

Walsh University's  
Athletic Training  
Handbook  
For  
Emergency Protocols  
And  
Operating Guidelines

2011-2012 Academic Year

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## Introduction

Emergency situations can occur at anytime during an athletic practice or event. The following handbook will outline emergency protocols for an injury that needs the attention of Emergency Medical Services, Training Room operational guidelines, drug testing protocol, lightening protocol, insurance guidelines, and physical requirements. These guidelines are developed so that a consistent care is give to Walsh University student-athletes.

Everybody that is involved with Walsh University's Athletic Department should familiarize themselves with these procedures so that if any situation arises, and someone from the sports medicine staff is not available, they can provide basic help to the student-athlete. A situation might not be life threatening, but could impact a student-athletes health and should always be given priority.

Student-athletes often times have medical issues that other students at the university do not have. Sometimes, as a coach or department personnel, you might become aware of these before anyone else, so proper action on your behalf might allow these young adults, to seek medical treatment at an earlier stage then would normally occur. With this in mind, the university has developed a comprehensive team of medical professionals to help these student-athletes. These professionals have a background in working with athletes and college students. They are all highly trained and specialized in the field that they practice in. Everyone in the Athletic Department needs to encourage all student-athletes to take advantage of these resources when needed, so that there is not a risk of further aggravation of their condition in the competitive arena.

As an athletic department, the sports medicine staff encourages everyone to read and become familiar with the contents of this manual and discuss any issues that might arise. This will promote safe, healthy participation for our student-athletes, which should be our number one goal.

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## Emergency Plan

An athletic department has the duty to develop an emergency plan that will be implemented immediately. When necessary, this plan will provide appropriate standards of health care to all sports participants. An athletic injury can happen at any time during any activity. Therefore the sports medicine team and athletic training staff must be prepared. This preparation involves the formulation of an emergency plan for every athletic venue, emergency medical equipment and supplies, utilization of emergency medical personnel, and routine review of the emergency action plan. Through pre-participation physical screenings, proper coaching of skills and an appropriate strength and conditioning program, some potential emergencies may be averted. However, accidents and injuries are inherent with athletic participation, and proper preparation on the part of the sports medicine team and athletic staff will enable each emergency situation to be managed.

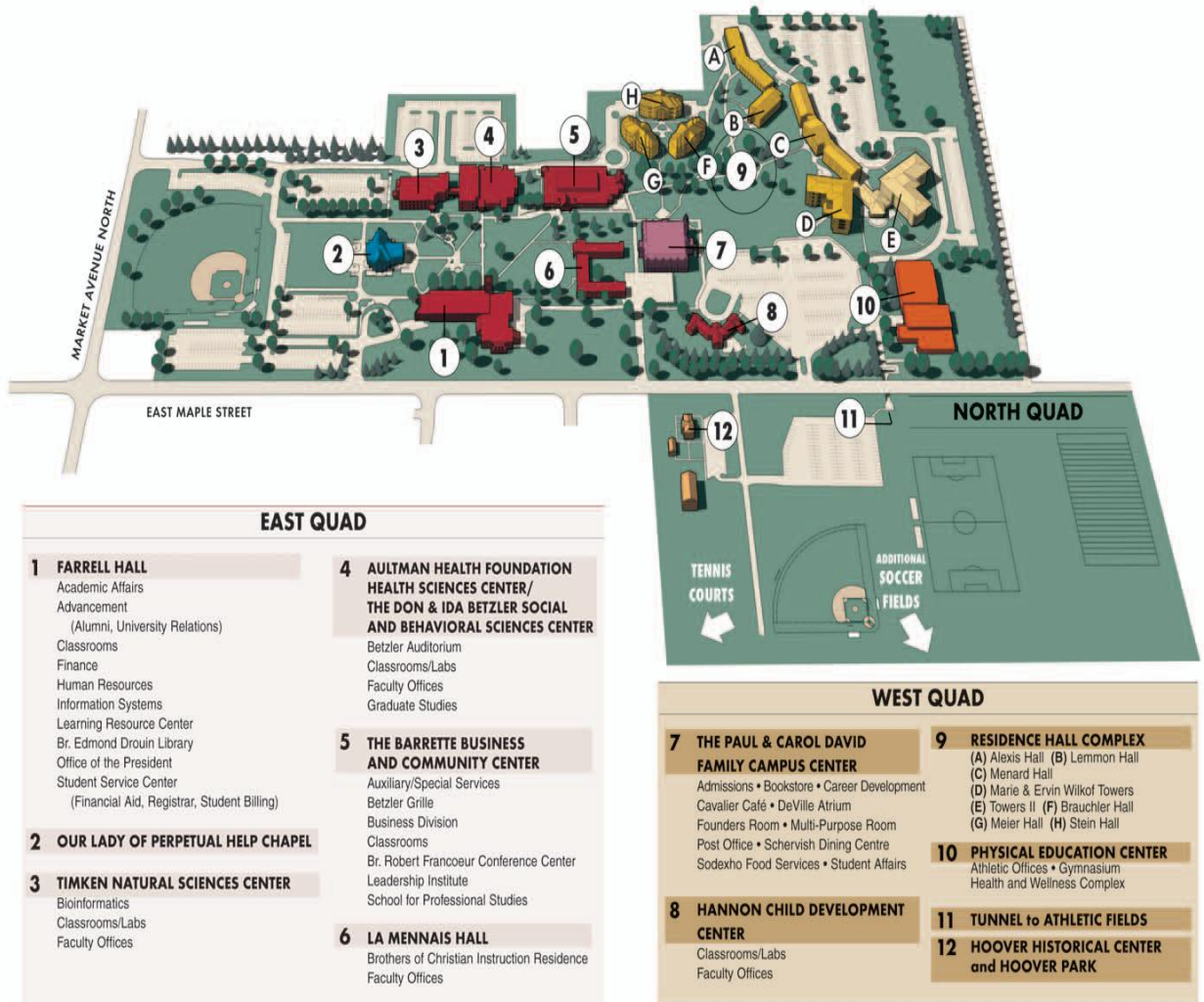
When possible, a member of the athletic training staff will be on hand if an emergency should arise, however, due to the limitation of staffing, a coach or another staff member may be the first responder to an athletic injury. With this in mind everyone that is associated with the athletic department is strongly encouraged to be certified in cardiopulmonary resuscitation (CPR), first aid, prevention of disease transmission, and well versed in all emergency action plans.

