

Beloit College Athletic Training Mission Statement

The priority of the Athletic Training staff at Beloit College is the health and safety of the student-athletes participating in NCAA athletics. Quality health care will be provided through injury prevention, recognition, evaluation, treatment and rehabilitation, patient education, and continuing professional development. Our department seeks to work in a professional, efficient, compassionate, and service-oriented manner.

Hours of Operation

Monday-Friday 12:30p-7p

Treatments shall be scheduled with Athletic Trainers between the hours of 12:30p-3p. Preparation for practices begins at 3p. Actual closing time will be dependent upon practice schedules. Weekend hours will be dependent upon weekend practice and events schedules

For all home events a Certified Athletic Trainer will be available 1 ½ hours prior to the scheduled start time.

Athletic Training Department rules

- Whenever possible, please call or email to schedule appointments. This allows us to provide the highest level of care for each individual
- Be punctual for appointments, if unable to make a scheduled appointment, contact the athletic trainer you are being treated by
- No cursing or foul language allowed, offenders will be asked to leave pending a warning
- Eating in the treatment area is not permitted. Beverages or water with a sealable lid are allowed
- Use, adjustment, and/or removal of equipment, including whirlpools, without permission from an athletic trainer is prohibited
- Be respectful to staff and other students at all times
- Clothing must be appropriate for public places
- No student/athlete is allowed in the athletic training room unsupervised
- Proper hygiene, i.e. showering, is required before treatments

Athletic Training Services Provided

The Beloit College Athletic Training staff is available only to NCAA varsity athletes for injury prevention, recognition, evaluation, treatment and rehabilitation, and patient education. Education may include, but is not limited to: preseason health and safety information, drug and supplement questions, strength and conditioning, and injury prevention. The athletic training staff will assist with prophylactic bracing and taping. Treatment can include, but is not limited to: hot and cold modalities, electrical or stimulation modalities, manual treatment, or exercise progression. First aid and emergency response will include appropriately activating the emergency action plan when necessary. The athletic training staff is responsible for informing coaching staff when environmental conditions are unsafe for student-athletes to participate. It is the responsibility of the coaching staff to find a suitable venue in the event of inclement weather.

Athletic Training Event Coverage

- Home events: In accordance with information provided by the National Athletic Trainers Association (NATA), and our Midwest Conference (MWC) rules, an athletic trainer will be “on-site” for all home events. In addition, for baseball, men's and women's basketball, football, men's and women's lacrosse, softball, men's and women's swimming and diving, men's and women's soccer, men's and women's outdoor track, men's and women's cross country, and volleyball an athletic trainer will be present on the sideline during the event.
- Away events: Per recommendation by the NATA for sideline coverage, a certified athletic trainer will travel to away contests with the following sports: football and men's lacrosse. Certified athletic trainers will not travel with baseball, men's and women's basketball, men's and women's soccer, softball, men's and women's indoor and outdoor track and field, men's and women's swimming and diving, women's tennis, men's and women's cross country, women's lacrosse, or volleyball unless dictated by need. A *student assistant to athletic trainers* may be provided to travel for those sports if requested/necessary.
- Championships and post-season participation: A certified athletic trainer will travel to post-season competition for baseball, men's and women's basketball, men's and women's soccer, football, men's and women's lacrosse, softball, volleyball, and men's and women's outdoor track.

- Winter and spring break trips: For extended trips, a certified athletic trainer will travel with teams when needed for coverage or specific individual treatment or per administrative request.
- Practice: Per NATA guidelines and NCAA injury surveillance statistics, a certified athletic trainer must be on the sideline during football, men's basketball, and men's lacrosse practices, and will be on-site and able to respond to injury or emergency situations within a reasonable time for all others. A *student assistant to athletic trainers* will be provided for contact sports (per NCAA definition) in those circumstances. All venues will have a 2-way radio to contact the certified athletic trainer.

(Recommendations provided by the NATA from the *Recommendations and Guidelines for Appropriate Medical Coverage of Intercollegiate Athletics – Revised June 2007*)

Student Transport to Medical Facilities

In the event a student athlete needs to be transferred to a medical facility during a practice or event, a staff member may be asked to transport them. If the injury is emergent, the athlete will be transported by ambulance to the recommended hospital. A staff member will meet the athlete at the hospital. If the injury is non-emergent, but requires transportation to urgent care, a Beloit College staff member will be asked to transport the individual. If available, a certified athletic trainer will transport to the appropriate facility. If the certified athletic trainer is unable to leave the venue because of continuing coverage needs, a coach, or other support staff will be asked to drive the athlete. If no staff member is available, another student may transfer the athlete, but a staff member should make a reasonable effort to meet the athlete at the facility when possible.

