

SPORTS MEDICINE

The Oberlin Club Sports Medical Program provides athletic training health care services to student-athletes who participate on Oberlin's Club Sports teams. The Oberlin Club Sports Medical Program strives to provide prompt treatment of injuries when they occur and to rehabilitate athletes whose injuries require restorative care.

1. SCOPE OF SPORTS MEDICINE RESPONSIBILITIES

The Athletic Training Licensure Act of the State of Ohio (1991) requires an athletic trainer to have a specific prescription for these services for each patient from a physician prior to the application of these treatments. The Licensure Act does allow a written Standard Operating Procedure (SOP) agreement between athletic trainers and their respective team physicians to substitute for this required prescription prior to initiating treatment. Our SOP agreement with our club sports physician limits the scope of responsibilities of the sports medicine staff to the club sport student-athletes who have been granted medical clearance for participation. Therefore, the sports medicine staff provides services for the treatment of athletic injuries to current Oberlin College student members of participating club sport athletic teams only. Non-student members are not eligible for clinical care but will receive the same on-site emergency care as student members.

2. TEAM CONSENT

It is an option for each team to participate in the medical program each academic year. This it is an all or none policy regarding the team. The entire team participates or none of the team participates. At the beginning of each academic year, the team liaison will sign Team Consent Form either accepting or declining the medical program on behalf of the club sport team. If a team declines to participate in the medical program, then the requirements below does not apply.

With acceptance of the medical program, each club sports team will have the following requirements;

- Signing of the Team Consent Form indicating acceptance**
- Accurate roster (as held by the Director of Club Sports)**
- Pre-participation physical exam of all participants (Requirements of the physical exam to be determined by the Department of Sports Medicine)***
- Medical History Form completed by all participants**
- Athletic Consent Form completed by all participants**
- Insurance Form completed by all participants**
- Copy of insurance card for each participant**
- Compliance with the Hazardous Weather Policy listed in item 9 of this section**

If a team accepts the medical program and fails to meet the above criteria, then the whole team will be subject to appropriate consequences. Repetitive failure to comply with these requirements may result in that team's complete removal from the medical program for the remainder of that academic school year.

3. PRE-PARTICIPATION PHYSICALS

Every member of the roster must be medically cleared by sports medicine for participation via a pre-participation physical before they are allowed to participate in their particular club sport.

A. Students participating in the Club Sports Medical Program must receive clearance from the sports medicine staff prior to their first practice of the season. A student-athlete's medical clearance through a pre-participation physical is required only once per academic year except in specific cases where clearance was revoked for medical reasons.

All first-year and transfer students must undergo a full physical examination, which will be performed by a physician at home at the same time as the physical required for enrollment in the College. The sports medicine staff from the Student Health Department will obtain a copy of the results of this exam. An Intercollegiate Sports Medical History Form is included in the incoming student forms packet that is sent to all incoming students. This form is to be completed and returned directly to the Director of Sports Medicine.

Returning student-athletes must complete an Updated Medical History Form and receive an updated physical screening from Sports Medicine before the start of their first practice.

B. Any club sport member that is not a current full time student must, prior to participation, have a pre-participation physical completed by a physician. Non-student members must also provide proof of health insurance. All forms must be returned to the club sport athletic trainer prior to athletic participation.

C. Procedures for Arranging Pre-Participation Physicals

The Director of Sports Medicine and the Director of Club Sports will establish the date and time for physical exams with the consultation of the Office of Student Health. Club sport student-athletes who do not attend the group physical exam will not be allowed to practice until the exam is completed. Any student-athlete failing the physical will be given a level of clearance for participation depending on the part of the physical to be completed.

4. INSURANCE

All club sport participants at Oberlin College are required to complete and submit a Sports Medicine Medical Insurance Form annually. Student-athletes

who are not covered under a medical insurance policy are required to purchase the supplemental health insurance of Oberlin College. Due to the difficulty in dealing with out-of-area HMO and PPO medical insurance plans, it is highly recommended that Oberlin College student-athletes purchase the supplemental health insurance even if they are covered as a dependent under a parent's medical insurance policy. Non-student participants are required to have proof insurance prior to participation.

5. MEDICAL COVERAGE

Each club sport student-athlete at Oberlin College on participating teams has intra-departmental medical care available for athletic injuries. Athletic injuries should be reported to the club sport athletic trainer for evaluation and treatment. Following the treatment, the athletic trainer will make referrals, when necessary, to team physicians, the Office of Student Health, or other appropriate physicians or medical personnel.

Student-athletes who are ill should call Student Health Services for an appointment. They should then inform the club sport athletic trainer of their condition. Captains/Liaisons will be informed of the status of the injured/ill players as soon as possible.

The medical program provides clinic hours for club sport student-athletes during the academic year. Also the program provides limited onsite emergency medical coverage. For designated teams, all attempts will be made to have a staff athletic trainer at the home competition. If this is not possible, there will be a member of the staff in the training room or on an adjacent field.

