

MEDICAL POLICIES AND TRAINING ROOM PROCEDURES UNIVERSITY OF DAYTON

At the University of Dayton, the health and well being of our student-athletes is a primary concern. We strive to prevent injuries through pre-participation physical examinations, well-designed conditioning programs, warm-ups, proper practice planning, and appropriate equipment selection. When an athletic injury occurs, our goal is to provide the best medical care possible from the initial first-aid to the follow-up care and rehabilitation.

FACILITIES

There are two Athletic Training Rooms in operation at the University of Dayton. The Arena Training Room is located in the Donohoe Basketball Center and utilized by Arena teams for practices and games. The Frericks Center training room is open year round and is utilized for treatment and rehabilitation to all sports in the mornings and serves those sports that operate out of the Frericks Center in the afternoon.

STAFF

The University of Dayton Sports Medicine Staff consists of a team of Family Practice Physicians and Orthopedic Consultants and four full-time and two graduate assistant certified and licensed Athletic Trainers, any of whom may be consulted regarding injuries or illnesses. In particular instances the Head Team Physician may refer athletes to other physicians or specialists. However, the Head Team Physician supervises the status of all athletes referred to other physicians or specialists and has the final authority with regard to all medical disqualifications, treatment, and return to play. Referrals to specialists will be made through the Team Physicians or Athletic Trainers only!

Trained personnel are present at all athletic contests and, where possible, at all practices to insure prompt medical attention. Priority for coverage is given to those sports where the risk of injury is greatest.

The Sports Medicine Staff works closely with the coaching staff to keep them informed regarding the medical status of the athletes.

PHYSICAL EXAMINATIONS

All first-year athletes must pass a pre-participation physical examination from our medical staff before being allowed to participate in any intercollegiate sport. This exam is repeated the athlete's junior year of participation; yearly if medical history warrants.

In addition, all first-year athletes must complete a Medical History questionnaire. A complete history of all previous significant injuries and illness must be reported. This history is updated yearly and must be on file with the Sports Medicine Staff before

participation in that sport is allowed.

INSURANCE

The University of Dayton Division of Athletics carries a "secondary" athletic injury insurance policy. This policy only covers injuries sustained during official and supervised athletic activity. NCAA regulations prohibit payment of medical expenses for injuries and illnesses not the result of intercollegiate competition or practice. Our athletic injury insurance policy requires we first utilize the health insurance of the athlete's parents or guardians. After the athlete's insurances have paid all available benefits, any remaining balance should be submitted to the Sports Medicine Staff for processing.

In the event the athlete does not have health insurance, it is recommended that the athlete enroll in the University of Dayton Student Insurance program (Plan B) through the Health Center. Although this policy does not cover athletic injuries-, which the Athletics Division will, cover- it will provide insurance coverage for those injuries and illnesses that occur outside participation in the athlete's sport.

Only those dental injuries incurred as a result of practices or games are covered by our insurance policy. Report such injury immediately. Payment for all other dental problems is the responsibility of the athlete.

The Athletics Division may assist in the purchase of corrective lenses for the eyes that are necessary to enable the athlete to participate in their sport. The purchase of additional lenses is the responsibility of the athlete and is recommended.

Each athlete's insurance coverage information **MUST** be on file with the Sports Medicine Staff. This information helps expedite insurance claims should they occur. No athlete will be allowed to participate until this information is on file.

Each athlete should sign, their first year of participation, an "Authorization for Use or Disclosure of Information" form. This form allows communication of medical information among the Sports Medicine Staff and coaches to assist in the care of the injured athlete.

INJURY PROCEDURES

Report all injuries and illnesses that occur as soon as possible to one of the Athletic Trainers. Telephone or pager can reach them if not present at the practice or game. In cases of an emergency or illness occurring during off hours, contact an Athletic Trainer and report to **Miami Valley Hospital**; list our Head Team Physician as your primary care physician.

