

Sports Medicine Medical Policies

2015-2016

I. Practice or Games Participation

Decisions of the availability of a student-athlete for practice or game competition shall be the responsibility of the team physician(s), and/or supervising Certified Athletic Trainer.

II. Eligibility for Service

Student-athletes are permitted all available services provided by the sports medicine staff as long as the student-athlete adheres to the athletic injury and medical policy and remains a member in good standing of a Stetson University varsity intercollegiate athletic team. Sports Medicine services cease upon the completion of intercollegiate eligibility by each student-athlete. Tryouts and/or practices for national teams or all-star teams will not be covered by the Department of Sports Medicine.

III. Eligibility for Athletic Participation

Stetson values the safety of its student-athletes and also wants you to be able to compete at your optimal level. Therefore, each student athlete must undergo a physical examination, and attend a mandatory student-athlete meeting to establish medical clearance prior to participation in intercollegiate athletics. The NCAA recommends that all student athletes be tested to determine Sickle Cell Trait status.

A) Required Forms for Medical Clearance

All students participating in intercollegiate athletics will receive an or e-mail providing on-line information and access to documents necessary for obtaining a physical examination at Stetson University. Student-athletes must provide the following forms:

- Parental insurance authorization form,
- Self-Insurance Authorization form (if necessary)
- Enlarged copy of parental insurance card (both sides),
- An Authorization for Treatment of a Minor Form if the student athlete is under 18 years of age.
- Completed medical history form and any related medical records. *Note: these documents must be received by the Division of Sports Medicine prior to a student being approved for a physical examination.*

B) Physical Examination Requirement

All students participating in intercollegiate athletics must be examined and approved by the Team Physician(s) and/or their authorized representatives before being permitted to practice with any team. The exam is effective for one year; however, the team physician(s) may re-examine and change the student-athlete's status at any time.

C) Disclosure Requirements (Prior Illness or Injury)

All student-athletes are required to fill out a *Pre-season History Questionnaire* prior to a physical exam. Student-athletes who have sustained any injuries *five years prior* to being a team candidate are required to report these injuries to the Director of Sports Medicine or team physician(s). Student-athletes who have had any *infectious diseases or other serious illnesses including surgical problems during the previous calendar year* must report these problems to the supervising certified athletic trainer and Team Physician(s) prior to the pre-participation examination.

Note: Failure to report such injuries or illnesses relieves Stetson University of all liability, in the event that the student-athlete sustains a subsequent injury or re-injury to the affected part,

provided the original injury was a contributing factor to the subsequent injury in the opinion of the Team Physician(s).

D) Procedure for Physical Examinations

- A schedule for physical examinations and further testing for **incoming student-athletes** will be provided to the head coach of each sport. Student-athletes **MUST** attend this scheduled physical examination or face the financial responsibility of a make-up exam scheduled with the Director of Sports Medicine. Incoming student-athletes must also undergo sickle cell screening and student athletes competing on contact sport teams must take a baseline concussion test through IMPACT and SCAT III. Acceptable cancellation of original scheduled physical examinations will be considered if the Director of Sports Medicine is contacted a minimum of 48 hours prior to the scheduled exam and the reason is compelling.
- All **returning student-athletes** will complete a questionnaire and be interviewed by a certified athletic trainer. During this interview, past injuries and problems will be discussed, as well as any conditions that have developed. If in the opinion of the athletic trainer, the student-athlete should be further examined by the Team Physician(s), the referral will be made at that time. The student-athlete may also request to see a Team Physician during their interview by a certified athletic trainer. Physical examinations may be required of returning student-athletes if that is the opinion of the Team Physician(s), the Director of Sports Medicine or the attending team athletic trainer. Some returning student-athletes may be required to take another IMPACT test and SCAT II which will be determined by the Sports Medicine staff.
- Subsequent **late starters or walk-ons** after the scheduled exam dates will be responsible for scheduling their physical with the sports medicine staff on a priority basis as determined by the Director of Sports Medicine. Walk-ons for cheerleading who are invited to *short-term scheduled group tryouts* must complete and provide the following:
 - A medical history questionnaire and a release of liability tryout waiver. Minors (<18) must have the waiver signed by a parent/guardian and an Authorization to Treat a Minor Form completed and submitted to the attending team athletic trainer.
 - Adequate proof of insurance coverage.
 - This information must be received by the attending team athletic trainer a minimum of 48 hours prior to the scheduled tryout.

