additional 1-2 people should be identified in advance to assume roles in the Emergency Plan (i.e. Assistant Coach, contest management personnel or team captain).

b. Roles of the emergency team members:

- > Immediate care of the student-athlete (or other injured/ill person).
- > Emergency equipment retrieval.
- > Activation of the Emergency Medical System (EMS).
- > Direction of EMS to scene (including securing access to facilities).

c. Emergency Communication:

- > Each Athletics Department staff member must secure access to a working telephone.
- > Emergency phone numbers must be programmed into the phones.
- > On campus: dial 508-531-1212 to initiate activation of EMS. If for some reason this fails, dial 911.

d. Emergency Equipment:

- > Wall mounted AED units can be found in the lobby of the Tinsley Center and at the back entrance to Kelly Gym (entrance to Women's locker room).
- > Portable AED units can be found in the Moriarty pool and with the Athletic Training staff members at highest risk sports.
- > Each team will have a first aid kit that will have all the necessary emergency care equipment for the coach to utilize including gloves and appropriate barriers for CPR in the event that an ATC is not present. It is the responsibility of the coach to return the kit for stocking and to pick up the kit prior to travel and uncovered practices. The Athletic Training staff will assist with this process.
- > The staff Certified Athletic Trainers will have additional emergency care equipment such as splints, backboards, etc.

8. Medical coverage:

a. Practices:

When scheduling practices keep in mind:

1. Every effort will be made to provide medical coverage by a staff Certified Athletic Trainer for known traditional season team practices with the exception of Sundays. The Athletic Training Services program will be closed on Sundays with the exception of during fall preseason, during post season championship play and when a team has a contest on Monday.
2. In the event that multiple contests are scheduled it may be impossible to cover every practice. The head coach will be notified in advance if a traditional season practice will not have a staff Certified Athletic Trainer present so that adaptations to the practice plan can be made accordingly and/or the practice can be moved, when possible, to a time that the staff ATC's will be available.
3. The Athletic Training Department requests that practices be scheduled at the same time, or adjacent, to other practices and contests to assure medical coverage. In most cases the Athletic Training Department staff will be unable to cover practices that are scheduled apart from other practices and contests or are outside the normal operating hours for the Athletic Training Department (M-F 2pm – 9pm or Sat 8am to 3pm)*.

4. Practice schedules need to be submitted to the Head Athletic Trainer or designated Athletic Training staff member. We arrange coverage 2 weeks in advance. Make sure practice schedules are submitted to us at least that far in advance and that designated TBA practices on submitted schedules are decided on and we are notified in that time frame as well.

5. The Athletic Training room will be open 1 hour prior to the start of practice for pre practice preparation, unless otherwise arranged. First aid kits are provided to each team for travel and in the event that a staff Certified Athletic Trainer is not available to cover a practice.

Changes to existing practice schedules:

1. Changes in practice schedules need to be made 48 hours in advance to assure coverage. We will accommodate as best we can, the sooner we are aware of a change the better.

2. Please include the staff ATC's on your email/call list for practice changes.

Campus closing and Athletic Training Coverage:

The athletic training staff is considered "non essential under certain circumstances" and therefore will not provide coverage to practices when the College has cancelled classes and closed unless the "certain circumstances" exist. These certain circumstances are if a contest is scheduled and the teams and officials are already present and it is deemed safe to participate.

*Practice Coverage outside Normal Operating hours:

Practices outside normal operating hours will not be covered if there is open time for the facility during normal hours of operation, if it a regularly scheduled practice or if we are in the fall/winter or winter/spring overlap seasons. If on occasion a practice is scheduled outside normal operating hours, we have been made aware of it in the proper time frame and the demands on the staff are not significant on that day or adjacent days we will make every effort to cover the practice.

b. Home Contests:

> The staff Certified Athletic Trainers will provide medical coverage for all traditional season home contests.

> The Athletic Training Room will be open 2 hours prior to the start of the home contest for pre-game preparation unless otherwise arranged.

> Home contests for non-traditional seasons will be covered if possible.

c. Away Contests:

> The staff Certified Athletic Trainers will generally not travel with teams to away Contests, however efforts will be made to periodically travel with teams during their regular season. The determination of what contests the staff Certified Athletic Trainers will travel to will be based on staff availability, home schedule, distance to travel and sports with greater risk of injury as determined by injury occurrence and severity statistics.

> Athletic Training Curriculum students are not allowed to travel with teams to away contests in the absence of a certified athletic trainer (Educational program requirement).

> A first aid kit will be provided to all coaches for away contests.

> The staff Certified Athletic Trainers will send a note with the team for the host Athletic Trainers identifying any pre-participation needs our team members may have.

> Coaches will be given a packet containing each student-athlete's medical history and contact information.

d. Non-Traditional Seasons:

- > Non-traditional season student-athletes may come to the Athletic Training facility for evaluation at any time during open hours.
- > Non-traditional season practices will not be covered by the Athletic Training Services program.

9. Access to Athletic Training Facilities (in the absence of staff Certified Athletic Trainers)

- a. Is prohibited with the exception of obtaining, or returning, Ice and water for intercollegiate team practices or in the event of an emergency in which first aid supplies are needed.
- b. Must be supervised directly by an Athletics Department staff member.
- b. **AT NO TIME are therapeutic modalities (including hot packs) to be used in the absence of a staff Certified Athletic Trainer. NO EXCEPTIONS.**
- c. General wound care, emergency care and taping supplies are stocked in the team first aid kit. The team first aid kit should be brought to practices that will not be covered by staff Certified Athletic Trainers. This will eliminate the need to access the Athletic Training facility for these supplies and will assure that the coach has the necessary resources to manage most injuries that may occur at these practices.