The emergency action plans cannot be completed without the formation of an emergency team. Everyone involved in the athletic department has a place on this team, along with the athletic training staff, team physicians, campus security, and health services. Roles on the team vary, depending on the staffing that is available at the time of the emergency. Directions of the care for the student-athlete is always lead by the most qualified and trained team member that is present. The order of hierarchy is as follows: physician, certified athletic trainer, coach, and then bystander. Each athletic team should designate personnel for task that need to be accomplished to provide fast and accurate care.

The tasks that need to be accomplished during an emergency are as follows. The first role is to evaluate the condition of the injured athlete and provide emergency care to the athlete. This includes, but is not limited to, CPR, first aid, stabilization of the spine, and evaluation of the student-athlete's risk of further injury. The second role is activation of the emergency services. This includes calling EMS and campus security. The person who is required to call EMS needs to get complete information of the situation from the team member that is assessing the student-athlete. The information needed is: What is the injury? Are they breathing? Is there a pulse? Is CPR being given? Is the student-athlete in eminent risk? The location of the student-athlete and directions for the EMS, is also important information that needs to be stated to the 911 dispatcher. If there is anyone else around, have them get the emergency equipment and supplies and send someone to meet EMS to direct them to the right location. The person who is sent to meet EMS should have keys to any locked gates or doors that may slow down the arrival of medical personnel.

The importance of being properly prepared when an athletic emergency arise cannot be stressed enough. A student-athlete's survival may hinge on how well trained and prepared the athletic department staff is. It is prudent to invest athletic department "ownership" in the emergency plan by involving the complete athletic staff, including administrators and coaches along with the sports medicine staff. The emergency plan should be routinely reviewed. Through the development and implementation of the emergency plan, Walsh University helps ensure that the student-athlete will have the best care provided when an emergency does arise.

## Campus Map



### EAST QUAD

#### 1 FARRELL HALL

Academic Affairs  
 Advancement  
 (Alumni, University Relations)  
 Classrooms  
 Finance  
 Human Resources  
 Information Systems  
 Learning Resource Center  
 Br. Edmond Drouin Library  
 Office of the President  
 Student Service Center  
 (Financial Aid, Registrar, Student Billing)

#### 2 OUR LADY OF PERPETUAL HELP CHAPEL

#### 3 TIMKEN NATURAL SCIENCES CENTER

Bioinformatics  
 Classrooms/Labs  
 Faculty Offices

#### 4 AULTMAN HEALTH FOUNDATION HEALTH SCIENCES CENTER/ THE DON & IDA BETZLER SOCIAL AND BEHAVIORAL SCIENCES CENTER

Betzler Auditorium  
 Classrooms/Labs  
 Faculty Offices  
 Graduate Studies

#### 5 THE BARRETTE BUSINESS AND COMMUNITY CENTER

Auxiliary/Special Services  
 Betzler Grille  
 Business Division  
 Classrooms  
 Br. Robert Francoeur Conference Center  
 Leadership Institute  
 School for Professional Studies

#### 6 LA MENNAIS HALL

Brothers of Christian Instruction Residence  
 Faculty Offices

### WEST QUAD

#### 7 THE PAUL & CAROL DAVID FAMILY CAMPUS CENTER

Admissions • Bookstore • Career Development  
 Cavalier Café • DeVille Atrium  
 Founders Room • Multi-Purpose Room  
 Post Office • Schervish Dining Centre  
 Sodexo Food Services • Student Affairs

#### 8 HANNON CHILD DEVELOPMENT CENTER

Classrooms/Labs  
 Faculty Offices

#### 9 RESIDENCE HALL COMPLEX

(A) Alexis Hall (B) Lemmon Hall  
 (C) Menard Hall  
 (D) Marie & Ervin Wilkof Towers  
 (E) Towers II (F) Brauchler Hall  
 (G) Meier Hall (H) Stein Hall

#### 10 PHYSICAL EDUCATION CENTER

Athletic Offices • Gymnasium  
 Health and Wellness Complex

#### 11 TUNNEL to ATHLETIC FIELDS

#### 12 HOOVER HISTORICAL CENTER and HOOVER PARK

## Emergency Plan-Physical Education Center

### Emergency Personnel:

A certified athletic trainer will be on call for all in-season practices, Monday through Friday, from 8:00 am until 6:00pm during the academic year. Campus Security can be reached anytime using a campus phone and dialing extension 7474.

### Emergency Communication:

There is a phone located in the lobby, outside the Mercy Wellness Center. This phone has the capability of dialing 911 or Campus Security at extension 7474.

### Emergency Equipment:

Each coach is responsible for a fully stock athletic training kit at all practices or games. Additional emergency supplies can be located in the Athletic Training Room, in the basement of the Mercy Wellness Center. AEDs are located in the lobby of the Physical Education Building, David Center, library vestibule, and in the athletic training room.

### Roles of the First Responder:

- Immediate care of injured or ill student-athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Call 911 – The caller needs to provide the following information:
  - Name and location of injured student-athlete (Walsh University Physical Education Center, 2020 East Maple North Canton, OH)
  - Number and condition of the victims
  - Type of suspected injuries
  - Type of treatment that has been initiated
  - Specific directions to the venue
- Designate an individual to make sure all entrances are unlocked and direct EMS to the appropriate location
- Scene control: limit scene to first aid providers and move any bystanders to a designated area

### Venue Directions:

Coming from the West on East Maple: Turn into the West Gate at Walsh University and take the drive at the first right. The Physical Education Center is the first building located on the right. The handicap accessible ramp entrance is located at the south of the main stairs in front of the building.

Sports Using Facility: Volleyball, Men's and Women's Basketball, Baseball, Softball, Football, Men's and Women's Track and Cross Country, Men's and Women's Soccer, Men's and Women's Tennis, Men's and Women's Golf, Lacrosse, and Cheerleading.

### Emergency Plan-Soccer and Track

#### Emergency Personnel:

A certified athletic trainer will be on call for all in-season practices, Monday through Friday, from 8:00 am until 6:00pm during the academic year. Campus Security can be reached anytime using a campus phone and dialing extension 7474.

#### Emergency Communication:

There is a yellow, call box located at the north end of the tunnel under East Maple Street. This call box has the capability of directly contacting Campus security and they can reach the North Canton Dispatch.

#### Emergency Equipment:

Each coach is responsible for a fully stock athletic training kit at all practices or games. Additional emergency supplies can be located in the Athletic Training Room, in the basement of the Mercy Wellness Center. AEDs are located in the lobby of the Physical Education Building, David Center, library vestibule, and in the athletic training room.

