

STUDENT – ATHLETE MEDICAL POLICY

The Department of Athletics maintains a comprehensive Athletic Training program to ensure quality health care for its student-athletes. More specifically, the Athletic Training staff (i.e., Team Physician and Athletic Trainers), while focusing on the prevention of athletic injuries, also provides the care required to evaluate, treat and rehabilitate student-athletes who have sustained injuries or illnesses as a result of participation in scheduled practices, competitions or during travel to and from these events.

Maintaining adequate health care is a shared responsibility between the Athletic Training staff, the coaches, and the student-athletes. The Team Physician, with the assistance of the Athletic Training staff, has absolute authority in evaluating the physical fitness of each student-athlete, to include determining whether a student-athlete with a given injury or illness may participate. Coaches must not only be able to handle emergency situations, but also be willing to implement the instructions given by the Athletic Training staff and abide by medical disqualifications and restrictions. Student-athletes must report any injury incurred during a scheduled practice or athletic event immediately to a member of the Athletic Training staff.

The Athletic Department *may* only pay for medical expenses for athletically related injuries that occur as a direct result of participation in the intercollegiate athletic program. Participation includes supervised conditioning; organized practice attended by a member of the coaching staff or a Department sponsored game, meet or match. The University does not accept financial responsibility for injuries that occurred prior to enrolling at LSU. Injuries received while voluntarily playing any sport (e.g., intramural, with friends or at home) may be the financial responsibility of the individual.

In addition to the athletically related medical care that is provided to the student-athlete through the Athletic Training program, the University offers quality health care at a minimal cost through the Student Health Center. Services available at the Student Health Center include x-ray, laboratory, pharmacy and medical care by licensed physicians. For non-athletically related injuries or illnesses, the student-athlete can seek medical care from the Student Health Center if they choose.

Operations and Use of Training Room Facilities

The Athletic Training staff operates (7) athletic training rooms. The Center for Athletic Training in Tiger Stadium (located between Gates 9 and 10) serves all sports. The main training room will be open in the mornings for rehabilitation and treatment for all athletes. The 6 other satellite training rooms (PMAC- 1st Floor training room, Men's Basketball- basement of PMAC, the Fieldhouse, the Soccer Complex, Football Operations Bldg., and Alex Box) will open at a time determined by the staff athletic trainer and serve as training room facilities during practice time. Most post-practice treatments will be done at the Center for Athletic Training. The satellite training rooms

will remain open for the duration of the season of the sports it serves. The new football practice facility's athletic training room will be operational when current football student-athletes are involved in weight lifting activities and/or football practice at the McClendon Practice Field.

During the week, the Center for Athletic Training in Tiger Stadium normally opens at 7:00a.m. and remains open at night until all scheduled practices and competitions are complete. A certified athletic trainer is always present, or on campus with a mobile phone, for scheduled practices and competitions of all sports, except golf.

Student-athletes are not allowed in the Athletic Training Rooms without supervision. All therapeutic modalities are administered by a member of the Athletic Training staff because of the potential danger involved. When an athletic training room is not in use, the facility is to be locked **at all times**.

The athletic training rooms are strictly for the use of those individuals involved in the intercollegiate athletics program; however, the facilities are available to visiting teams on an as-needed, courtesy basis.

Training room rules for student-athletes are as follows:

- All athletes must sign in and out when receiving treatment
- Report to all treatment and schedule appointments on time
- Do not remove any equipment from the Athletic Training Room without authorization
- You must shower before receiving treatment; this includes anytime you enter the pools in the pool area. There is a shower available in the pool area.
- The training room offices and phones are off limits to athletes unless accompanied by a staff athletic trainer.
- The training room is a co-ed facility...please dress and act appropriately.
- When using the pool facility:
 - Males: Clean athletic t-shirt/clean athletic shorts with jock strap, swimsuits
 - Females: Clean athletic t-shirt with sports bra, clean shorts, swimsuits, unitards
- Please ask a staff athletic trainer before taking anything from the training room.
- The training room is off limits to spit cups and the use of smokeless tobacco.
- No food and drinks are allowed in the Treatment Area of the Athletic Training Room.
- No cleats in the training room.
- You must be taped, and out of the athletic training room by practice time.
- 20 minute limit in pools (Unless indicated by staff trainer)
- No Horse Play in Pools (If caught, the athlete will not be allowed in the Athletic Training Room for 1 week)

