



# 2008 Sports Medicine Information for Student-Athletes

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# Athletic Training Room Rules & Regulations

## Athletic Training Room Rules

- **Nobody** is to be in the Athletic Training Room without an Athletic Training staff member present.
  - No coaches or administrators will allow student-athletes into training room facility without permission from athletic training staff member.
  - No equipment from the training room will be able to be utilized by any sports team without permission from athletic training staff members
- The Athletic Training Room is an equitable access facility; injured student-athletes will be treated on a first come first serve basis (except for emergencies). Exceptions to this rule:
  - One student-athlete has a practice time earlier than another.
- No foul or abusive language in the athletic training room.
- Respect and be courteous to one another and the athletic training room staff.
- The training room is a coeducational facility, so wear appropriate apparel.
- No horseplay in the training room, this can lead to injury of you or others and damage to expensive equipment.
- Shoes must be worn in the athletic training room at all times, unless otherwise requested by the athletic training room staff.
- No spikes in training room.
- No food or drink in the training room at any time, this includes staff members.
- **NO CELLULAR PHONE ON IN THE ATHLETIC TRAINING ROOM.**

# Reporting Injuries

It is important to report all injuries to a member of the training staff. Often things that seem minor at that particular time can present problems overnight. If you sustain an injury and it doesn't feel better the next day please report it to the training staff. DO NOT wait a week or so to see somebody, this can lead to missed time at practices and events. A list of contact numbers will be provided at the end of this page.



# Injury Treatment Policy

- All new injuries **MUST** be reported to the athletic training room staff as soon as possible. This can be done in several ways:
  - Talk to an athletic training staff member before or after practice session.
  - Call the athletic training room the next day and talk to the athletic training staff or leave a message.
  - Call Brian, Kim, Laarni, Amie, Jenny, Rebecca directly
- If a call wasn't able to be made please show up in the athletic training room **at least an 45 minutes** prior to practice and expect to be evaluated and treated.
- If an injury is not reported until practice time the athlete is expected to participate in practice or event.
- No athlete will be late to practice or event due to a injury evaluation or treatment session in the athletic training room, so plan accordingly.
- After an injury is evaluated, it is the athlete's job to sign up of rehabilitation times if needed and continue to do so until released by treating Athletic Trainer.
- Treatments and rehabilitation will **NOT** be given during practice times unless that athlete is unable to participate and given permission by the head coach.
- If an athlete is late or doesn't show for a scheduled treatment time (without informing the athletic training staff by one of the methods above), that athlete is expected to participate. Exception to rule:
  - If a student-athlete needs to be cleared by athletic training staff and misses that appointment, then that student-athlete will not be able to participate in that practice.
  - If a student-athlete makes a habit of not showing up for re-evaluations and/or treatments, etc. That student-athlete will be excluded from 'privilege services" and will be reported to the coaching staffs for appropriate repercussions.

# Rehabilitation/Treatment Times

If an Athletic Trainer determines that rehabilitation and/or treatment are needed for an injury, then an appointment must be made with the team's athletic trainer. If a time is not made for treatments and/or rehabilitation, none will be provided to that student-athlete and he/she is expected to participate in practice or event.

## Equipment Issue

The training staff is willing to lend any material necessary to help overcome an injury or for rehabilitation. Any of these items that are borrowed will be signed out on the individual's injury report. Upon return, the item should be checked off (please make sure you have a training staff member do this, don't leave until you see them do this). Any borrowed items will be collected at the end of the year, and any un-returned items will be added to the student-athletes bill for the University. Our training facilities are on a small budget so please if a pad, splint, or cast is made for you return it so that another individual might make use of it.

# Athletic Training Rules and Regulations

## Taping Policies

- If after an injury the athlete requires taping for protection, then the athlete must perform rehabilitation exercises to strengthen the area to prevent a reoccurrence. \*
- If prevention is the issue, then wrapping the areas for support will be tried first.
- Based on availability ankle braces may be provided to the student-athlete

## Taping Beliefs

- Not just for games
- Need to do rehab everyday to get taped everyday
- Not for when “my ankles feel weak”
- Not for “looking good”, medical reason only

## Athletic Training Staff

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# Excess Athletic Insurance Policy

- Must have primary insurance to compete at UCCS
- Excess insurance policy has a \$500 deductible (new this year)
- \$500 deductible can be satisfied by personal payments and/or primary insurance payments
- Documented pre-existing injuries are not covered
  - Covered entities:
    - University of Colorado at Colorado Springs student-athletes for bodily injury sustained by any such person while participating in intercollegiate sports including scheduled games, supervised practice sessions, conditioning and authorized group or team travel to and from such events.
  - Uncovered Entities:
    - Injuries or charges resulting from, or during the following are **NOT** covered: Documented pre-existing conditions, intoxication or otherwise "under the influence"; criminal activity, brawling, fighting or rioting; Self-inflicted injury; employment related activity; and sickness.



