

# MEDICAL POLICY FOR INTERCOLLEGIATE ATHLETICS AT ALLIANCE UNIVERSITY

The following policies and procedures of the Alliance University Sports Medicine Department (AUSMD) have been written to inform the student athlete, parent, coach, administrator, and staff as to how the program generally operates. For these policies and procedures to work successfully, full support and cooperation will be needed from the entire medical staff, athletic department staff, parents, and athlete.

## APPROVAL FOR PARTICIPATION IN INTERCOLLEGIATE ATHLETICS

All incoming students are required to have a report of a current physical examination on file at the Student Health Services. All incoming students who wish to participate in athletics at Alliance University must also have a written report of the Alliance University Athletic Participation Medical Examination on file at the AUSMD. This report shall also include the results of the general physical obtained by your doctor and an orthopedic examination performed by the team orthopedic. No participation will be allowed without both doctor's signatures general practitioner and the team orthopedic, on the Alliance University Athletic Participation Medical Examination.

If an incoming student does not have a general medical examination upon entrance, one will be scheduled for them and they will be responsible for the cost (complete physicals average \$125.00). All medical examinations are administered to provide the medical staff the opportunity to evaluate the health of the athlete before he or she participates in any intercollegiate activity. The athletic medical examination is also vital in the care of the athlete if an injury is sustained. All incoming student-athletes (freshman, transfers, and/or current students joining athletics for the first time) will see the Team Orthopedic their first year of participation. A one-time \$25 fee will be charged to the student's account to cover the cost of the athletic medical examination.

In conjunction with the Athletic Participation Medical Examination, the athlete will be required to sign forms describing any previous and/or current injury record and medical history. Previous injuries may disqualify one from participation in his or her sport unless participation is approved at the discretion of the Team Physician. Students who have sustained injuries to any of the following areas, but not limited to: the head, neck, back, shoulder, elbow, knee, ankle, internal organs, or recent surgeries, fractures/dislocations/severe sprains, are required to report these injuries to the Certified Athletic Trainer (ATC). The failure to report such injuries will relieve Alliance University of all responsibility and liability to the student in the event the student re-injures the affected part, or sustains an injury due to the already existing injury, provided the attending team physician determines that the original injury contributed to the re-injury. **Any medical costs obtained for injuries that are not reported are the responsibility of the athlete. The athletic insurance WILL NOT cover medical bills of unreported injuries &/or the medical cost to obtain medical clearance to return to their sport.**

If your child has sustained an injury prior to arriving at Alliance University, he/she may, at the discretion of the Team Physician, need additional diagnostic testing before he/she will be allowed to participate in their sport. The athlete and/or parent will be financially responsible for the expense of seeing the team physician &/or any testing in connection with any pre-existing injury to be cleared for their sport (i.e. doctor visit, x-rays, blood tests, etc.).

Loss of any paired organ (eye, kidney, testicle, etc.) disqualifies anyone from participating on any intercollegiate team sponsored by the Department of Athletics. The Athletic Director following the advice of the Team Physician, the student athlete's personal physician, and a discussion with the student's parents or guardians concerning the consequences of competition may make exceptions.

Any athlete who elects to compete, with the approval of the Team Physician and parents or guardians, must sign a waiver that excludes the Department of Athletics, the College and its employees from all liability. Previous injuries, not fully rehabilitated, may disqualify one from participation until approved by the Team Physician. If an athlete is under the care of a physician not associated with the College, written permission must be presented to the ATC and Team Physician stating the nature of the injury and the date the athlete may resume activity in intercollegiate athletics.

If during the course of the year, an athlete sustains an orthopedic/serious injury/illness/condition and is restricted from participation by a physician, he/she must be re-examined by a physician and given written permission to resume activity in intercollegiate athletics. Whether they go to their physician or not, final permission to re-enter Alliance University Athletics is the responsibility of the Team Physician. Any costs in obtaining final clearance by the Team Physician is the responsibility of the athlete. This approval must be submitted to the ATC before activity can be resumed. For any doctor visits not of a serious nature (dental, primary medical, etc.), the athlete must obtain written permission from their physician stating they are "Cleared to participate in NCAA (or College) sports."

All intercollegiate athletes must receive medical clearance before participation. The signature of the examining physician on the Athletic Participation Medical Examination along with the Team Orthopedic will present evidence of this medical authorization.