- Shoes must be removed when on treatment tables
- Computers are off limits to athletes
- No parking on the cement pad at the Broussard Center for Athletic Training

Medical Examinations

All student-athletes participating in LSU's intercollegiate sports program are required to undergo a comprehensive physical examination each year prior to any participation in practice or competition. The examinations are scheduled by the Athletic Training staff and administered by the Team Physician. Scholarship student-athletes are examined at University expense; walk-on student-athletes must pay for their initial examination. Once acceptance as an official team member, uninvited walk-ons are examined at the University's expense. Upon entering the University, all student athletes that appear on a sport's active roster will undergo an echocardiogram early in their career.

The walk-on athlete must first report to the coach for permission and a signed form to walk on the team. This form then is brought by the student athlete to the Compliance Department to initiate Clearinghouse protocol. Once this form is signed, they bring it to the training room. It is at that time that the student-athlete is given a letter that explains the medical requirements for trying out for their specific sport. This form is returned to the training room after the attending physician has signed it off. Once signed and approved by a staff athletic trainer, the athlete must then report back to Compliance. The coach will be notified by the Compliance Office when they are cleared to participate.

In addition to pre-participation physicals, a post-season physical examination may be given to student-athletes who participate in certain sports, to ensure that the Athletic Training staff is fully aware of the physical well being of the student-athletes at the end of the season.

Medical Records

A medical record is created at the time a student-athlete joins the intercollegiate athletics program. The file contains appropriate insurance information, medical histories, authorizations, understandings and agreements between the University and the student-athlete and his/her parents or legal guardians, as well as a history of athletically related injuries and illnesses and treatments rendered.

Computer Tracking

All of the athlete's pertinent medical history is also tracked in a computer program that is created off of the Microsoft database Access. This database allows the training staff to track times and dates of all visits to the training room for medical treatments, track the progress of rehabilitation as well as any visits to the team physicians and pharmacist. From this database a daily injury report can be generated to inform the coach of the status of any athlete at any date and time.

The Athletic Training staff maintains complete medical records for each student-athlete. These records are kept on file in the training room and reviewed on an as-needed basis by the Physician. The Student Health Center also maintains a file on each student-athlete. Copies of any medical transcriptions affecting student-athletes at the Student Health Center are sent to the training room.

Coverage of Scheduled Practices and Events

The athletic training staff is responsible for any injury or illness sustained as a result of athletic participation in scheduled practices and games or during travel to and from those events. For low-risk sports, such coverage may be provided by a certified athletic trainer who is on campus with a cell phone. For high-risk sports, coverage is provided at the site of the practice or competition by a certified athletic trainer.

Coverage of practice and events is usually scheduled as follows:

- During all practices, a certified athletic trainer is either present, or on campus with a pager while a student athletic trainer is in attendance.
- A certified athletic trainer is present at home competitions for all sports except golf.
- The Team Physicians are present at all football games (both home and away). They are also either present or on-call for home contests for all sports.
- For away contests, a certified athletic trainer or a student athletic trainer usually travels with the team for the sports of baseball, men's basketball, football, gymnastics, swimming, track, soccer and volleyball. In addition, a member of the Athletic Training staff usually travels with the tennis teams for SEC and NCAA competitions.

All Head Coaches and their assistants are expected to be familiar with the Department's medical policies. Coaches should be equipped to handle emergency situations in the absence of a member of the Athletic Training staff. Such knowledge is not only vital to the welfare of the student-athlete, but it is important in preventing charges of neglect or misconduct from being filed against the coach in charge.