E) Final Clearance

Upon the completion of team physical examinations, the Director of Sports Medicine will provide a status report of those student-athletes who are cleared for full participation to the Head Coach. Additional information will be included on this report regarding all student-athletes who have not completed the entire physical examination process as well. This report will also be provided to the Equipment Supervisor and the Compliance Officer. *Note: Each student-athlete must receive full medical clearance before being allowed to use any athletic department facility or be issued any equipment or uniforms as provided by the Department of Athletics.*

IV. Special Medical Circumstances

A) Pregnancy Policy

A pregnancy policy has been established for the protection of female student-athletes.

- Any woman who is pregnant will not be allowed to participate in contact sports (basketball, lacrosse, softball, volleyball, soccer, sand volleyball and cheerleading) after her third month of pregnancy, and she will only be allowed to participate during the first three months of pregnancy with written approval from her attending physician.

- Any woman who is pregnant will be allowed to participate in non-contact sports (crew, cross country, golf and tennis) through her sixth month of pregnancy as long as she presents a written statement of approval from her attending physician.
- Any woman who aborts must have a release from her attending physician stating approval to return to competition and must be cleared by the Team Physician(s).

B) Loss of an Organ

Loss of one of any paired organs (e.g. eye, kidney, testicle, etc.) shall disqualify one from participating in any intercollegiate team sponsored by the Athletic Department unless written approval for participation is given by the Team Physician(s).

C) Dental Care

The Athletics Department provides selected contact sports participants with a fitted, contour mouthpiece at no expense to the athlete. In return, **the athlete must be wearing the mouthpiece when any dental injury occurs; if not, the Athletic Department shall not be responsible for expenses incurred with the repair or replacement of sound natural teeth.** The athlete should immediately notify the athletic trainer on duty of any dental injury and provide the mouth guard that was worn when he/she was injured. If a mouthpiece becomes badly worn or is lost, it is the responsibility of the athlete to inform a member of the Sports Medicine staff to fabricate a new mouth guard. Exceptions to the “mouthpiece rule” for certain positions, (i.e., catcher, etc.) are allowed with prior approval of the Director of Sports Medicine.

Whenever possible, the emergency and routine dental care associated with athletic dental injuries shall be cared for by the Team Physician, Team Dentist, and/or the Director of Sports Medicine. Any deviation from this procedure shall be interpreted as the student-athlete’s willingness to meet the financial obligation for such dental care on their own.

The Athletic Department shall not be responsible for payment of normal dental care, not directly related to an athletic injury to sound natural teeth (i.e. cleaning, fillings, gum infections, etc).

D) Glasses and Contact Lenses

Eyeglasses worn by an athlete while participating in a formal practice or contest must have shatter-proof, fire-polished type lenses. The Department of Sports Medicine shall not be responsible for the purchase of eye glasses or contact lenses. It will, however, assume financial responsibility for the replacement or repair of eye glasses broken or lost while participating in a formal practice session or intercollegiate contest as long as such breakage is reported to the Sports Medicine staff immediately. The Athletic Department will not be responsible for the payment of replacement of a contact lens unless:

- The student-athlete reports the loss to a representative of the Sports Medicine staff **immediately.**
- The student-athlete provides a copy of the contact lens prescription when requested by the Director of Sports Medicine at the time of pre-participation physical examination and orientation meetings. Proof of replacement insurance for contact lenses will be requested if the student-athlete possesses such coverage.
- Sports Medicine will not provide eye glasses or contact lenses for any student-athlete unless a change in vision occurs due to the direct result of an official athletic related injury.

E) Sickle Cell Trait

Sickle Cell disease is an inherited disorder that affects red blood cells. Sickle cell trait is a condition in which there is only one gene for the formation of sickle hemoglobin and one for the formation of normal hemoglobin.

During intense or extensive exertion, the sickle hemoglobin can change the shape of red cells from round to quarter-moon, or “sickle”. This change, exertional sickling, can pose a grave risk for some athletes. Sickle cells can “logjam” blood vessels and lead to collapse from ischemic rhabdomyolysis, which can be life-threatening.

Please note that a positive Sickle Cell trait test does not mean that you cannot participate in Stetson University Athletics. It simply means that you, as well as the Stetson University Coaches and Athletic Trainers, need to monitor your condition and your hydration level more closely.

E) Medical Hardships (“Redshirt”)

Medical hardships are processed by the Director of Sports Medicine. It is the responsibility of the Head Coach of each sport to discuss each specific student-athlete’s injury status to determine the feasibility of such an appeal. Hardship petitions should be processed immediately following the conclusion of the playing season.