## MEDICAL INSURANCE

All intercollegiate athletes carry the Athletic Insurance Policy of Alliance University. This policy is a SECONDARY/EXCESS policy to

the parents'/guardians' policy. This means that all medical bills must go through the parents'/guardians' insurance first. Any remaining bills & necessary paperwork, then get sent to the Athletic Insurance Policy. Any remaining bills are the responsibility of the student athlete.

The ATC will handle acute care and rehabilitation of minor injuries at no cost whenever possible. The ATC will see that the individual athlete receives the best treatment available while following the guidelines of your own health insurance policy (it is the responsibility of the student athlete to inform the ATC of their insurance policy and any peculiarities and changes that may occur (i.e. HMO, PPO, EPO, POS, etc.)).

Please review the "Alliance University Athletic Insurance Policy" found on the website/medical packet for further explanation of procedures for the athletic insurance policy. Please feel free to contact the ATC if you have any questions concerning medical coverage of your child.

#### **ATHLETIC MEDICAL PERSONNEL**

The athletic medical personnel at Alliance University include the ATC, Team Orthopedic, Team Physician, and a network of medical specialists. Our ATC will be in the training room during program hours in order to respond to all teams in an emergency. An athlete who sustains an injury that is high medical priority, such as bleeding, loss of breath, concussion, or (risk of injury) to any vital organ, will be referred to the ATC and, subsequently, to the Team Physician if needed. If the ATC is unavailable, the coach in charge will refer the athlete to the hospital for whatever emergency care is necessary.

The Team Physician will provide the diagnostic help, supervision, and prescriptive medical care. They will also prescribe the treatment and rehabilitation to the ATC for all intercollegiate athletes. The ATC works with the advice and the supervision of the Team Physicians and are available during practices of the seasonal sports to administer therapeutic modalities under the supervision of the team physician and direct and supervise the rehabilitation program of the athletes.

#### **USE OF THE TRAINING ROOM FACILITIES**

The training room facilities are available for the student athletes participating in intercollegiate athletics at Alliance University. The medical facilities are also available to visiting teams on a reciprocal courtesy basis. The training room facilities are to be used for the evaluation, treatment, and rehabilitation of athletic injuries.

When the training room is not in use for intercollegiate athletics, the facility will be locked at all times. These facilities are under the direct supervision of the ATC and their staff and no one is to be allowed to use this facility without their approval and appropriate supervision provided. Care and use of the facilities are the direct responsibility of the ATC.

#### **POLICY ON REFERRAL TO MEDICAL SPECIALISTS**

Whenever a physician or ATC are of the opinion that referral or consultation is necessary regarding a student athlete, arrangements for such a visit will be made by the ATC &/or physician. All orthopedic evaluations will be done for the Department of Athletics through associated consultants of Columbia Doctors, Englewood, NJ. This policy assures proper and immediate care, follow-up treatment, and injury management for the student athlete. **If the student athlete desires a second opinion, the student athlete may do so at his or her own expense. If an athlete chooses to be treated by another doctor other than the Team Physician, clearance for individuals to return to Alliance University Athletics is solely the responsibility of the team physician and any bills obtained during that clearance is the responsibility of the athlete.**

Specific appointments and referral information will be arranged by the ATC. **IF A STUDENT ATHLETE GOES TO A/ANY PHYSICIAN WITHOUT THE ATC AUTHORIZATION, THE STUDENT ATHLETE FORFEITS THE ATHLETIC MEDICAL INSURANCE COVERAGE AND ALL MEDICAL BILLS ARE THE RESPONSIBILITY OF THE STUDENT ATHLETE.** If this occurs, the student athlete will be required to see the team physician to obtain medical clearance and will be financially responsible for the medical expenses incurred.

Coaches do not have the authority to permit referrals to any other physician than the team physician without consulting with the ATC. Coaches are also required to submit in writing an accident report for any injury sustained to a student athlete when the ATC is not present.

A consultation between the parents/guardians of a student athlete, the team physician, and the ATC will be arranged whenever requested. All decisions regarding medical approval or disqualification in Alliance University Intercollegiate Athletics will be made by the team physician and/or associated consultants.

#### **CONTACTING THE ATHLETIC TRAINER**

Please feel free to contact the ATC whenever a medical, insurance or procedural question arises. Please direct any medical and insurance questions to the ATC. The Coach is not involved in this aspect and may, in fact, hinder the process. The ATC can be reached at: