

On behalf of Cleveland State University & the Sports Medicine Staff we would like to welcome you back home again.

### **Cleveland State University Sports Medicine Staff**

The members of the clinical staff are all NATABOC Certified Athletic Trainers (ATC). The full-time employees of Cleveland State University are responsible for the health of their specific sports and hold additional certifications by the American Heart Association and the National Strength & Conditioning Association.

### **Sports Medicine Vision Statement**

Cleveland State University Sports Medicine specializes in injury and illness prevention, assessment, treatment and rehabilitation services and athlete education to every student-athlete. The Cleveland State University Sports Medicine Program is committed to being a leader in sports medicine services. The underlying philosophy for the sports medicine program is that the needs of the student-athlete shall always be the first consideration for all members of the sports medicine staff. We are committed to ongoing evaluation of our sports medicine program so that our student-athlete can be assured of the highest quality in sports medicine care. Furthermore, we are committed to addressing problems and concerns in a timely manner so that the needs of our student-athletes can continue to be met.

## **Sports Medicine Services Policy Manual**

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- I. **Medical Certification of Student Athletes**
  - A. **Pre-Season Physical Exams**

Cleveland State University requires all student athletes to complete a pre-participation physical examination prior to participating in organized practice or competition. Every athlete must have their physical examination on file in the athletic training room. This physical examination is very comprehensive and will identify existing medical problems which might hinder athletic performance/physical health. The following are mandated by the athletic department, team physicians and athletic training staff:

1. Medical History Questionnaire (form provided by sports medicine staff)

2. Physical Examination by a Physician
3. If the athlete has had **any** surgery or medical condition that can potentially affect their performance, the athlete is required to attach copies of their surgical procedure or medical condition to their physical paperwork.
4. Insurance Information Sheet: Insurance form **MUST** be **COMPLETELY** filled out and a copy of the athlete's insurance card must be attached to insurance form. **All athletes will not be allowed to participate in athletics (not even try out) until proof of insurance is provided to the sports medicine staff. Athletes should remain covered by medical insurance for the duration of their athletic participation.**
5. Athletes **WILL NOT** be allowed to participate in athletic competition if their physical packets are incomplete in any manner. Common mistakes include: failure to provide complete insurance paperwork and failure to fully complete medical form.

Student athletes will be notified by medical personnel if the pre-participation examination is not successfully completed. **All costs associated with any tests or medical procedures necessary to complete medical certification will be the responsibility of the student/parent.**

#### **B. Transfer Student Athletes Physical Exams**

Transfer Student Athletes will be required to follow the same certification procedures as all other new student athletes.

## **II. Scope of Care and Coverage**

### Introduction

The intent of this document is to outline the scope of care and coverage provided by the athletic training staff to the athletic teams of Cleveland State University. Our current staff and respective team coverage responsibilities will be discussed along with further explanations of the coverage of home events, away events, practices, and "non-traditional" playing seasons.

### Staffing

Our staff consists of 4 full time certified athletic trainers and an additional part time certified athletic trainer.

### Event/Practice Coverage

- All home events involving Cleveland State University teams will have a certified athletic trainer on campus for the duration of the competition.
- A certified athletic trainer will travel with and attend all away competitions for sports in their primary season who are directly assigned a staff member.
- Practices will be covered on a daily basis in their primary seasons for sports directly assigned a staff member.

- Off campus "home" events are treated on a case by case basis. There are multiple variables to consider with these events.

### "Non-Traditional" Seasons

- Sport coverage for non-traditional seasons is limited due to staffing issues. Priority is always placed on sports in their traditional season.
- A certified athletic trainer will be on campus for all non-traditional practices occurring within our normal operating hours of 10:00am-6:00pm Monday through Friday.
- Weekends and practice times outside of normal operating hours will be covered only if a staff member is on campus for another "in season" sport responsibility. Coverage can be requested but is not guaranteed. We encourage all "non-traditional" sports to schedule activities around normal operating hours.
- Home events will be covered for non traditional seasons.
- Away events will not be covered by a staff member.

### Summary

The changing face of the Cleveland State University athletic training staff has made it possible for us to provide healthcare like it has never before been provided. This scope of care is intended to provide some insight into the way things will be structured within our department in the immediate future. We will continue to grow in our understanding of better ways to provide healthcare and we will make changes accordingly.

## III. **Athletic Injury Procedures**

All athletic injuries should be reported to a member of the athletic training staff as soon as possible after the onset of injury. Failure to promptly report injuries may delay return to activity.

- **Injury Treatments/Rehabilitation**

Student athletes may be required to undergo specific treatment in the athletic training facility in the event of injury. All treatments and rehabilitation will be directed by a certified member of the athletic training staff with periodic consultation with team physicians. Athletes are expected to schedule treatments/rehabilitation around their class schedules and to pay close attention to the operating hours of the athletic training facility.