F) Women’s Basketball “Practice Players” - For the 2014-2015 academic year there will be a trial program with individuals to serve as practice players for the women’s basketball team. They will be required to meet all of the medical requirements listed in this document and must obtain medical clearance for participation. They will be eligible for sports medicine services for injuries that are the result of athletic related practice or scrimmage participation.

V. Departmental Liability

A) General

The Athletic Department will assume (to the limit of the athletics insurance policy), the financial responsibility for the payment of expenses incurred for the examination, treatment, or hospitalization of a student-athlete injured while participating in an official practice, an authorized intercollegiate contest or traveling to and from such a contest by authorized transportation. Such charges shall include the pharmacy utilized to obtain medication prescribed by the Team Physician or other retained medical consultants. The financial responsibility covers only those costs in excess of any insurance benefits available from parental group insurance, the student insurance program, or any personal insurance applicable.

B) Adherence to Procedure

The University’s liability for medical expenses resulting from injuries and illnesses for student athletes is contingent on adherence to the following guidelines:

i) Immediate Reporting

The student-athlete is responsible for reporting to the Sports Medicine staff all athletic injuries or illnesses associated with the athletic practice or competition as soon as possible. The athletic trainer will bring these problems to the attention of other medical care providers as necessary.

ii) Emergency Procedure

In the event of an on campus emergency as the result of an athletic injury, the athlete may be transported to the University Student Health Services or local medical care facilities and necessary medical attention dispensed. **The athlete is not permitted to seek medical attention without prior authorization from the Sports Medicine Staff, except in emergencies.**

iii) Rehabilitation Expectation

The athletic training room has standard hours of operation and appointments are available when arranged in advance. Treatments will be available to all student-athletes; however, in-season student-athletes will have priority for treatment. Failure of an injured student-athlete to keep treatment and/or rehabilitation appointments will be interpreted as his or her unwillingness to cooperate, with little desire to return to early athletic competition. The coach will be informed of a student-athlete who fails to keep scheduled appointments.

iv) Referrals

If, in the opinion of the supervising athletic trainer, a student-athlete should be referred to the team physician(s) or another medical specialist for consultation due to an athletic injury, the following procedures must be followed to ensure University financial responsibility:

- The supervising athletic trainer will make an appointment with the consultant.
- The supervising athletic trainer will fill out a referral form.
- This referral form must be completed by the consultant and returned to the athletic training room by the student-athlete.
- The supervising athletic trainer will make arrangements for transportation.

(Note: The Athletic Department will not be responsible for any expense incurred by examination of a consultant if this procedure is not followed)

v) Referrals (Surgery)

If, in the opinion of the Team Physician, a student-athlete should be referred for possible surgery due to an athletic injury the following will occur:

- The Team Physician or attending physician will contact the student-athlete's parents, guardian, and/or spouse and discuss the medical problem and make recommendations.
- If the team physician or attending physician is not available, the parent, guardian, and/or spouse will be contacted by the supervising team athletic trainer, who will discuss the case. He or she will inform parent, guardian, or spouse that the team physician or attending physician will be available for discussion upon their request.
- All follow-up medical care will be carried out under the direction of the team physician(s) or the attending physician as referred by the team physician(s).

C) Authorization for Medical Service

The Athletic Department will not be financially responsible for any medical service that was not properly authorized by the Department of Sports Medicine. The following guidelines must be adhered to in the following circumstances:

i) Post eligibility

Arrangements for the care of injuries requiring medical attention following the student-athlete's discontinuation of competition, completion of eligibility, or graduation must be made prior to the occurrence of the above-mentioned events. Authorization is obtained by procuring a referral slip authorizing the necessary medical care from the Director of Sports Medicine.

ii) Delay in Care

Arrangements for medical care that have been postponed for whatever reason (academic conflict, surgery schedules, etc.) must be made within two weeks of the completion of the

student-athlete's competitive season. These arrangements must be made with the Director of Sports Medicine to ensure proper medical care and financial responsibility. Failure to arrange this follow-up care will release Stetson University of any further responsibility.

iii) Emergencies

In instances of emergency where the Director of Sports Medicine or supervising athletic trainer cannot be contacted, the student athlete should make an attempt to contact his/her Head Coach or the Athletic Director. If the injury is not life-threatening and the student-athlete is ambulatory, he or she should report to WAC or ATC athletic training room or the University Student Health Services for evaluation and treatment. Further referral via the sports medicine staff or University Student Health Services staff may be indicated.

