



Athletic Training

Rules & Policies

General Rules

The following rules and guidelines have been established in order to maintain a safe and efficient environment in the athletic training room. These rules apply to everyone and must be followed.

- Shorts, T-shirt, and sneakers are the proper attire for the athletic training room. Some exceptions may be made for male athletes with upper extremity injuries. Leave all extra clothing or belongings in designated lockers.
- No cleats or spikes of any kind will be worn in the athletic training room.
- Profanity and horseplay will not be tolerated.
- Self-treatment is not allowed. All treatments, taping, bandaging, etc., will be done by the athletic training students or staff.
- DO NOT remove any equipment or supplies from the athletic training room without the permission of the athletic trainer. There will be a designated supply area for your use that includes tape scraps and bandages.
- ALL athletes will shower before treatments unless the athletic trainer indicates otherwise.
- Tobacco use of any kind is prohibited in the athletic training room.
- No food or drink will be allowed in the athletic training room.
- NO CELL PHONES!
- Please do not come into the athletic training room unless you are receiving treatment or meeting with a staff member.
- Return all equipment (crutches, braces, etc.) as soon as possible to avoid being charged for them.
- If you are late for treatment, you may not receive treatment that day. If you know ahead of time that you are going to be late, please notify us by phone
- Make sure before you leave that you are scheduled for the following day if needed.
- Unless otherwise indicated by the athletic trainer, you are expected to be in full dress for practice regardless of the injury or illness.

Injured athletes may receive daily treatments. Open athletic training room hours will be posted on the door and may vary due to sport season and the academic calendar. It is highly recommended that athletes sign up for an appointment time each day. Adherence to your appointments and your daily progress may be reported to the coach on a daily basis.



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Athletic Safe Participation Policies:

- Emergency Action Plan (link to policy)
- Inclement Weather (link to policy or tabs similar to those in visiting AT)
 - Heat
 - Cold
 - Lightning
- Over-the-Counter Drug Administration (link to policy)
- Additional policies may be found in the ATEP Handbook (link to handbook)

Inclement Weather Policy

Heat, Cold, & Lightning

The nature and severity of weather has a significant impact on the safety and suitability of the environment for practice or competition. Not unlike other contact or non-contact injuries, environmental illness and safety is a primary concern of the C-SC Athletic Training Department. Each guideline is based upon validated research and professional position statements endorsed by the NATA. The following guidelines will determine appropriate participation status for C-SC sponsored events.

Game Stoppage:

The decision regarding stoppage of play during an official game or contest is the domain of the official or referee officiating the game or contest. The head coaches of the home or visiting teams, or the certified athletic trainer of the home institution should be able to confer with the game official to bring stoppage of play during dangerous activity.

Please note that any person who feels he or she is in danger during activity should have the right to leave the field or event site to seek safe shelter.

If the decision has been made to stop play, instructions from the event coordinator will be given to the spectators, competitors, and all intercollegiate athletics' personnel as to where to go and what to do until the hazard has passed.

Stoppage of play should be based on the following guidelines.



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Heat Guidelines

A WBGT reading will be taken daily by an ATC or ATS within one hour of the scheduled practice time. Decisions for participation status will be determined according to the chart below.

WBGT Reading	Practice Status	Work-to-Rest Ratio	Comments
65-73 degrees F	Modified	3:1	Work should not exceed 20 min.
73-82 degrees F	Limited	2:1	Work should not exceed 15 min. <u>78-82 degrees should warrant removal of football pads.</u>
>82 degrees F	<i>Delayed/Rescheduled/ Re-located</i>	None	Reschedule or move to appropriate location.

*WBGT = 0.7T_{wb} + 0.3T_{db}

For additional information on exertional heat illness you may refer to the NATA position statement located at www.nata.org/statements/position/exertionalheatillness.pdf



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Cold Guidelines

A wind chill reading will be taken daily by an ATC or ATS within one hour of scheduled practice time. Decisions for participation status will be determined according to the chart below.

Wind Chill Temp	Practice Status	Duration	Comments
7 to -2 degrees F	Modified	Less than 60 min.	Cover exposed skin. Re-warm immediately after exercise bout.
-7 to -17 degrees F	Limited	Less than 30 min.	Cover exposed skin. Re-warm immediately after exercise bout.
-18 to -29 degrees F	Significantly Limited	Less than 10 min.	Cover exposed skin. Re-warm immediately after exercise bout.
<-29 degrees F	Delayed/Rescheduled	None	Reschedule or move to appropriate indoor location.

*Wind chill = $35.74 = 0.6215T(v0.16) + 0.4275T(v.16)$ or use web link www.springfrog.com/weather/wind-chill.htm

The above calculations are generally associated with air temperatures <25 degrees F. For additional information on environment cold injuries you may refer to the NATA position statement located at www.nata.org/statements/position/environmentalcoldinjuries.pdf

Lightning Guidelines:

The ATC/ATS should check the weather daily prior to practice. A weather report can be obtained from the National Oceanographic and Atmospheric Administration (NOAA) weather radio or on the Internet at various sites such as www.weather.com. In addition, a lightning detection device can be used to help determine the location of lightning in the area. These reports should be monitored for storms that may develop during scheduled practice times.

