



Idaho State University

POLICIES AND PROCEDURES

Athletics Training Room

ISUPP 8130

POLICY INFORMATION

Policy Section: *Athletics*

Policy Title: *Athletics Training Room*

Responsible Executive (RE): *Director of Athletics*

Sponsoring Organization (SO): *Department of Athletics*

Dates: Effective Date: *May 28, 2013*

Revised: *May 23, 2016*

Review Date: *May 2021*

I. INTRODUCTION

The policy and procedures in regards to athletic training is briefly outlined in this policy. For more in-depth knowledge and understanding of how athletic training services are administered, please refer to the *Idaho State University Athletic Training Policies and Procedure Manual*.

II. DEFINITIONS

- A. **Athletic Trainer (AT):** a certified and licensed health care professional who collaborates with physicians.

III. POLICY STATEMENT

All student-athletes at Idaho State University (ISU) will be treated fairly and ethically regardless of sport, age, gender, race, color or religion. In addition, the athletic training staff will provide the best possible medical care within the confines of the resources that are available. Respect will be given to all, and the same will be expected in return. The student-athlete may return to participation once

medically cleared by the sports medicine staff. The health and welfare of the student-athlete is first priority.

IV. AUTHORITY AND RESPONSIBILITIES

The athletic training staff is primarily responsible for the delivery of the health care system to student-athletes. This care includes prevention, evaluation, treatment and rehabilitation of injuries or illnesses sustained during supervised athletic participation and activities. The Department of Athletics (Department) will not assume any financial responsibility for complications due to a student-athlete's failure to follow a physician's and/or an Athletic Trainer's instructions, including the lack of use of braces or supportive equipment.

V. PROCEDURES TO IMPLEMENT

A. Required Paperwork and Physical Examination (see NCAA Bylaw 17.1.5)

1. All student-athletes must complete and turn in paperwork that is required as designated by the athletic training staff and the National Collegiate Athletic Association (NCAA).
 - a. Paperwork is due before taking part in ANY physical activity related to the Department (i.e. voluntary summer conditioning, strength and conditioning sessions, practices, etc.).
 - b. Any student-athlete that is a minor (under 18 years of age) when reporting to ISU for the pre-participation screening process must have a signed parental release form BEFORE any evaluations will be arranged.
2. All intercollegiate student-athletes will be given a Pre-Participation Physical Examination (PPE) in accordance with the *NCAA Sports Medicine Manual* and this policy. The student-athlete will have the PPE done by an ISU team physician or other designee.
 - a. Any student-athlete that is sent to a referring physician/specialist may NOT participate until cleared by that physician/specialist and medical records/notes and any diagnostic tests are forwarded to the ISU medical staff (i.e. team physician and ATs).
 - b. A complete record, including the physical examination, must be on file in the training room before the student-athlete can practice and/or compete.

3. Upon entering the third year of participation at ISU, the student-athlete must complete a new medical history and evaluation. This entails a review and update of the student-athlete's medical history and a physical examination. Only after the medical history review and physical exam are returning student-athletes cleared to practice and/or compete (see NCAA Bylaw 17.1.5).
4. If a walk-on student-athlete is not present at a scheduled team physical, the expense will be the responsibility of the student-athlete.
5. Prospective student-athletes eligible to complete an on-campus evaluation must provide a physical performed by a medical physician that was performed within six (6) months prior to the evaluation date or within six (6) months before their initial participation in practice, competition or out-of-season conditioning activities during their immediately completed season in order to participate (see NCAA Bylaw 13.11). The examination or evaluation shall include a sickle cell solubility test unless documented results of a prior test are provided to the Department or the test is declined with a written release.

B. Emergency Treatment

1. A student-athlete that becomes ill or injured outside of regular athletic training room hours needs to go to the Student Health Center or call 282-4330.
2. A student-athlete in an emergency situation needs to initiate emergency services by calling 911 from an off-campus phone or 8-911 from an on-campus phone, and then follow-up with the athletic training staff as soon as possible.

C. Rehabilitation Care

1. A physician may recommend the student-athlete need a rehabilitation program performed by either the athletic training staff or a physical therapist.
2. All referrals are made on an individual basis, and each program will be designed to help the student-athlete return to their sport as soon as possible.

D. Athletic Training Coverage

1. Most practices during traditional seasons will be covered by an AT.
2. Men's and women's tennis, men's and women's cross country, and women's golf will not have direct coverage of practices. However, these teams will have access to an AT via cell phone if an injury occurs.
 - a. It is the responsibility of the attending coach to assess the situation and contact an AT via cell phone, if necessary.

- b. Activating emergency medical services shall precede contacting the AT, if warranted.
 3. All home competitions during a traditional season will be covered by an AT.
 4. Home competitions during a non-traditional season will be covered by an AT, if available.
 5. Practices during non-traditional seasons, regardless of sport or gender, will have limited coverage. They will have access to an AT by cell phone in case of injury. The only team that will receive coverage by an AT on a daily basis will be football.
 6. Unsupervised voluntary activities will not have an AT present.
- E. Athletic Training Rooms
1. The Department will provide training rooms in locations as convenient as possible. Not all training rooms will be permanently staffed.
 2. The athletic training rooms are open most mornings and afternoons and serve student-athletes on a first-come, first-serve basis. Appointments can also be scheduled with any athletic training staff member as needed.
 3. Athletic training room hours will vary depending upon the sports that are in season. Student-athletes and coaches should check with the athletic training staff for hours.
 4. Usage of any athletic training room is prohibited without an AT present.
 5. ATs will be assigned by the head trainer, in conjunction with the athletic administration, to teams based on contact, collision, and sport needs.