The Athletic Trainers and our Team Physicians will initially evaluate all injuries. All referrals to other physicians or specialists are to be made through the Athletic Trainers only; the athlete or coach is not to do this on his/her own. Any medical expense that results from outside physician consultation without the knowledge of our Athletic

Trainers or Team Physicians will not be covered by our insurance.

If one of our Team Physicians recommends additional medical testing or examinations, this examination will be performed at the earliest opportunity based on: the athlete's insurance policy and procedures, physician or facility availability, and athlete availability.

Injured players must report to the training room daily for treatment recommended by the Team Physicians. Each injured athlete is expected to get as many treatments per day as ordered by the Team Physicians and Athletic Trainers. Treatments will be given from 8:00 a.m. until 2:00 p.m. Monday through Friday in the Frericks Center Training Room. Additional treatment times can be arranged with one of the Athletic Trainers. The Athletic Training Room will open approximately 1.5 hours prior to practice for treatments and taping. No treatments will be given one-half hour neither prior to practice nor during practice without permission of the Athletic Trainer and coach. Failure to report for treatment or to complete the prescribed treatment will be reported to the coach for appropriate action.

Everyone will dress in full gear for practice unless otherwise advised beforehand by the Athletic Trainer. If the athlete is injured to the extent that he/she cannot dress in full gear or will be available only for limited work, he/she will be required to report to practice on time and in the gear suggested by the Athletic Trainer. Injured players will be assigned special exercises, running, or calisthenics intended to speed recovery and maintain conditioning. These exercises are to be performed at the practice area under the supervision of the Athletic Trainer. No athlete is to leave practice because of an injury or illness without consulting an Athletic Trainer. Failure to complete assigned exercises, loafing, or inactivity during practice will be reported to the coach for appropriate action.

In the absence of a Team Physician or a Staff Athletic Trainer, a student assistant will be responsible for the decision of returning an athlete to participation. All athletes and coaches will adhere to decisions made by a student assistant until the advice of Team Physician or Staff Athletic Trainer can be obtained. All athletes are expected to cooperate with the student assistants. Both athletes and coaches are to remember that the Head Team Physician has the final authority regarding an athlete's return to participation following an injury or illness.

PREVENTION OF INJURIES

The prevention of an injury is much better than having to treat one after it occurs. All players should not underestimate the importance of flexibility, strength, and conditioning exercises, and perform them thoroughly. Taping or wrapping necessity will be at the discretion of the Athletic Trainers. Those athletes who have chronic problems are expected to be wrapped or braced and perform specific exercises to help remedy the problem.

Tape will be applied directly on the skin whenever possible. All athletes should have the area clean-shaven, free of all oils and dirt, and prepared to be taped, when they

enter the training room.

TRAINING ROOM RULES

1. Do not wear cleated or spiked shoes in the training room.
2. Do not bring uniforms, shoes, or other clothing into the training room.
3. Wear shorts at all times while in the training room
4. Absolutely no self-treatments: the Sports Medicine Staff will apply all taping, bandages, etc.
5. No LOITERING in the training room unless you are there for treatment or examination by the Sports Medicine Staff.
6. Do not use or remove equipment, supplies, or special pads without permission of the Athletic Trainers. All wraps, etc., will be checked out to the athlete and returned and returned when the athlete is finished using them. Athletes will be charged for any item not returned.
7. Avoid horseplay, improper language, and unnecessary confusion.
8. After practice remove tape, etc., in the locker room and take a shower before treatment of injuries, minor wounds, cuts, and abrasions.

SPORTS MEDICINE STAFF & TELEPHONE NUMBERS

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Head Team Physician.....	Sean Convery, MD
Assistant Team Physician.....	Dusty Rhodes, DO
Assistant Team Physician.....	Mike Barrow, MD
Orthopedic Consultants.....	Tim Quinn, MD
	Jim Klosterman, MD