Team captains are required to provide accurate competition schedules to the sports medicine staff as soon as it is available. The sports medicine staff should be promptly informed in any changes in the schedule so proper arrangements can be made. Failure to do so may result in a lack of adequate athletic training services.

6. FIRST AID KITS

Each team participating will be issued a kit containing basic first aid supplies. Each team is responsible for returning the kit to the training room at the end of the academic year. Teams that run low of supplies can return their kit to be restocked. The fee for replacement of a lost kit is \$100. (1/1/10)

7. TRAINING ROOM

The club sports training room is located in Phillips Gym, Room 119. Student-athletes must abide by the rules of the training room. Hours of operation for club sports of the auxiliary training room (Phillips 119) will be posted outside the training room at the beginning of each semester.

8. MEDICAL EMERGENCY ACTION PLAN

Each team is required to have two student-athletes successfully complete the Sports Safety Training (SST) and CPR/AED class during the fall semester of each academic year. At least one of these students is required to be in attendance at all practices/contests for their team.

All club sport captains must be familiar with the following procedures in the event that a medical emergency occurs in the athletic venues of Oberlin College, and there is little or no time to consult with the staff certified athletic trainer.

Some examples of medical emergencies include:

- a. Cessation of breathing**
- b. Severe bleeding**
- c. Obvious serious fracture**
- d. Possible serious back or neck injury**
- e. Serious head injury**

The following is the correct plan of action to be taken by the staff athletic trainer, or the club sport captain when the staff athletic trainer is not present. "Person in charge" (PIC) refers to the athletic trainer present at the time of the injury or the team captain or SST certified individual whichever is applicable.

- I. The person in charge attends immediately to the injured student-athlete and evaluates the nature of the injury.**
- II. The person in charge instructs someone (preferably another athletic trainer or team captain) to immediately make the following phone calls and to relay all of the information the person in charge provides regarding the situation.**
- III. The designated individual calls the Emergency Squad (911) (or 5-8911 from a campus phone) and provides the following information:**
 - i. Name and title of the person making the call**
 - ii. Location of the injured student-athlete (be specific)**
 - iii. Nature of the injury to the student-athlete**
 - iv. Any information requested by the operator**

Remember to let the operator hang up first!
- IV. Return to the field (unless the doctor or the emergency room is going to call back) and assist the person in charge.**
- V. Notify the staff athletic trainer (if not present)**
- VI. The person in charge should designate someone to go to the entrance to the athletic venue and guide EMS to the appropriate location.**

- VII. The person in charge or other person as designated by the PIC should go to Allen Medical Center as the official representative of the school.

9. SEVERE WEATHER

This policy is from the Oberlin College Department of Athletics and Physical Education Policies and Procedures Manual (Appendix SM-7). This policy is an adaptation of the hazardous weather policy found in the NCAC Policies and Procedures Manual (2007 ed.).

Due to the unpredictable and rapidly changing nature of adverse weather and potential catastrophic consequences of participation during threatening weather, the following policy is to be followed explicitly and without delay.

All athletic participation shall be stopped immediately in the event of lightning or thunder. All participants shall be instructed to take shelter under cover in the nearest safe area. It is extremely important to plan ahead and identify the nearest safe area. It is well documented that thunder is the result of atmospheric disturbance caused by lightning; therefore, if thunder is heard, lightning is occurring.

Participants shall be allowed back on the playing field when no lightning or thunder has been observed for at least 30 minutes. Many victims of lightning strikes are injured or killed when they return to the outside too quickly after "the storm has passed" and are struck by lightning from the trailing edge of the storm.

These guidelines are to be followed during all practices, contests, sports camps, etc.

In the event of extraordinary weather conditions (primarily but not limited to lightning), it shall be NCAC and Oberlin College policy to suspend a conference, as well as non-conference, game already in progress. The decision makers shall be the athletic directors (or designated representative) of the teams involved, along with the officials working the game.

It was clarified by the NCAC office (9/98) that in the absence of the Director of Athletics of the home institution, a Staff Athletic Trainer, as a member of the administration, normally became the designated representative of the home institution for the purposes of this policy. Coaches were specifically excluded from being the individual interpreting current weather, due to the conflict of interest that may exist in continuing the contest in progress.

Oberlin College Varsity and Club Sport athletic teams will abide by this hazardous weather policy of the NCAC in all practices, competition, and sports camps. All outdoor varsity and club sport teams are expected to adhere to this policy. Normally the task of enforcement of the hazardous weather policy on a

daily basis will fall to the sports medicine staff. In the event of hazardous weather, coaches and/or captains will be notified by the sports medicine staff and take their team immediately to the closest indoor facility. In most instances this facility will be a choice of Philips Physical Education Center, Jones Field House locker room, Heisman Field House, or Williams Field House. The sports medicine staff will notify coaches/captains when the official 30-minute, no-weather period has elapsed. At that time, the coach/captain may take their team back to the outdoor venue and resume practices or competition.