The staff member will be required to stay until the examination and treatment has been completed, or until the staff member is relieved by another staff member or a guardian of the athlete. If the athlete is deemed stable by the healthcare provider, the athlete can be returned to campus or their residence by staff, guardian(s), or a fellow student.

It is the responsibility of the student-athlete to contact their guardian(s), unless medically or situationally unable to do so. In the event a student-athlete cannot contact their guardian(s), the staff member will make a reasonable effort to notify guardian(s) of the injury and the current location of the student-athlete.

When student-athletes are referred to a medical facility, they will be referred under direction of the athletic training staff to the appropriate facility, taking insurance reimbursement into consideration.

If the injury is emergent, and time to treatment is paramount, the student-athlete will be referred to the nearest capable health care provider. If the injury involves head, neck, or spine trauma, if possible, refer to Mercy Hospital in Janesville, as the facility is the nearest Level 2 Trauma Center. Additionally, it is preferred for emergent musculoskeletal injuries to be referred to Mercy Health System for streamlined follow-up with our team physician / surgeon. If the injury is significant and requires urgent treatment, Mercy Hospital North in Janesville is the recommended facility for both timeliness and level of care as it is considered an outpatient hospital. Less significant injuries, still requiring urgent care, can be referred to the appropriate facility in Beloit, either Mercy Beloit Medical Center or Beloit Convenient Care. All other injuries should be referred to the athletic training staff to schedule with the appropriate health care provider.

Scheduled visits to a healthcare provider are the responsibility of the student-athlete. A staff member, while permitted to transport, is not required to transport the athlete nor stay with them for the duration of their appointment.

Inclement Weather / Environmental Policies

It is the position of Beloit College Athletics and the athletic training staff that inclement weather and environmental policy be based on guidelines from the NCAA, NATA, and MWC. Weather thresholds for events will be based off of the MWC Guidelines established in the provided Codebook.

Lightning guidelines are based off of NCAA and NATA recommendations. We utilize a weather monitoring subscription for lightning detection (Weather Sentry – Schneider Electric) and will notify coaching staff when lightning is detected within 30 miles of the venue, provide a warning at 15 miles, and all outdoor activity will be postponed if lightning is detected within 10 miles of the venue. Activity can resume when there has been no lightning detected within 10 miles of the venue for 30 minutes. The athletic training staff will provide the coaches/officials of the “all clear”. In the event the athletic training staff has no access to the detection alerts, a 30 second flash-to-bang threshold is utilized. If the threshold is less than 30 seconds between visualization of lightning and hearing thunder, outdoor activity will be postponed until no lightning is seen or thunder heard for 30 minutes. The athletic training staff will notify coaches/officials of the “all clear”.

Practice thresholds are as follows for cold and heat (complete policy provided on website):

Temperatures listed should be compared to the “feels like” or windchill (not ambient temp)

<u>RISK</u>	<u>"FEELS LIKE"/WINDCHILL</u>	<u>RECOMMENDATIONS</u>
Low Risk	30°F & above	Participation with appropriate clothing
Moderate Risk	20°F-29°F	Additional protective clothing
Elevated Risk	10°F-19°F	Limited to 45' with all skin covered as reasonable
High risk	9°F & below	Termination of outdoor practices

Heat index	Practice Recommendations
HI values provided by internet / news should be increased by 10° for estimation on turf fields HI estimates for venues will be available from athletic training staff 1hr before	
80-90°	Practices should be modified for the safety of the athletes. Increase rest-to-work ratio with 5 min rest breaks every 20-30min with helmets removed. Practice should be in shorts with helmets and shoulder pads (not full equipment).
91-104°	Practices should be modified for the safety of the athletes. Increase rest-to-work ratio with 5-10min rest breaks every 15-20min. Practice should be in shorts with all pads removed (including helmets).
105°+	Practices should be cancelled / moved to an air-conditioned facility / designed as walkthrough with no conditioning (consider pool workouts for additional conditioning).