Preventative Care

In addition to providing medical care in injured student-athletes, the Athletic Training staff strives to prevent injuries by identifying risk factors associated with athletic participation, and educating coaches and student-athletes on preventative safety techniques.

It is the responsibility of the coaches, as well as the Athletic Training staff and the Equipment Manager, to make sure that all athletic equipment is in good working order and inspected on a regular basis. Coaches must ensure that each student-athlete is wearing appropriate, properly fitted athletic equipment.

Counseling is to be provided to the coaches of the appropriate sports regarding clothing, practice duration and appropriate rest and water breaks during practice sessions. Additionally, all coaches should be able to recognize the onset of fatigue, dehydration and heat exhaustion and notify a member of the Athletic Training staff when such an event occurs.

The Athletic Training staff works with the Cafeteria Manager with regards to appropriate training diets. More specifically, every effort is made to provide an adequate number of calories and proper nutrition to student-athletes who are active sports participants. When there are adverse climate conditions, extreme care is used to maintain the proper balance of body weight and fluids intake.

Treatment of Illness or Injury

All injuries and illnesses are to be reported immediately to a member of the Athletic Training staff for emergency first aid and evaluation. When treatment is required to augment Athletic Training Room services, the Athletic Training staff member evaluates and treats the student-athlete to the extent possible in the Athletic Training Room and then refers the student-athlete to the Team Physician for medical diagnosis and prescribed treatment. The Team Physician, or his designate, evaluates all athletic injuries and refers student-athletes to specialists, when appropriate. All referrals for off-campus and/or health center medical care must be authorized **in advance** by an Athletic Training staff member. If the student-athlete is seen without staff approval and without authorization form, the student-athlete will be financially responsible for the bills that may be incurred.

The LSU Authorization Form is used to document all medical referrals for athletically related illnesses or injuries. The authorization may also be used in the event the physician elects to send the student-athlete to a local hospital or other medical specialists.

Any equipment such as crutches and electrical modality machines (Micro, Tens) that you are given as part of recovery from injury must be signed out from a certified athletic trainer. You will sign a contract stating that you are financially responsible for any of these items that you lose or fail to return to the Athletic Training Room. The cost of these two items is as follows:

- (1) Modality Units- \$45.00
- (2) Hope Crutches- \$65.00

Medical Consultations

All medical consultations must be arranged by Dr. Jeff Burnham, Dr. Chris Lee, Dr. Derek Anderson, Dr. Brent Bankston, Dr. Larry Ferachi, or by a member of the athletic training staff. You **CAN NOT** see a medical specialist without the consent of a staff athletic trainer **and** without receiving an authorization form. Seeing any doctor without this form will result in the athlete becoming financially responsible for the bill.

LSU can financially cover the cost of all testing and medical exams to aid in the diagnosis of an injury or disease. However, we may not be responsible for any surgical procedures or treatments if the diagnosis is not related to or will adversely effect the athlete's participation in sport. Pell Grant and Opportunity Fund recipients will receive separate consideration.

Emergency Room visits that have not been authorized by the LSU Athletic Training Staff are the athlete's financial responsibility.

Medication

Notify the training staff of all medications that you are currently taking, who prescribed it, and for what condition. If you feel you have a need for medication, whether over the counter or prescription, contact the head athletic trainer or a member of the athletic training staff.

Prescriptions can be filled by the team pharmacist in the Broussard Center for Athletic Training. They will be filled that evening. If you see a physician at the Student Health Center, you may get any prescription medications filled there. You must return your Student Health Center referral form to the athletic training room upon completion of your visit.

