

Athletic Training

Medical Coverage:

The Pacific Lutheran University certified athletic trainers (ATCs), Student Health Center, and team physicians provide athletic training and sports medicine services to all PLU intercollegiate student –athletes. When a student-athlete sustains an injury during practice or competition the athlete should immediately notify his/her coach and one of the PLU certified athletic trainers. The staff certified athletic trainer will then follow the proper steps to evaluate, treat and refer the student-athlete for appropriate medical care. Once an injury is evaluated, treated and rehabilitated or reconditioned, then a staff ATC and/or a team physician will communicate with the appropriate coach and determine when it is safe for the student-athlete to return to participation. Up on release for participation the student- athlete will still need to follow-up with the athletic training staff for daily treatment and monitoring of the progress of the injury. The training room is located in the southwest corner of Olson Auditorium and is open daily 1:30-6:30pm and weekends and evenings as needed to cover various practices and events.

The Athletic training Room has a Sports Medicine Clinic every Tuesday afternoon from 2:30-4pm. Dr. Mark Mariani presides at this clinic and appointments are made through the Athletic Training Room.

There may be instances in which a student-athlete may need referral to the Student Health Center, a team physician or outside medical resources. Appointments at the Student Health Center can be made each weekday beginning at 8:00 am by calling 535-7366. The Student Health Center's hours is 8:00 am-12: 30 pm and 1:30-5:00pm daily (closed Wed. 10:30-11:30am for chapel)

Private practice office visits with physicians will incur charges and be billed to the patient or his/her primary insurance carrier. This is also true for diagnostic tests (e.g. blood tests, x-rays, MRIs, etc.) and any other off campus care obtained. The PLU Sports Medicine Staff utilizes a group of community based health care professionals. These practitioners are selected because they understand the unique needs of the student-athletes at Pacific Lutheran University and have proven to be accessible and cooperative with the patient management process. This is important in related health care administrative issues (filing insurance claims, etc.)

All athletes who are referred outside the Athletic Training Room or Student Health Center or see a physician, physical therapist or other medical provider outside the Athletic Training Room or the Student Health Center for treatment must have an "Athletic Injury Form" (available in the Training Room) filled out by the appropriate medical provider.

The Role of the Student Sports Medicine Assistant is as follows:

1. Prepare the athletes for practices and competition. (Tape, provide ice and water at event sites)

2. Provide Basic First Aid in the event of an injury.
3. Activate emergency procedures in the event of an injury.

It is NOT the roll of the student sports medicine assistant to determine if and when an injured athlete is able to safely return to practice or competition. In the event the Certified Athletic Trainer is not present a sports medicine assistant can advise the coach as to the condition of the athlete. It is the coach's decision and responsibility as to when and whether the athlete returns to practice or competition if the Certified Athletic Trainer is not present.

After Hours Treatment and Emergencies:

Every effort should be made to contact a Certified Staff Athletic Trainer, should an athlete become injured or ill. If unsuccessful, the athlete should go to the nearest medical facility and receive treatment. However, PLU's Athletic Training Staff must be notified within 48 hours.

Insurance:

PLU student athletes are required to provide proof of primary medical insurance. A completed questionnaire with a copy of their insurance card identifying their insurance coverage including policy numbers must be in the possession of the athletic training staff prior to participation. The PLU Athletic Department provides excess coverage secondary to the primary insurance and covers expenses only after a \$1,000 per injury deductible is met and paid by the primary insurance carrier or the individual.

As with all health care facilities, there are procedures that must be followed in order to qualify for and receive service. You are eligible for services provided by the Athletic Training and Sports Medicine Staff if you have met the following criteria:

- You are a current member of a Pacific Lutheran University intercollegiate athletic team.
- You have received a pre-participation medical examination and the proper forms are completed. NCAA and Athletic Department guidelines stipulate that this be accomplished upon entrance into the athletic program. The medical exam is required only once for your career but must be updated each academic year through a self-administered health history and emergency data / insurance / risk information forms.
- **All** updated and current forms are **on file** with the athletic training staff and Student Health Center. Medical exams are considered current if they are performed within the calendar year of the athlete's initial entry into Pacific Lutheran University's intercollegiate athletic program. This exam is considered valid for 5 consecutive years. All other information must be updated each academic year (health history, emergency data, insurance, acknowledgement of risk and HIPPA forms).

Eligible student-athletes who are in their traditional competitive season will have priority of staff, equipment and facility resources. Student-athletes participating in

off-season and non-traditional season activities may use the athletic training facilities, but realize that in-season student-athletes have priority with the athletic training staff and facility.

Information regarding injuries and medical conditions sustained by student-athletes is confidential. If the student-athlete is 18 years of age or older information regarding such conditions can only be communicated with people specially named by the student-athlete on the PLU Medical release and authorization form.

Lighting Safety

Decisions to remove teams or individuals from practice activities will be made by the certified athletic trainer in conjunction with the coach, game management person, and with the cooperation of the officials.

Guidelines for Lightning Safety:

1. Know where the closets “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe area. Safe structure is defined as:
Any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not** use the shower or plumbing during a thunderstorm.

In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE**

2. Be aware of how close lightning is occurring. The flash-to-bang method is the easiest. To use this method count the seconds from time lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away (in miles) the lightning occurring.
3. As a minimum, National Severe Storms Laboratory (NSSL) and the NCAA recommended that by the time the monitor obtained a flash-to-bang count of 30 seconds; all individuals should leave the athletic site and go to a safe structure or location.
4. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize your body’s surface area, and minimize contact with the ground. Do not lie flat.
5. If unable to reach safe shelter, stay away from the tallest trees or objects (such as light poles or flagpoles), metal objects (such as fences or bleachers), individual trees, standing water and open fields. Avoid being the highest object in a field.

- Do not take shelter under a single, tall tree.
6. A person who feels his or her hair stand on end, or skin tingle, should immediately crouch, as described in item 4.
 7. When considering resumption of an athletic activity, NSSL staff recommends that ideally everyone should wait 30 minutes after the last flash of lightning or sound of thunder before returning to the field or activity.
 8. Observe the following basic first aid procedures in managing victims of a lightning strike.
 - Survey the scene for safety.
 - Activate local EMS. Lightning victims do not carry a “charge” and are safe to touch.
 - If necessary, move the victim with care to a safe location.
 - Evaluate airway, breathing, circulation, and begin CPR if necessary.
 - Evaluate and treat for hypothermia, shock, fractures, and/or burns.
 9. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.