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Dear Parent/Guardian and Student-Athlete

As the Sports Medicine Staff at University of Colorado at Colorado Springs we are very excited about the upcoming 2008-2009 athletic season, as well as your son or daughter's interest in Mountain Lion athletics. We wish the best for your athlete and hope that the upcoming years at University of Colorado at Colorado Springs are successful both academically and athletically.

Our athletic department goes to great lengths to provide the best medical coverage possible for our student-athletes. This includes not only helping to increase their potential for success, but also attempting to minimize the risk of injury at our institution. Although we also realize that the capacity of a student-athlete to become injured in competition or practice is still a possibility. The remainder of this letter is to explain the policies and procedure that are in place for insurance claims that are associated with these injuries.

The NCAA discourages any college or university from providing coverage or paying bills incurred for expenses related to illnesses or conditions which are not sustained as a direct result of an accident in our intercollegiate sports program (this include pre-existing conditions and non-athletic injuries). At University of Colorado at Colorado Springs we do carry a secondary excess insurance policy on all of our student-athletes to help defray the cost of a major injury. This policy has a deductible of \$500, which can be met through primary insurance payment and/or out-of-pocket expenses. The NCAA also has a catastrophic insurance for all of its member institutions that cover over \$65,000 of medical expenses. So our coverage bridges the medical bill gap of \$500 to \$65,000. This policy also has its own conditions that must be met before they assume cost of any injury. These conditions are:

#### Covered entities:

The plan covers student-athletes, cheerleaders, student managers and student trainers of the University of Colorado at Colorado Springs for bodily injury sustained by any such person while participating in intercollegiate sports including scheduled games, supervised practice sessions, conditioning and authorized group or team travel to and from such events.

#### Uncovered Entities:

Injuries or charges resulting from, or during the following are NOT covered: Documented pre-existing conditions, intoxication or otherwise "under the influence"; criminal activity, brawling, fighting or rioting; Self-inflicted injury; employment related activity; and sickness.

Before your student-athlete is eligible for participation at University of Colorado at Colorado Springs there are four conditions that must be clarified. The first is that each student-athlete must be covered on a primary insurance plan either under a parent/guardian's name or their own name. Secondly, that policy must NOT exclude intercollegiate athletics participation (the general student



# UCCS Drug Testing Policy

## **Policy statement**

Student-athletes shall not use, possess, nor distribute any illegal drugs or drugs banned by the NCAA. This includes but is not limited to recreational drugs such as marijuana and cocaine or performance enhancing drugs such as anabolic steroids and ephedrine. Involvement with illegal or banned drugs is in direct violation of university policy but also in violation of the Exemplary Student-Athlete Code.

## **Behavior identification**

You will be subjected to drug testing, if the athletic department staff and/or other student-athletes observe certain identifiable behaviors relating to drug use. The UCCS Counseling Center staff will serve as consultants to the Athletic Department to review observed behaviors.

## **Objective Criteria**

The UCCS Counseling Center staff will serve as consultants to the Athletic Department to review observed behaviors. The identifiable behaviors that may warrant an investigation related to drug use are as follows:

## **Drug testing**

Upon identification of objective behaviors, acknowledged by coaches, athletic department staffer teammates and after consultation with the UCCS Counseling center, the student-athlete in question will be tested for drug use on the basis of reasonable suspicion.

## **Drug testing procedures**

The student-athlete will be notified by the Head Athletic Trainer to provide a urine sample at a designated collection point in Colorado Springs. The Athletic Department will pay for the drug test. Depending on the results of the drug test and the circumstances surrounding the situation of the student-athlete, the student-athlete may be subjected to ongoing drug tests for a period of time as determined by the Athletic Director.