- **Practice/Competition limitations**

All decisions regarding practice and competition participation will be made jointly by the athletic training staff in conjunction with periodic physician consultations. It is the policy of the athletic training staff to avoid putting athletes into situations that are unsafe in relation to their injury. Priority is placed on student athlete safety. Daily communication between the athletic training staff, coaches and athletes is necessary to make appropriate decisions regarding athletic participation. Final decisions are made by the athletic training staff.

- **Physician Referrals/Consultation**

Physician visits are a necessary component of the Cleveland State University healthcare system. Decisions regarding physician visits are made by the athletic training

staff. An appointment will be scheduled by a member of the athletic training staff if physician consultation is deemed necessary. Every effort is made to schedule appointments around class schedules. Transportation to appointments may be either by athletic training staff or athletes' personal vehicle. A limited number of physician consultations may be made in the athletic training room.

### **Missed doctor's appointments**

An athlete missing a scheduled doctor's appointment will be required to reschedule the appointment at their own convenience.

### **Second Opinions**

Athletes are welcome to get second opinions regarding medical issues. The athletic training staff must be informed of all appointments concerning second opinions. Insurance coverage may be denied if communication is not maintained between athlete and staff.

### **Prescription Medication Policy**

Prescriptions may be written by team physicians to athletes on a medically necessary basis. Athletes will need to purchase these prescriptions on their own and submit receipts to the athletic training room for reimbursement. Athletes will not be reimbursed for medication that is for the treatment of non-athletic related injuries.

### **Over the Counter Medication Policy**

It is the policy of Cleveland State University Sports Medicine to dispense over the counter medications as indicated by standing orders from our supervising physicians to Cleveland State University student-athletes, athletic department staff and student/staff of Cleveland State University who are referred to us by a physician. Over the counter medication (Tylenol, Aleve, Ibuprofen, cough suppressant, and decongestant) will be stocked and distributed by a member of the athletic training staff to athletes as needed. Over the counter medications are stored in a common key access cabinet in the athletic training facility.

Dispensing protocol is as follows:

- ✍ Patient is interviewed or evaluated
- ✍ Medication is selected and dispensed
- ✍ Patient instructed on indications/contraindications
- ✍ Documentation of the encounter completed

## **IV. Insurance Coverage**

Secondary insurance coverage is provided by the Cleveland State University Athletic Department for all athletes. This policy covers any injury occurring while participating in any organized (with coaches) game, practice or conditioning session. This is a secondary policy paying expenses remaining after the athletes primary insurance completes payment of a claim. Examples of non-coverable expenses would include illnesses, pre-existing injuries, and injuries occurring outside of a Cleveland State University organized activity.

If you have any questions concerning your athletic paperwork, please feel free to call Eddie Benion at (216) 687-5287.

Insurance forms can be downloaded.

## V. **Health & Wellness Policy and Procedures**

### **Eating Disorders**

The athletic training staff is trained to address the initial stages of eating disorders. Access to the University Counseling Center is available should further psychological intervention be necessary. Additionally, other local eating disorder specialists are available within the Greater Cleveland Area. Complete confidentiality is maintained in these circumstances.

### **Substance Abuse**

All sports will participate in the NCAA and the CSU year round drug testing program. Resources are available through the athletic training staff to address those circumstances that may arise in the event of an athlete being identified as having a substance abuse problem. Resources include the University Counseling Center and Greater Cleveland area facilities. Complete confidentiality is maintained in these circumstances.

## VI. **Athletic Training Room Rules and Procedures**

The athletic training room is a medical facility and should be treated as such.

Training room rules:

- Use appropriate language.
- No food or cell phones.
- Proper attire; shirt and shoes required.
- Shower prior to all treatments.
- No shoes on tables all equipment must be kept outside.
- Be on time for scheduled treatments.

## VII. **Dental/Vision policies and procedures**

Dental or eye injuries resulting from participation in intercollegiate athletics at Cleveland State University are covered under the athletic department insurance policy. Appropriate arrangements will be made with dentists or ophthalmologists as needed. Check-ups for the eyes or dental work is to be paid for by the athlete. Spare contact lenses may be given to the athletic training staff in the event contacts are lost during competition.

## VIII. **Supplements**

Cleveland State University does not condone the use of ergogenic aids, creatine powder, protein supplements, amino acids, etc.

- Supplements do not undergo the same quality controls as do medication and they are not regulated by the U.S. Food and Drug Administration. Supplements are considered food supplements and do not require the same strict control as medications.
- The claims made by each product are not based on scientific evidence in most products don't rely on scientific research to substantiate their claims.

- The potential adverse and harmful effects of these substances have not been studied, but serious adverse effects have been reported in some instances.
- These substances are sometimes mislabeled. There have been instances of substances not listed on the label being contained in the product. It is truly a "buyer beware" market. It is important for you to remember that you are held responsible for each and every substance that enters your body!

For more information on resources and programs that the NCAA conducts to help student-athletes stay healthy and make the proper choices about nutrition and drugs click on the links below:

- [NCAA Personal Welfare Site](#)
- [NCAA Nutrition and Performance Site](#)