

HEALTHCARE INFORMATION

Approval for participation in intercollegiate athletics at East Tennessee State University

All incoming students are required to have a physical on file at the BucSports Athletic Medicine Center. Pre-participation physical exams will be given prior to starting practice in the Fall. If a student athlete should miss his or her designated physical date, a physical may be obtained through the BucSports Athletic Medicine Center for a fee of \$20. No student athlete will be permitted to participate in any activity until a physical is on file with the sports medicine staff.

In conjunction with this examination, the student athlete will also complete forms describing any previous injury record and past medical history. Student athletes who have sustained injuries that have resulted in the missing of practice or game in past five (5) years are required to report these injuries to the athletic trainer. The failure to report such injuries will relieve East Tennessee State University of all responsibility and liability to the student athlete in the event the student athlete re-injures the affected part and, provided the attending team physician determines that the original injury contributed to the injury.

If your child has sustained an injury prior to arriving at East Tennessee State University he or she may need additional diagnostic testing before he or she will be allowed to participate in their sport. The athlete and or parent will be financially responsible for any preexisting injury that requires further testing to be cleared for their sport (i.e. x-rays, blood tests, etc.).

Previous injuries, not fully rehabilitated, may disqualify one from participation until approved by the team physician or consulting orthopedists. If a student athlete is under the care of a physician not associated with East Tennessee State University, written permission must be presented to the athletic training staff and team physician stating the nature of the injury and the date the student athlete may resume activity.

If during the course of the year, a student athlete is injured and restricted from participation by a physician, he or she must be reexamined by the physician and given written permission to resume activity. This approval must be submitted to the athletic training staff before activity can be resumed. Unless a sport participant receives an injury that restricts him or her from play in one particular season, he or she is cleared to participate in any sport throughout that academic year after his or her initial physical.

It must be clearly understood that all intercollegiate athletes must receive medical clearance before participation. The signature of the examining physician on the pre-season physical form will present evidence of this medical authorization.

At the conclusion of each teams season, there will be exit forms for all participating student athletes. Any injury still affecting a student athlete should be noted on this form and treatment will be given as soon as possible. Injuries not listed on this end of the year physical form will be the responsibility of each individual student athlete.

MEDICAL INSURANCE

All student athletes at East Tennessee State University are required to have primary insurance that covers intercollegiate athletic injuries and illnesses. No student athlete will be allowed to participate in any practice or competition without a front and back copy of his or her insurance card and a completed insurance questionnaire (appendix).

The athletic training room staff will handle acute care and rehabilitation of minor injuries at no cost whenever possible. The athletic training staff will see that individual student athletes receive the best treatment available while following the guidelines of his or her own primary health insurance policy. It is the responsibility of the student athlete to inform the athletic training staff of any peculiarities and changes in his or her medical insurance coverage, i.e. HMO, PPO). If services are rendered while there is a lapse in coverage the student athlete will be responsible for all charges incurred during the lapse. Please let the athletic training staff know of any questions that may arise concerning the medical coverage of a student athlete.

The BucSports Athletic Medicine Center

The medical program at East Tennessee State University includes athletic trainers, team physicians, graduate assistant athletic trainers, physical therapists, and various medical specialist support staff. The first line of defense in health care for all sports teams at East Tennessee State University is the athletic training staff. There will be an athletic trainer that works with each sport that will be the link for all injuries and illnesses to the team physician. All practice sites will be in contact with an athletic trainer either onsite or by phone. A student athlete who sustains an injury that is high medical priority will be referred to the proper medical personnel through the athletic training staff and/or team physician.

The physicians introduced on the first page provide the diagnostic help, supervision, and prescriptive medical care. The team physicians will also prescribe the treatment and rehabilitation to the athletic trainers for all intercollegiate athletes.

The athletic trainers work with the advice and the supervision of the team physicians. The athletic trainers are available during practices to administer therapeutic modalities under the supervision of the team physician, and direct and supervise the rehabilitation program of the student athletes.

USE OF ATHLETIC TRAINING ROOM FACILITIES

The training room facilities are available for the student athletes participating in intercollegiate athletics at East Tennessee State University. The medical facilities are also available to visiting teams on a reciprocal courtesy basis. All other people not officially associated with the East Tennessee State University athletic program will only be allowed to use the facility upon referral from a physician or medical personnel at the student health clinic.

In the case of an emergency situation involving another person outside the athletics program (i.e. physical education, intramural, and recreation programs sponsored by the department), first aid may be administered and further medical assistance will be obtained.

When the athletic training room is not in use for intercollegiate athletics, the facility will be locked at all times. These facilities are under the direct supervision of the BucSports Athletic Medicine staff and no one else is to be allowed to use this facility without prior approval and appropriate supervision is provided.

The athletic training room facilities are to be used for the evaluation and treatment of athletic injuries. Care and use of the facilities are the direct responsibility of the athletic training staff.

POLICY ON REFERRAL TO MEDICAL SPECIALISTS

Whenever the team physician or athletic trainers are of the opinion that referral or consultation is necessary regarding a student athlete, arrangements for such a visit will be made by the athletic trainers and/or physician. All orthopaedic evaluations will be done for the Department of Athletics through associated consultants of the BucSports Athletic Medicine Center. This policy assures proper and immediate care, close follow-up treatment, and smooth injury management for the student athlete, team physician and athletic trainers. If the student athlete desires a second opinion, the student athlete is required to request a referral form, which must be updated by the physician and returned to the athletic trainers before consideration of resumption of activity is allowed.

The athletic training staff will arrange specific appointments and referral information. The athletic training staff will make transportation arrangements if the athlete cannot provide their own means.

A consultation between the parents of any athlete and the physician and/or athletic trainers will be arranged whenever requested. All decisions regarding medical approval or disqualification in the intercollegiate program will be made by the physician and/or associated consultants.