Insurance

When insurance claims are made, the athlete/family insurance will become the primary source of payment. Whatever the athlete's insurance does not pay, LSU will become the secondary source of payment. If the athlete/family does not carry any health insurance, LSU will cover the expense of any health care that is a result of participation in the sport. All walk-ons are required to have health insurance prior to participation with Louisiana State University Athletics. A portion of the student fee you pay at registration ensures you medical care through the Student Health Center. Most services are free, but you are responsible for lab work, x-rays, and prescription medication if you go without prior authorization from your sport's athletic trainer. The Department also carries hospitalization, accident and travel insurance for use on official trips only.

Any injury that may result in surgery or physical therapy that was not an injury incurred while participating in the athlete's sport may not be financially covered by LSU.

Rehabilitation

In order for a signee/incoming freshman to receive treatment for an injury that was sustained during high school or in the summer time, the student-athlete must have signed their letter of intent and be enrolled for the Fall semester to receive treatment on injuries.

If the athlete sustains an injury while in high school and requires rehabilitation during the summer prior to coming to LSU, the athlete must be enrolled in summer school in order to receive rehabilitation in the LSU Training Room.

Any rehabilitation of injuries must be performed at LSU. LSU may pay for housing costs while the athlete remains under the care of the team physicians or athletic trainers. If the situation arises where the athlete must go home, for whatever reason, it will be left up to the athletic training staff's discretion as to how to go about arranging for the need for physical therapy.

Eye Care

LSU will pay for corrective contact lenses or glasses if corrective measures are needed in order to enhance vision. Corrective glasses may be provided even if they are not worn during participation in sport. The physician will determine the need for any specialty lenses (disposable lenses, gas permeable, single day / extended wear lenses, soft / hard lenses). Special consideration may be made for those athletes eligible for Pell Grant or Opportunity Funds. If you should lose or damage your lenses or glasses during practice/games, report it immediately, as the Department is allowed to replace them.

Our team ophthalmologist will come to the Center for Athletic Training once a month to do evaluations and exams on the student-athletes. You need to talk to your athletic trainer regarding appointment times.

Dental Care

LSU will not be financially responsible for teeth cleaning or any other dental work unless the work that is needed is a result of an injury that occurred while participating in sports at LSU. Pell Grant and Opportunity Fund recipients will receive separate consideration.

Dental work may be performed on site in the Athletic Training Room Dental Lab or at a contracted dental office.

Supplements

Athletes who are taking supplements during the summer will be required to purchase the supplement over the summer for a cost (TBA). This fee will cover the amount of the supplement that has been recommended by the Strength and Conditioning Department. You do not have to take any vitamin or supplement that you do not feel you need. If you have any questions or concerns about the use of supplements, please contact Shelly Mullenix in the athletic training room. Tom Moffitt, the Director of Strength and Conditioning will be your contact in the weight room, 578-1150.

Counseling / Drug Rehabilitation

LSU offers an extensive program in psychological counseling and drug rehabilitation. If you have any questions or concerns regarding this area or need any assistance, please contact Mrs. Miriam Segar, Assistant Athletic Director of Student Services at 578-5785.

If you have been informed of any appointments scheduled for psychological services and fail to make your appointment time you will be financially responsible for this appointment. The cost for an evaluation or assessment will range between \$100-\$150. The charges will be at the discretion of the scheduled doctor. This fee will be assessed to your accounts receivable.

Emergency Numbers

All injuries and illnesses are to be reported to a staff certified athletic trainer or the graduate assistant assigned to your sport as soon as they occur. The athletic training staff will refer you to the team physician as necessary.

<u>STAFF ATHLETIC TRAINER</u>	<u>CELL #</u>	<u>OFFICE#</u>
Jack Marucci	268-1697	578-2451
Andy Barker	268-1310	578-8315
Shelly Mullenix	268-1309	578-8642
Beau Lowery	268-1314	578-4151
Shawn Eddy	268-1307	578-1284
Micki Collins	268-1311	578-2496
Keith Thompson	268-4321	578-3894
Riana Burke	279-6181	578-2050