- **Life-threatening emergency:** If the injury is increasing in severity or becomes life threatening, the student-athlete should contact one of the staff members mentioned above as soon as possible and report to the Emergency Room at Florida Hospital – DeLand. If the student-athlete does not have transportation, he or she may contact Stetson University Public Safety (x 7300) for transportation.

D) Referral to Medical Specialist

If, in the opinion of the Team Physician, an athlete should be referred to a medical specialist for consultation, the following procedures must be followed:

- The Team Physician will endeavor to make the referral.
- Referral information will be processed under the direction of the Director of Sports Medicine.
- The Sports Medicine staff shall make an appointment with the physician designated by the Team Physician. Arrangements for transportation to the consultant's office, if the athlete cannot provide his/her own, will be made by the Sports Medicine staff.

**Any deviation of the above procedure without prior approval of the Director of Sports Medicine shall be at the expense of the student-athlete. Student-athletes are not permitted to seek medical attention without consulting the Team Physician and/or Director of Sports Medicine and assume the Athletics Department will pay for such medical attention. Coaches are not allowed to make direct referrals.*

E) Outside Medical Services

If the student-athlete and/or family or guardians prefer to seek other medical care of their choice, the Athletics Department will NOT assume any financial responsibility or render any follow-up care. Student-athletes will not be allowed to participate in their sport until the following conditions have been met:

- The Sports Medicine Department has received a detailed written report and other required medical records from the attending physician. This report must include a written release for practice and/or competition within the student-athlete's specific sport.
- The student-athlete has demonstrated full skills and abilities necessary to compete in his or her selected sport.
- The student-athlete passes a pre-participation physical examination by the team physician, if deemed necessary, by the Team Physician and/or Director of Sports Medicine.

**These guidelines above are also in effect for any student-athlete who seeks medical care for an off-season non-athletic injury.*

VI. Exceptions to Departmental Financial Responsibility for Injury

A) Prior Injury/Illness

The Athletics Department will not be financially responsible for any injuries or illness sustained prior to a student-athlete's release for participation on an intercollegiate team.

B) Off-Season

The Athletics Department will not be financially responsible for injuries or illness when the student-athlete is not actively engaged in a coach supervised official practice, strength/ conditioning session or a game during the traditional and non-traditional seasons. Official dates of in-season practices are controlled by the NCAA and are available in the Compliance Office. *Absolutely no charges will be honored against the Athletics Department.*

C) Outside Care

The athletic department will not be financially responsible for any expense incurred when a student-athlete or his family or guardians prefer to seek other medical care of their choice, including physician consultations for "second opinions" unless referred by the Team Physician or attending physician. Second opinions requested by student-athletes or their families will NOT be covered. For guidelines on "Outside Medical Services", see above.

D) Teeth

The athletic department will not be financially responsible for injury to sound, natural teeth or permanent bridges incurred while participating in an official game or practice IF the student-athlete was not wearing a provided protective mouthpiece.

E) Jewelry

The NCAA prohibits the wearing of (i.e necklace, earring, etc) during athletic practice and competition. The only exception is the wearing of a medal that possesses religious significance. Such medals must be fixed to the body in a manner that is safe to the student-athlete, his or her teammates and his or her opponents. The Athletics Department will not be responsible for injuries that occur to any student-athlete who fails to adhere to the above-mentioned policy.

VII. Medical Expenses (Policy and Billing Procedure)

A) Primary Insurance

The Athletics Department shall have the student-athlete use personal insurance available through the parents' insurance program or through the student health insurance program for all types of medical services. **Student-athletes and their parents are required to utilize such insurance to make primary payment of all hospital and medical expenses.** Any remaining balances after an applicable insurance policy has been applied will be covered by the secondary insurance provided by the Athletic Department. This policy applies to all athletically related injuries.

B) Rehabilitation

The Athletics Department shall only pay for rehabilitation or reconditioning therapy services if deemed necessary by the Team Physician, Attending Physician or Director of Sports Medicine. Most rehabilitation and reconditioning will be handled by the Stetson University sports medicine and strength and conditioning staffs.

C) Procedure

To bill the Athletics Department for approved medical services and medication, a student-athlete must have official preseason medical clearance, and the billing must be related to an official practice or competition injury that occurs during the official NCAA sport season which is on record with the Compliance Officer.