#### Roles of the First Responder:

- Immediate care of injured or ill student-athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Call 911 – The caller needs to provide the following information:
  - Name and location of injured student-athlete (Walsh University track, 2020 East Maple North Canton, OH; Across from main campus)
  - Number and condition of the victims
  - Type of suspected injuries
  - Type of treatment that has been initiated
  - Specific directions to the venue
- Designate an individual to make sure all entrances are unlocked and direct EMS to the appropriate location
- Scene control: limit scene to first aid providers and move any bystanders to a designated area

#### Venue Directions:

Depending on the location of the injured student-athlete; there are two different directions possible. Coming from the west on East Maple Street, turn left at the first entrance when coming upon Walsh University. This driveway has a gate that needs to be opened for access. If the injured student-athlete is located on the east side of the track, direct EMS to the Hoover Park entrance and advise them to take the first left into the parking lot and proceed to the north end of the lot.

Sports Using Facility: Volleyball, Men's and Women's Basketball, Baseball, Softball, Football, Men's and Women's Track and Cross Country, Men's and Women's Soccer, Men's and Women's Tennis, Men's and Women's Golf, Lacrosse and Cheerleading.

#### Emergency Plan-Multi-Purpose Artificial Turf Field

##### Emergency Personnel:

A certified athletic trainer will be on call for all in-season practices, Monday through Friday, from 8:00 am until 6:00pm during the academic year. Campus Security can be reached anytime using a campus phone and dialing extension 7474.

##### Emergency Communication:

There is a yellow, call box located at the north end of the tunnel under East Maple Street. This call box has the capability of directly contacting Campus security and they can reach the North Canton Dispatch.

##### Emergency Equipment:

Each coach is responsible for a fully stock athletic training kit at all practices or games. Additional emergency supplies can be located in the Athletic Training Room, in the basement of the Mercy Wellness Center. AEDs are located in the lobby of the Physical Education Building, David Center, library vestibule, and in the athletic training room.

##### Roles of the First Responder:

- Immediate care of injured or ill student-athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Call 911 – The caller needs to provide the following information:
  - Name and location of injured student-athlete (Walsh University multi-purpose artificial turf field, 2020 East Maple North Canton, OH; across from main campus)
  - Number and condition of the victims
  - Type of suspected injuries
  - Type of treatment that has been initiated
  - Specific directions to the venue
- Designate an individual to make sure all entrances are unlocked and direct EMS to the appropriate location
- Scene control: limit scene to first aid providers and move any bystanders to a designated area

##### Venue Directions:

Coming from the west on East Maple Street, turn left at the first entrance when coming upon Walsh University. This driveway has a gate that needs to be opened for access.

Sports Using Facility: Baseball, Softball, Football, Lacrosse and Men's and Women's Soccer.

### Emergency Plan-Soccer Practice Fields

#### Emergency Personnel:

A certified athletic trainer will be on call for all in-season practices, Monday through Friday, from 8:00 am until 6:00pm during the academic year. Campus Security can be reached anytime using a campus phone and dialing extension 7474.

#### Emergency Communication:

There is a yellow, call box located at the north end of the tunnel under East Maple Street. This call box has the capability of directly contacting Campus security and they can reach the North Canton Dispatch.

#### Emergency Equipment:

Each coach is responsible for a fully stock athletic training kit at all practices or games. Additional emergency supplies can be located in the Athletic Training Room, in the basement of the Mercy Wellness Center. AEDs are located in the lobby of the Physical Education Building, David Center, library vestibule, and in the athletic training room.

#### Roles of the First Responder:

- Immediate care of injured or ill student-athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Call 911 – The caller needs to provide the following information:
  - Name and location of injured student-athlete (Walsh University soccer practice fields, 2020 East Maple North Canton, OH; across from main campus)
  - Number and condition of the victims
  - Type of suspected injuries
  - Type of treatment that has been initiated
  - Specific directions to the venue
- Designate an individual to make sure all entrances are unlocked and direct EMS to the appropriate location
- Scene control: limit scene to first aid providers and move any bystanders to a designated area

#### Venue Directions:

Coming from the west on East Maple Street, turn left at the first entrance when coming upon Walsh University. This driveway has a gate that needs to be opened for access.

Sports Using Facility: Men's and Women's Soccer, and Cross Country.

## Emergency Plan-softball

### Emergency Personnel:

A certified athletic trainer will be on call for all in-season practices, Monday through Friday, from 8:00 am until 6:00pm during the academic year. Campus Security can be reached anytime using a campus phone and dialing extension 7474.

### Emergency Communication:

There is a yellow, call box located at the north end of the tunnel under East Maple Street. This call box has the capability of directly contacting Campus security and they can reach the North Canton Dispatch.

### Emergency Equipment:

Each coach is responsible for a fully stock athletic training kit at all practices or games. Additional emergency supplies can be located in the Athletic Training Room, in the basement of the Mercy Wellness Center. AEDs are located in the lobby of the Physical Education Building, David Center, library vestibule, and in the athletic training room.

### Roles of the First Responder:

- Immediate care of injured or ill student-athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Call 911 – The caller needs to provide the following information:
  - Name and location of injured student-athlete (Walsh University softball field, 2020 East Maple North Canton, OH; across from main campus)
  - Number and condition of the victims
  - Type of suspected injuries
  - Type of treatment that has been initiated
  - Specific directions to the venue
- Designate an individual to make sure all entrances are unlocked and direct EMS to the appropriate location
- Scene control: limit scene to first aid providers and move any bystanders to a designated area

### Venue Directions:

Coming from the west on East Maple Street, turn left at the Hoover Park entrance just past the West Gate of Walsh University. Advise EMS, to turn down the dirt access road, just past the outfield fence.

### Sports Using Facility: Softball

### Emergency Plan-Tennis Courts

#### Emergency Personnel:

A certified athletic trainer will be on call for all in-season practices, Monday through Friday, from 8:00 am until 6:00pm during the academic year. Campus Security can be reached anytime using a campus phone and dialing extension 7474.

#### Emergency Communication:

There is a yellow, call box located at the north end of the tunnel under East Maple Street. This call box has the capability of directly contacting Campus security and they can reach the North Canton Dispatch.

#### Emergency Equipment:

Each coach is responsible for a fully stock athletic training kit at all practices or games. Additional emergency supplies can be located in the Athletic Training Room, in the basement of the Mercy Wellness Center. AEDs are located in the lobby of the Physical Education Building, David Center, library vestibule, and in the athletic training room.