## **Penalties**

The student-athlete will be subjected to the Disciplinary Procedures outlined in the Student-Athlete Handbook. If any University policy or any State or National laws have been broken, the student-athlete will be subjected to the disciplinary procedures dictated by those respective organizations.

## **Follow up procedures**

Depending on the criteria imposed on the student-athlete by the Athletic Director, if the student-athlete is found to be in violation of this policy, the student-athlete will be immediately subjected to the criteria outlined in the second offense wording outlined in the Disciplinary Procedure for Unethical Behavior.

## **Return to sport criteria**

When the student-athlete demonstrates compliance with the Athletic Director's imposed criteria, the Athletic Director, at his discretion shall make a final decision on the student-athlete's future involvement with athletics at UCCS

# NCAA Drug Testing Policy

## Resources

### Drug Free Sport

- <http://www.drugfreesport.com/rec/>
  - Password = ncaa2

### NCAA Health & Safety Website

- <http://www.ncaa.org/wps/ncaa?ContentID=282>

### NCAA Drug Testing Video Series

- [NCAA Drug Testing Video](#)
- [NCAA Medical Exceptions'](#)

#### NCAA Banned-Drug Classes

2008-09

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry, therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

#### Bylaw 31.2.3. Banned Drugs

The following is a list of banned-drug classes, with some examples of substances under each class. **No substance belonging to the banned drug class may be used, regardless of whether it is specifically listed as an example.**

#### (a) Stimulants:

amphetazole	methylenedioxymethamphetamine (MDMA, ecstasy)
amphetamine	methylphenidate
bemgridle	nikethamide
benzphetamine	pernoline
bromantan	pentetrazol
caffeine <sup>1</sup> (guarana)	phenidimetrazine
chlorpheniramine	phenmetrazine
cocaine	pheniramine
cropropamide	
crothelamide	
diethylpropion	phenylpropanolamine (ppa)
dimethylamphetamine	picrotoxine
doxapram	pipradol
ephedrine	prolintane
(ephedra, ma huang)	strychnine
ethamivan	synephrine
ethylamphetamine	(citrus aurantium, zhi shi, bitter orange)
fencamflamine	and related compounds
meclizoxate	
methamphetamine	
The following stimulants are not banned:	
phenylephrine	pseudoephedrine

#### (b) Anabolic Agents:

##### anabolic steroids

androstenediol	gestirone
androstenedione	mesterolone
boldenone	methandienone
clostebol	methyltestosterone
dehydrochloromethyltestosterone	nandrolone
dehydroepiandrosterone (DHEA)	nonandrosteroidal
dihydrotestosterone (DHT)	nonandrosteronidone
dromostanolone	noethandrolone
epitrenbolone	oxandrolone
fluoxymesterone	oxymesterone
	oxymetholone
	stanozolol
	testosterone <sup>2</sup>

tetrahydrogestirone (THG)  
trenbolone  
and related compounds

Other anabolic agents  
clenbuterol

#### (c) Substances Banned for Specific Sports:

Rifle:

alcohol	gindolol
atenolol	propamolol
metoprolol	simolol
nadolol	and related compounds

#### (d) Diuretics and other urine manipulators:

acetazolamide	hydrochlorothiazide
benfroflumethiazide	hydroflumethiazide
benzthiazide	methyclothiazide
kumetamide	metolozone
chlorothiazide	polythiazide
chlorthalidone	quinethazone
ethacrynic acid	spironolactone
fumethiazide	tiamsinone
furosemide	trichlormethiazide
	and related compounds

#### (e) Street Drugs:

heroin	tetrahydrocannabinol (THC) <sup>3</sup>
marijuana <sup>3</sup>	

#### (f) Peptide Hormones and Analogues:

corticotrophin (ACTH)
growth hormone (hGH, somatotrophin)
human chorionic gonadotrophin (hCG)
insulin like growth factor (IGF-1)
leutenizing hormone (LH)
(all the respective releasing factors of the above-mentioned substances also are banned.)
erythropoietin (EPO)
darbypocetin
sermorelin

#### (g) Anti-Estrogens

anastrozole
clomiphene
tamoxifen
and related compounds

#### (h) Definitions of positive depends on the following:

<sup>1</sup>For caffeine—if the concentration in urine exceeds 15 micrograms/ml.

<sup>2</sup>For testosterone—if the administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

<sup>3</sup>For marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.