

POLICY # & TITLE:                      **210.01 Medical Disqualification**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. Final responsibility** for determining the removal or withholding of a student-athlete from participation due to illness, injury, or pregnancy rests with the team physician.

**II. Responsibility for the return clearance** for that student-athlete to resume participation rests solely with the team physician or his/her designated representative.

POLICY # & TITLE:                      **210.02 Cold Stress**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. Cold Stress Awareness.** Student-athletes and the athletics staff should be aware of the signs and symptoms of frostbite and hypothermia, as well as their related preventative measures.

**II. Regular measurements** of environmental conditions to determine risk are recommended.

POLICY # & TITLE:                      **210.03 Prevention of Heat Illness**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. A complete medical history** (including any history of heat illness and a record of the previous month's training activities) and physical evaluation should be required before practice begins.

**II. Acclimatization.** Training and competitive activities should be designed to properly acclimatize athletes.

**III. Heat Illness Awareness.** Student-athletes and the athletics staff should be aware of the signs and symptoms of dehydration, heat stress, and heat-related problems, as well as their related preventative measures.

**IV. Regular measurements** of environmental conditions to determine risk are recommended.

POLICY # & TITLE: **210.04 Weight Loss—Dehydration**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

There is no valid reason for subjecting the student-athlete's body to intentional dehydration. To promote sound practices, student-athletes and coaches should be educated about the physiological and pathological consequences of dehydration.

POLICY # & TITLE: **210.05 Assessment of Body Composition**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

A key to body composition assessment is the establishment of an acceptable range of lean and fat mass for the individual student athlete and the monitoring of lean and fat mass over regular time intervals to assure a stability or growth of the lean mass and a proportional maintenance or reduction of the fat mass.

POLICY # & TITLE:                      **210.06 Nutrition and Athletic Performance**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. General nutritional guidelines** should be adjusted for each individual student-athlete by a sports nutrition expert.

**II. Eating Disorders.** Coaches, athletic trainers, and supervising physicians must be watchful for student-athletes who may be prone to eating disorders, particularly in sports in which appearance or body weight is a factor in performance.

POLICY # & TITLE: **210.07 Dietary Supplements and Banned Substances**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. Consultation.** Student-athletes should be instructed to consult the sports-medicine staff before taking any nutritional supplement to promote the avoidance of banned substances.

**II. Provision of Information.** Student-athletes should be provided accurate information concerning nutritional supplements and be made aware that nutritional supplements are not limited to pills and powders, but may include stimulant containing “energy” drinks.

**III. Endorsement and Distribution.** The athletics staff should neither distribute nor endorse nutritional or dietary supplements.



POLICY # & TITLE: **210.09 Concussion or Mild Traumatic Brain Injury (mTBI)**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. Competency.** It is imperative that all health professionals caring for student-athletes are able to recognize, evaluate, and treat concussions or mTBI in a complete and progressive fashion.

**II. Student-athletes** should be provided necessary follow-up care and instruction.

POLICY # & TITLE:                      **210.10 Skin Infections in Wrestling**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. Examination for Participation.** Qualified personnel should examine the skin over the entire body, and the hair of the scalp and pubic areas of all wrestlers before any participation in the sport.

**II. Medical Disqualification.** Open wounds and infectious skin conditions that cannot be adequately protected to prevent their exposure to others should be considered cause for medical disqualification from practice or competition.

**III. Infection control measures** aimed at preventing the spread of disease should be utilized to reduce the risk of disease transmission.

**IV. Provision of Information.** Student-athletes should be educated on personal infection control measures.

POLICY # & TITLE: **210.11 Menstrual-Cycle Dysfunction**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

Sports medicine personnel, including coaches and athletic trainers, working with physically active girls and women should be educated about the female athlete triad (the relationships between amenorrhea, osteoporosis, and disordered eating) and develop plans for prevention, recognition, treatment, and risk reduction.

POLICY # & TITLE:                    **210.12 Blood-Borne Pathogens**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

**I. Confidentiality.** The identity of individuals infected with blood-borne pathogens must remain confidential.

**II. Provision of Information.** Knowledge and awareness of appropriate preventative strategies are essential for sports medicine personnel, coaches, athletic trainers, and student-athletes, therefore, the institution should ensure that policies exist for proper orientation and education.

**III. OSHA Standards.** Each institution should determine the application of OSHA standards to its personnel and facilities.

**IV. Vaccination.** All personnel responsible for caring for bleeding individuals should be encouraged to obtain Hepatitis B (HBV) vaccination.

**V. The team physician** must be knowledgeable and aware of the issues relating to the management of HIV-infected student-athletes.

**VI. High Risk Behavior.** Student-athletes who engage in high-risk behavior should be encouraged to seek counseling and testing.

**VII. Participation.** The decision to allow an HIV positive student-athlete to participate should be made on the basis of the individual's health status and should involve the student-athlete, the student-athlete's personal physician, and the team physician.

POLICY # & TITLE: **210.13 Local Anesthetics and Corticosteroids**

APPROVED BY:

REVIEW/REVISION DATE:

POLICY:

The use of local injectable anesthetics and corticosteroids is left to the discretion of the treating physician, and the administration of these agents should be limited to qualified, licensed clinicians in facilities equipped to properly handle allergic reactions.