#### Roles of the First Responder:

- Immediate care of injured or ill student-athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Call 911 – The caller needs to provide the following information:
  - Name and location of injured student-athlete (Walsh University tennis courts, 2020 East Maple North Canton, OH; across from main campus)
  - Number and condition of the victims
  - Type of suspected injuries
  - Type of treatment that has been initiated
  - Specific directions to the venue
- Designate an individual to make sure all entrances are unlocked and direct EMS to the appropriate location
- Scene control: limit scene to first aid providers and move any bystanders to a designated area

#### Venue Directions:

Coming from the west on East Maple Street, turn left at the Hoover Park entrance just past the West Gate of Walsh University. Advise EMS, to turn down the driveway and turn right on the driveway, just after the parking lot on the right. They need to follow this driveway until they see the tennis courts on the right hand side.

Sports Using Facility: Men's and Women's Tennis

## Emergency Plan-Fawcett Stadium

### Emergency Personnel:

A certified athletic trainer will be on call for all in-season practices, Monday through Friday, from 8:00 am until 6:00pm during the academic year. Campus Security can be reached anytime using a campus phone and dialing extension 7474.

### Emergency Communication:

The phone located in the athletic training room located in the east end locker room. This has the capability of calling 911.

### Emergency Equipment:

Each coach is responsible for a fully stock athletic training kit at all practices or games. Additional emergency supplies can be located in the Athletic Training Room, in the basement of the Mercy Wellness Center. AEDs are located in the lobby of the Physical Education Building, David Center, library vestibule, and in the athletic training room.

### Roles of the First Responder:

- Immediate care of injured or ill student-athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Call 911 – The caller needs to provide the following information:
  - Name and location of injured student-athlete (Fawcett Stadium, Canton, OH)
  - Number and condition of the victims
  - Type of suspected injuries
  - Type of treatment that has been initiated
  - Specific directions to the venue
- Designate an individual to make sure all entrances are unlocked and direct EMS to the appropriate location
- Scene control: limit scene to first aid providers and move any bystanders to a designated area

### Venue Directions:

Fawcett Stadium is located between McKinley High School and the Pro Football Hall of Fame. Direct the EMS to use the northwest entrance to the stadium next to the Pro Football Hall of Fame. The person who is sent to meet EMS needs to make sure the gate is open that EMS can proceed without delay

### Sports Using Facility: Football

## Emergency Plan-Baseball

### Emergency Personnel:

A certified athletic trainer will be on call for all in-season practices, Monday through Friday, from 8:00 am until 6:00pm during the academic year. Campus Security can be reached anytime using a campus phone and dialing extension 7474.

### Emergency Communication:

There is a campus phone located in the east vestibule of the chapel. This phone has the capabilities of calling 911. Also you can contact campus security by calling extension 7474 and they are able to contact North Canton Dispatch.

### Emergency Equipment:

Each coach is responsible for a fully stock athletic training kit at all practices or games. Additional emergency supplies can be located in the Athletic Training Room, in the basement of the Mercy Wellness Center. AEDs are located in the lobby of the Physical Education Building, David Center, library vestibule, and in the athletic training room.

### Roles of the First Responder:

- Immediate care of injured or ill student-athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Call 911 – The caller needs to provide the following information:
  - Name and location of injured student-athlete (Walsh University baseball field, 2020 East Maple North Canton, OH)
  - Number and condition of the victims
  - Type of suspected injuries
  - Type of treatment that has been initiated
  - Specific directions to the venue
- Designate an individual to make sure all entrances are unlocked and direct EMS to the appropriate location
- Scene control: limit scene to first aid providers and move any bystanders to a designated area

### Venue Directions:

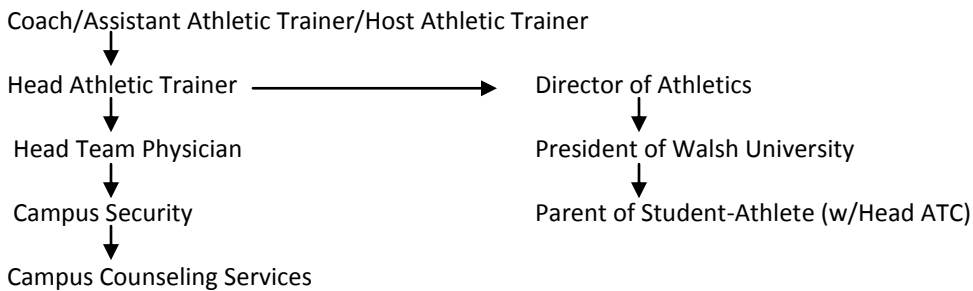
Coming from the west on East Maple Street, turn right into the East Gate of Walsh University.

Sports Using Facility: Baseball

### Catastrophic and Life Threatening Injuries

It is everyone's hopes that they never have to deal with a catastrophic or life threatening injuries. However, it is unrealistic and dangerous if Walsh University Athletic Department does not plan for these accidents. Once again, this is why it is important to know all the Emergency Plans so that there is no hesitation in the appropriate care of a catastrophic injury. If such a tragedy occurs then the athletic department needs to take the following steps:

1. If a catastrophic event occurs the following people need to be called and informed of the accident:



2. If an AED was used, the AED needs to be secured by campus security, until the unit's rhythm strip can be retrieved. Campus security should also be given any game or practice film that may have recorded the accident. Campus security may also request to interview any student-athlete, coaches or bystanders that may have witnessed the event.

As soon as the university president, director of athletics, athletic training staff, head team physician, head coach of the student-athlete, and the chief of campus security, can meet, they will go over the events leading up to the accident, the accident, and the actions that followed the accident. This group will evaluate the Emergency Plan, actions that were taken, future actions that need to be taken, such as counseling of the other student-athletes.

This group then should schedule a follow up meeting one week after the accident. At his time, any further information that impacts this case will be brought up, such as pre-existing medical conditions, review of the AED's rhythm strip, review of the film, and results of the questioning of the witnesses of the accident. Then this group will then determine if the Emergency Plan is adequate if another incidence arises or if a change needs to be made.

### Coaching Staff Certification in First Aid/CPR/AED

Walsh University's Department of Athletics is committed to the Health and Safety of the student-athlete. As part of this commitment, each head coach and full-time assistant coaches are required to be first aid/CPR/AED certified. We also highly encourage all members of the athletic department (non-coaches and part-time coaches) to be certified in first aid/CPR/AED. These training will be coordinate through the Head Athletic Trainer.

**Amendment-** Rule 11.1.6 Sports-Safety Training: as of 8/1/10 the NCAA Division 2 requires this.

### Blood Bourne Pathogens

To minimize risk of the transmission of blood borne pathogens, the head coaches and full-time assistants will be annually educated on OSHA standards. This education will be periodically updated if there are new changes in current techniques or if there is an instance of concern that arises. If there is any bodily fluid exposure, proper protective equipment will be used and maintenance will be called to handle any cleanup of the bodily fluids.

Any soiled equipment will be cleaned with a disinfectant and will need to be thoroughly inspected before it is allowed to be used again. Laundry will be cleaned using appropriate temperatures and detergents to maintain that all organic matter is neutralized.

### Physicals

To provide a more thorough and comprehensive health history and physical, we are asking that each new student-athlete (freshmen, transfer, practice player or new addition to your roster) get a physical from their primary care physician. With this change in policy we are hoping that we can get all their medical records that pertain to any injuries or medical issues that they may have had in the past. We are also using this as a means to add another layer of protection of our student-athletes by having more detailed medical history. This physical will also have their sickle-cell trait status on it. This physical would need to be on file with the Sports Medicine Staff before any student-athlete participates in any team activity or any Walsh University facility. Once the Sports Medicine Staff has this physical, they will review it and make a determination if this student-athlete needs to follow up with one of our physicians.

If a student-athlete is transferring from another college or university, where they participated in intercollegiate athletics, Walsh University will accept their physical from this institution. However, if the student-athlete had taken anytime off between their previous institution and Walsh University, then the athletic training staff will request another physical examination. When the student-athlete is making the request for their physical, from their previous institution, they will also need a copy of all injury reports and treatment notes.

Walsh University also requires that all returning athletes go through a abbreviated health history, neurological and cardiac check up every year. This check up consists of blood pressure, pulse and examination by a physician. These will be conducted at times determined by the sports medicine staff.

### Insurance

Walsh University requires all students to have medical insurance. As part of this policy, the sports medicine staff requires the student-athlete to have proof of medical insurance. Walsh University also carries a secondary medical insurance on all student-athletes if they are injured while participating in a directly supervised athletic workout, practice, or event. This policy is offered free to each student-athlete that appears on an official roster. This policy is only a **secondary policy** and will only pay claims after they have been submitted to a primary carrier.

Walsh University Athletic Department requires that all student-athlete turn in an insurance form, before a student-athlete is eligible to participate in an athletic practice, event or conditioning session. These forms are found in the Athletic Training portion of Walsh University's Athletic website.

Walsh University's secondary policy is through The Baker Agency, Inc. This policy requires a claim form filled out and signed by a member of Walsh University's Athletic Training Staff. This form needs to be completed within forty-eight hours of the injury. The claim form will then be filed with The Baker Agency, Inc., so that any claims can be paid. Failure to follow this procedure can delay or even jeopardize payment on this claim.

This policy requires an Explanation of Benefits from the student-athlete's insurance before they will pay, so they are encouraged to turn them in as soon as possible. Once The Baker Agency, Inc., has received all the information that they have requested, they will pay according to the payment schedule the policy dictates. The policy covers most expenses that will occur from an athletic injury; however, there are some limitations, such as, bracing, physical therapy, and pain management. To get a complete list, see a member of the athletic training staff.

### Athletic Injuries

Walsh University's Athletic Training Staff, needs to be informed if an athletic injury has occurred. If the injury is deemed life threatening, activate the Emergency Plan. If during normal operational hours of the athletic training room, get a member of the athletic training staff, if they are not present at the time. If after hours, make sure all of the student-athletes medical needs are met. If the injury is considered life threatening or catastrophic, call the Head Athletic Trainer at home. If unable to contact Head Athletic trainer, next try the Assistant Athletic Trainer. If you are unable to contact anyone from the athletic training staff, contact the Director of Athletics, and inform them of the situation.

If the injury is considered a non-emergency, have the student-athlete follow up with the athletic training staff first thing in the morning. The coaching staff has a responsibility of calling the athletic training staff and letting them know of the situation and the actions that were taken at the time of the injury so that they can be documented. Once the student-athlete has presented themselves to the athletic training staff, there will be a determination of the appropriate next steps in the care of the student-athlete.

Each student-athlete is required before they participate in any team activity or conditioning session a Injury and Illness Reporting Acknowledgement Form. This form states that each student-athlete understands that there is a risk of injury participating in intercollegiate athletics and that it is their responsibility to notify a member of the sports medicine staff of a condition that they might experience before, during or after any team activity or conditioning session.

### Strategy for management of MRSA (Methicillin Resistant Staphylococcus Aureus)

MRSA has emerged as a cause of skin infections among otherwise healthy adults, including college athletes. Because of this health concern, Walsh University is beginning an aggressive campaign to educate everyone in the prevention of skin infections and has established protocols for the reporting of skin infections.

According to the Centers for Disease Control and Prevention (CDC), hand hygiene plays a critical role in the transmission of MRSA and prevention of infection. In general, the CDC recommends:

- Keep your hands clean by washing with soap and water or using an alcohol –based hand rub.

- Keep cuts/scrapes/open wounds clean and covered with a bandage until healed.
- Avoid contact with other people's wounds or bandages.
- Avoid sharing personal items such as towels or razors.

#### Protocol for reporting skin and soft tissue infections

- Coaches and/or student athletes should report any open wound, rash or skin condition to the athletic trainer as soon as possible. If the trainer is not available, the nurse in Health Services should be notified.
- The trainer or the nurse should initially examine the student.
- If deemed necessary after initial examination, the student should be seen by one of the college physicians.
- A "Skin and Soft Tissue Infections" report should be completed on everyone who presents themselves for examination. This report will include medical examination notes and follow-up procedures used in the identification, treatment and management of the clinical process.
- The infection report will be a carbonless triplicate form:
  - One copy will be filed with the Athletic Trainer
  - One copy will be placed in the student's medical file in Health Services
  - One copy will be kept in a file in Health Services

#### Drug Testing and Education

Drugs and alcohol are a major detriment to healthy participation in college athletics. With this in mind, Walsh University's Sports Medicine Staff feels that all possible measures must be used to deter their use to protect the department's student-athletes. These measures include drug testing and education. The following is an excerpt from Walsh University Athletic Department Manual, Outlining the protocols for drug testing and education.

##### A. DRUG TESTING

The abuse of drugs and alcohol is currently a serious problem in our nation. Drugs and alcohol have a negative and sometimes deadly effect on those who abuse them. This abuse is disruptive to individual lives and to our entire society. The Walsh University Department of Athletics firmly believes that use of drugs and alcohol can negatively affect performance, both in the classroom and in the sport. The potential for drug abuse threatens the viability of collegiate and universities. Drug and alcohol education and counseling, although critical, are not sufficient by themselves. Drug testing is necessary to detect and deter drug use so that drug abusers, and the threat of injury they represent to themselves and others, may be removed from the Athletic Department. A principal motivation for drug testing, aside from a concern for the health of student-athletes, is that drug abusers are not physically fit for the rigors of intercollegiate sports. They may, therefore, pose a risk of serious injury to themselves and others during practice and competition. Moreover, drug abuse undermines the integrity of the University's sports programs.

Walsh University expects its student-athletes to be medically certified for competition, appropriately conditioned for competition, outfitted with the appropriate safety equipment, and provided with medical supervision.

Students who choose to become involved in intercollegiate athletics at Walsh University will be requested to consent to and participate in the University's Drug Testing Policy. An agreement will be signed by each student-athlete.

#### 1. Drug Testing Program

Walsh University has established a mandatory Drug Testing Program. For purposes of this program, "student-athletes" shall include all students participating or intending to participate in intercollegiate athletics. It will include students serving as cheerleaders, trainers, coaches, managers, etc. in connection with the conduct of intercollegiate athletics. The program is designed to offer positive assistance to student-athletes in dealing with the issues raised with substance use and abuse, by utilizing the following testing approaches:

Walsh University's Drug Testing Program shall include random and selective testing based on "reasonable suspicion" that a student-athlete is involved in drug or alcohol abuse. Whenever there is "reasonable suspicion" to believe that a student-athlete is using drugs or alcohol that poses a risk of serious injury to oneself or others, the student-athlete shall be tested. Random testing shall be used to detect and deter the use of drugs, including performance-enhancing drugs that undermine the integrity of athletic competition, and whose abuse can reasonably be anticipated to affect performance, health, or safety in athletic competition.

"Reasonable suspicion" to believe a student-athlete is using drugs or alcohol shall be based upon the existence of one or more criteria warranting testing to confirm or abate the suspicion. Typical criteria would include alcohol on breath, slurred or confused speech, unsteady balance or coordination, information received from a reliable informant, unusual weight gain or loss, unusual redness of eyes, inability to focus attention, etc. A head coach, trainer, or other Athletic Department personnel may direct a written request to the Director of Athletics to initiate a test based upon "reasonable suspicion". It is the intent of this program that all testing of individual students shall be initiated at the discretion of the Director of Athletics. The Director of Athletics, in consultation with the University physician and head trainer, shall provide in-service training for head coaches and other representatives of the University athletic interests respecting the manner of assessing the existence of "reasonable suspicion." If a student refuses to consent and cooperate with testing when confronted with reasonable suspicion by the Director of Athletics, such refusal shall be considered sufficient to immediately suspend the student from participation in intercollegiate athletics for one (1) calendar year from the date of such refusal, and his/her scholarship will be suspended effective with the end of the then current academic term.

Although educational efforts will continue to be the major thrust of addressing drug and alcohol abuse by student-athletes, a clearly defined program of testing of the urine of student-athletes is considered a reasonable, responsive, and necessary element of the total program to deter and detect such use. Implementation and ongoing administration of the program shall be conducted in such a manner as to ensure that the Drug Testing Program will reasonably address the following specific goals of the program.

- a. Serve as a deterrent to drug and alcohol abuse by student-athletes.
- b. Identify athletes who are drug or alcohol abusers who may need to be removed from athletic participation or competition, and who may need and desire counseling and treatment.
- c. Promote drug and alcohol abuse education and the availability of treatment counseling for the student-athlete who needs and desires assistance.

#### 2. Drugs of Abuse

The following are generally regarded as some of the most common drugs of abuse, the use or abuse of which by students competing or participating in intercollegiate athletics constituted a violation of team and Athletic Department rules. Each drug may be tested for within the Walsh University Drug Testing Program. Here is a sample list of drugs tested; however, this is not an all inclusive list:

- Alcohol
- Amphetamine (phenethylamine) group: Amphetamine, Methamphetamine
- Barbiturate group: Phenobarbital, Secobarbital, etc.
- Benzodiazepine group: Valium, Librium, etc.
- Cannabinoids: THC
- Cocaine Metabolite
- Doping
- Marijuana
- Methaqualone: Quaalude
- Opiate group: Morphine, Codeine, etc.
- Phencyclidine: PCP
- Propoxyphene: Darvon
- Steroids

### 3. Implementation of the Drug Testing Program

All student-athletes participating or intending to participate in intercollegiate athletics at Walsh University shall be required to participate in the Drug Testing Program, as well as all students serving as cheerleaders, trainers, managers, coaches, etc., in connection with intercollegiate athletics. The University retains the right to test any student-athlete based upon reasonable suspicion of drug use.

All such students shall be provided with a copy of this policy and Drug Testing Protocol and shall, prior to participation or competition, confirm in writing that he/she has received, read, and understands its provisions. A copy of this policy shall also be provided or made available to the parent(s) or legal guardian(s) of all such students, as well as prospective student-athletes and their parent(s) or legal guardian(s) during recruitment contacts. It is the intent of this requirement that there be full disclosure of all facts surrounding the testing program prior to participation or competition, and in the case of athletic recruits, early in the recruitment process and before any recruit makes a decision upon any offer from the University.

Prior to participation or competition, each such student [or student's parent(s) or legal guardian(s) in the student is a minor shall be provided with a Consent and Authorization Form that should be properly executed and filed with the Director of Athletics. At a minimum, the form shall provide the following:

- Acknowledgement that the student has read, understands, and has been provided a copy of the Drug Testing Program and agrees to be bounded by its provisions.
- Specific consent to the manner of collection and testing of urine samples of other testing procedures.
- Specific authorization to release information from the student's education records in the manner provided by the Drug Testing program and pursuant to the provisions of Family Educational Rights and Privacy Act of 1974 and acknowledgement that information from the Testing Program may be accessible to third parties to the extent required or authorized by state or federal law.

- Release of liability to the University, its Board, officers, employees, agents and representatives concerning implementation and administration of the Drug Testing Program.

#### 4. Drug Screening

In the fall of each academic year, coaches will meet with their respective teams. A calendar of campus events relate to substance abuse topics will be made available and written copies of team training rules will be given to each student-athlete. The Walsh University Drug and Alcohol Policies as described in the Student Handbook also will be discussed so that students understand the University's stand on the various substances and its consequences.

Each student-athlete will be asked to sign an agreement that they understand that random or selective drug testing is to be expected as part of the Athletic Department's policy on prevention of substance abuse. If the student-athlete refuses to sign the agreement, he or she will forfeit any right or privilege to compete for Walsh University athletic teams. If the student-athlete signs the agreement and tests positive, he or she will be liable for immediate suspension and possible dismissal from the athletic team upon further investigation and testing by appropriate University personnel.

Collected urine samples will be tested by an outside laboratory. Appropriate steps will be taken to ensure proper collection, identification, and confidentiality during the testing of samples. Each individual sample will be coded to provide anonymity and to avoid the possibility of identification error. Testing will be conducted by an appropriate accredited laboratory. Test results will be provided to the Director of Athletics and the Head Athletic Trainer. They are required under this program to preserve the confidentiality of all test results. The Director of Athletics will meet with any student-athlete who tests positive. Appropriate steps will be taken to recommend and provide to the athlete the proper counseling, treatment, and rehabilitation necessary to help him/her solve the problem. No information will be released at any time regarding any athlete participating in the program.

If the health services staff determines that the student-athlete is not complying with the applied recommendations for rehabilitation, the student's name will be referred to the head coach, the Director of Athletics/Vice President of Student Affairs, and Dean of Students who will determine the appropriate actions.

#### 5. Remedial Guidelines

The following procedures will be followed when an athlete who has tested positive for any substance believes the test to be in error:

- a. The student will be provided with the test results and have the opportunity to retest at his/her own expense.
- b. The student will have the right to a hearing with the Director of Athletics before any disciplinary action based on test results. The Director of Athletics will prepare evidence in writing 24 hours after the imposition of a disciplinary action.
- c. The student may appeal to the Vice President of Student Affairs and Dean of Students and/or the Athletic Advisory Committee in writing 24 hours after the Director of Athletics' decision. The Vice President for Student Affairs will make a final decision and send it to the student within seven days of the hearing.

#### 6. Positive Test Results

If an athlete tests positive, coaches will use the following guidelines. It is understood that individual differences and extenuating circumstances can be used at the discretion of each head coach in consultation with the Director of Athletics and the Vice President of Student Affairs.

a. First Offense:

The Director of Athletics will be notified.

The athlete must attend counseling and evaluation sessions as prescribed by the Director of Student Support Services.

The athlete will be retested on a regular basis.

The athlete will be suspended for a minimum of one contest.

b. Second Offense:

The Director of Athletics will be notified.

The athlete's parent or guardian may be notified.

Rehabilitation will be determined.

The athlete will be retested each week at his/her own expense.

The athlete will be suspended for a minimum of two contests.

c. Third Offense

The Director of Athletics will be notified.

The Athlete's parent or guardian may be notified.

The athlete will be suspended indefinitely.

The athlete may lose all athletic grant money.

All other sanctions implicit for suspension from Walsh University may apply.

## B. DRUG EDUCATION

All student-athletes will be required to attend specialized programs developed for respective sport programs and/or the entire department to address particular needs or concerns.

The Athletic Department will work with the Student Support Office, the Counseling Department, and the Office of Residence Life to develop a series of events to further educate student-athletes. A calendar of related activities will be made available to students, and all athletes will be encouraged to actively participate in or attend these functions.

During each academic year, team members in each sport will meet with their head coach to generate a commitment to work at the educational component in the athletic substance program. The head coach in each sport will guarantee educational lecture/video sessions during his/her sport season. Each coach will encourage participation in the Walsh University Substance Abuse Awareness Week Program.

Each head coach and full-time assistant coaches will be required to attend a drug and alcohol awareness lecture each year as a continuing education component. This lecture will focus on current trends and issues that occur on college campuses.

### Athletic Training Room Use

The Athletic Training Room is open Monday through Friday during the academic year from 8:00 AM – 1:30 PM for treatments and 1:30 PM – 5:00 PM for practice and game preparation. If a student-athlete is unable to come to the Athletic Training Room in the morning due to conflicts with their class schedule, student teaching, internships, or clinical rotations, the student-athlete needs to make an appointment with a member of the athletic training staff so that they can receive the care that they need.

For game coverage, an athletic trainer will be present at least two hours prior to competition so that treatments and game preparation can be performed, unless the head coach requests different arrangements. The athletic training staff will provide water, ice, and emergency supplies for each contest, and will be on hand for first aid and emergency care.

The Walsh University Athletic Training Staff asks that the Athletic Training Room is treated with the utmost respect and care. This is a clinical space where doctors and athletic trainers perform various medical procedures. With this in mind, encourage your student-athletes to keep all athletic equipment out of the Athletic Training Room, remove dirty shoes, and shower if they have just completed practice or a contest. One of the athletic training staff's primary goals is to minimize infection and disease, and by adhering to the following guidelines along with the daily cleaning and maintenance of the athletic training room, the risk of disease and infection will be drastically reduced.

The following are the posted Athletic Training Room rules:

1. No one will be in the athletic training room without proper supervision of an athletic training staff member.
2. The athletic training room is a medical facility for intercollegiate athletics and should be treated as such.
3. Shirts, Shorts, and appropriate footwear must be worn while in the training room.
4. Do not bring in cell phones, equipment, bags, or food and drinks into the training room.
5. All student-athletes must sign in the treatment log before receiving treatment or services.
6. Tobacco, chewing, or snuff is not allowed.
7. Nothing will be taken from the training room without a staff member's permission.
8. Return all equipment (wraps, slings, crutches, etc.).
9. No one is allowed in the SwimEx without approval and supervision of an athletic training staff member.
10. No lounging, loitering, socializing, or foul language will be allowed in the training room.
11. Athletic training room towels will not be used outside the athletic training room.
12. After practice, take a shower before routine treatment of minor wounds, cuts, or scratches.
13. Do not expect priority or special privileges over other athletes. You will receive treatment in order of arrival.
14. Report all injuries in the morning so that appropriate medical care can be given.
15. All treatments will be given before 1:30 PM unless prior arrangements have been made with a staff member.
16. No athlete will be late to practice or an event due to training room time, so the athlete must plan accordingly.
17. Treatments and rehabilitation will NOT be given during practice times unless that athlete is unable to participate and is given permission by the head coach.

18. Any abuse of these rules will be reported to the athlete's respective head coach and to the athletic director.

#### Walsh University Lightning and Inclement Weather Policy

Walsh University will follow the policy for inclement weather that the NAIA, NATA, NCAA and National Sever Storms Laboratory have recommended. These recommendations have been passed on by the NAIA to its game management personnel. The following are the NAIA Inclement Weather Guidelines:

1. Monitor weather with Skyscan lightning detectors and be ready to notify all athletic department personnel.
2. When Skyscan reads lightning in the 3 – 8 mile range, or when there is a Flash to Bang Count of less than 30 seconds, athletic activities need to be suspended. To use the Flash to Bang count, count the seconds from the time lightning is sighted to when the clap of thunder is heard Divide this number by five to obtain how far away the lightning occurred.
3. Leave the athletic fields and seek SAFE shelter areas – IMMEDIATELY. Safe shelter areas include: enclosed buildings, fully enclosed vehicles, low ground areas. Unsafe shelter areas include: open fields, golf carts, metal bleachers, umbrellas, and tall trees.
4. If you feel your hair standing on end, and/or you hear 'crackling' noises, you are in lightning's electric field. immediately assume a crouched position: arms around knees, head tucked, and only the balls of your feet touching the ground.
5. It is safe to resume activity 30 minutes from the last sight of lightning and sound of thunder.

#### Walsh University's Department of Athletics Policy on Sickle Cell Trait Athletes

As a college athletic department, one of the main goals should be to maintaining a safe and healthy environment for our student-athletes to practice and compete in. There is no guarantee that we will be able to catch all health care issues that might arise. However, Sickle Cell Trait is one issue that is easily tested for; which can help prevent a catastrophic accident with knowledge of the condition and proper planning in case an accident occurs.

Each of our student-athletes, most likely, has had the blood test performed. It is required in all 50 states at birth. However, most do not know the results of this test. Their primary care physician and/or pediatrician might have the result, if not they might have to go back to the health department for the community where they were born for the results. Or they can go to a primary care physician and request that the test be performed.

Statistics show that one out of twelve African-Americans and one out of two thousand Caucasians are carriers of this trait. It affects people whose ancestors came from a region of the world where malaria is found. The body over time adapted to this condition to help fend off death from this disease.

The health concern in athletics is that anyone who suffers from this condition has adverse reaction to intense, acute exertional exercise. This condition causes the red blood cells to "sickle" or adopt a quarter-

moon shape that causes the cells to bunch together. This condition then does not allow the working muscles to get the oxygen that the body demands and causes a condition called acute exertional rhabdomyolysis. This condition is defined as a rapid breakdown of muscle tissue starved of blood. This condition also is attributed to the death of nine athletes from 2001 to 2007 and thirteen deaths in the sport of football from 1974 to 2007.

With these statistics in mind and as a result of a recommendation of the NCAA, Walsh University will start to require that all new student-athletes coming on campus starting in the Fall of 2010, show proof of their Sickle Cell Trait status. This proof will be a signed document from a physician's office, stating either they are positive or negative for Sickle Cell Trait. Also, as a department, we encourage all student-athletes that are currently on campus to find out their status. The Athletic Training staff will help arrange for a physician's order for any student-athlete who wishes to have this test performed, because their primary care physician and/or pediatrician do not have the test results. We will also provide educational information to the student-athletes and department personnel.

If a student-athlete is positive for Sickle Cell Trait, this will not disqualify them from participating on any Walsh University team. However, these student-athletes will follow the guidelines adapted from the NATA's Consensus Statement: Sickle Cell Trait and the Athlete. These guidelines are as followed for the student-athlete:

1. Build up slowly in training with paced progressions, allowing longer periods of rest and recovery between repetitions.
2. Encourage participation in preseason strength and conditioning programs to enhance the preparedness of the athletes for performance testing which should be sports-specific. Athletes with sickle cell trait should be excluded from participation in performance tests such as mile runs, serial sprints, etc., as several deaths have occurred from participation in this setting.
3. Cessation of activity with onset of symptoms (muscle "cramping", pain, swelling, weakness, tenderness; inability to "catch breath", fatigue).
4. If sickle-trait athletes can set their own pace, they seem to do fine.
5. All athletes should participate in a year-round, periodized strength and conditioning program that is consistent with individual needs, goals, abilities and sport-specific demands. Athletes with sickle cell trait who perform repetitive high speed sprints and/or interval training that induces high levels of lactic acid should be allowed extended recovery between repetitions since this type of conditioning poses special risk to these athletes.
6. Ambient heat stress, dehydration, asthma, illness, and altitude predispose the athlete with sickle trait to an onset of crisis in physical exertion.
  - a. Adjust work/rest cycles for environmental heat stress
  - b. Emphasize hydration
  - c. Control asthma
  - d. No workout if an athlete with sickle trait is ill
  - e. Watch closely the athlete with sickle cell trait who is new to altitude. Modify training and have supplemental oxygen available for competitions.
7. Educate to create an environment that encourage athletes with sickle cell trait to report any symptoms immediately;; any signs or symptoms such as fatigue, difficulty breathing, leg or low back pain, or leg or low back cramping in an athlete sickle cell trait should be assumed to be sickling.

A student-athlete who is suffering cell sickling will have symptoms that are similar to that of heat or cardiac collapse, but there are subtle differences between them. Unlike heat collapse, the student-athlete will

usually experience a sickling collapse in the first half hour of activity with their core temperature not greatly elevated. They also do not feel the muscle twinges that are associated with cramping, heat-cramps also tend to be more painful. When a student-athlete stops, they tend to stop because of weakness in their muscles, instead of a “locking up” feeling that is associated with cramping. Physically, you will notice that the student-athlete is fairly still and their muscles have a fairly normal tone. Whereas, someone cramping will be in visible pain and their muscles will be visibly contracting and feel contracted. Finally a student-athlete who suffered a sickling episode, if caught early and treated properly will recover faster than someone suffering from heat cramps.

Since this condition does not disqualify any student-athlete from competing at Walsh University, it is important that the athletic department have an emergency action plan set for when a sickling episode occurs. First, the student-athlete’s vitals need to be assessed and high-flow oxygen needs to be started if available. If the student-athlete has an elevated temperature, cool the athlete as needed. Activation of the emergency action plan for the venue needs to happen immediately and continued monitoring of student-athlete’s condition. Noting if their mental state becomes more confused, or their vital signs diminish. Once EMS arrives, inform them that the student-athlete suffers from Sickle Cell Trait and that they are probably suffering from explosive rhabdomyolysis and grave metabolic complications.

The Athletic Training staff at Walsh University will continue to monitor literature regarding this issue and will pass on any new information or suggested changes to the guidelines. While the numbers of incidences are low, any proactive steps that we can undertake to safe guard our student-athletes should be taken.