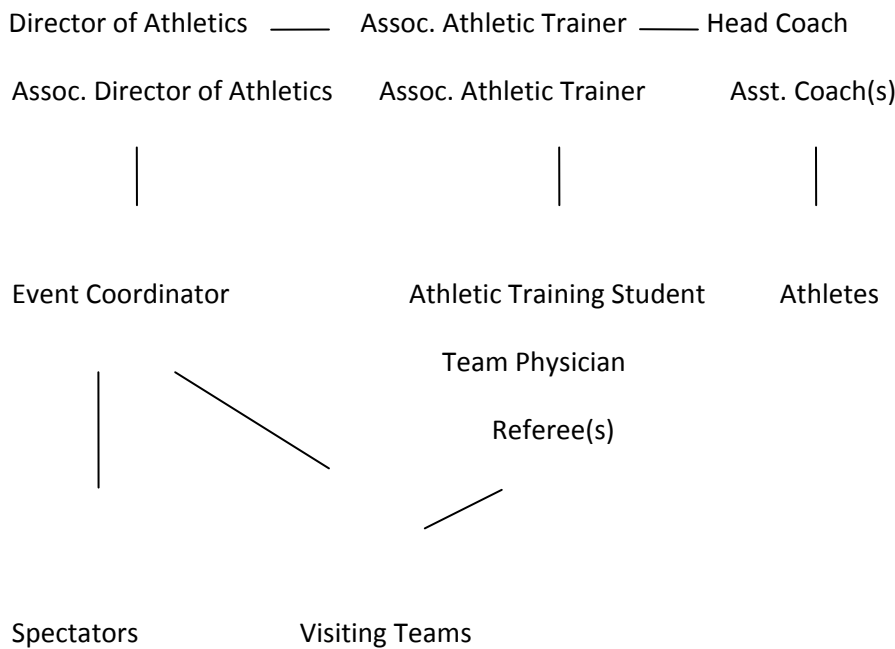
The National Weather Service often issues thunderstorm “watches” and “warnings.” Watches mean that the conditions are favorable for the development of thunderstorms, while warnings mean that thunderstorms have



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formed in the area and precautions should be taken. In the event of lightning the following guidelines should be followed.

- A. Monitor weather conditions prior to and during the course of outdoor activities.
- B. Should inclement weather be approaching, be prepared to activate and follow the chain of command.



- C. When lightning or thunder is detected, suspend activity with a **Flash-to-Bang** count of **30 seconds or less**. A lightening detector indicating a storm in the **3-8 mile** range should also be cause to suspend activity and seek shelter.
- D. Leave the field and seek safe shelter.

- Safe Areas:
- Football Practice: Fraternity Houses, Field House, Enclosed Vehicle
 - Football Game: Field House, ARC
 - Cross Country/Track & Field: Field House, ARC
 - Soccer: Faternity Houses, Enclosed Vehicle
 - Golf: Clubhouse



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-Baseball: Fraternity Houses, Enclosed Vehicle

-Softball: Enclosed Vehicle

Unsafe Areas: -Open Fields

-Metal Bleachers

-Near Fences, Light Poles or Tall Trees

-Standing Water

-Dugouts, Sheds

E. Resume activity **30 minutes** following the last sight of lightning or sound of thunder.

F. Activate emergency procedures if someone is struck by lightning.

For additional information you may refer to the NATA position statement located at

www.nata.org/statements/position/lightning.pdf

Emergency Action Plan

The following emergency action plan (EAP) should be read and understood by all coaches, faculty, staff, administration, and students that will have direct contact with the athletic training and intercollegiate athletics program at Culver Stockton. This plan was designed as a reference for C-SC campus venues in case of emergencies. Every effort should be made to follow the procedures outlined in the EAP. It is understood that every emergency is not the same and actions may have to be taken beyond the scope of this plan to ensure the safety of those involved. In every circumstance, it is necessary that all coaches, faculty, staff, administration, and applicable students remain calm and act prudently to ensure the safety of the individual(s) involved, as well as fellow competitors and spectators. *Emergencies at away venues will follow the emergency plans of the host institution, with the exception of follow-up notifications.*

What is an Emergency?

A medical emergency is an injury or illness that is acute and poses an immediate risk to a person's life or long term health. Examples include but are not limited to, difficulty breathing, thoracic pain or pressure beyond two minutes, unusual or cessation of pulse or heart rate, loss of consciousness, difficulty speaking, change in mental status, uncontrollable bleeding, or changes in skin color (red/white/blue).

Emergency Telephones:

Many athletic fields/venues do not have immediate access to landline telephones, therefore it will be the responsibility of the primary care provider to have a cell phone available. The Athletic Trainer (ATC) will be the responsible party for any supervised athletic participations (refer to the Athletic Training Coverage Policy for



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clarification of coverage). For participations that are NOT supervised by an ATC, the coach is the primary care provider and responsible for having a cell phone available.

Emergency Equipment:

Emergency equipment, including but not limited to AED, spine board, splints, and protective barriers will be the responsibility of the ATC for supervised participations. Due to limited resources, not all emergency equipment can be provided on site for all scheduled participations. Therefore, this equipment is located in the Charles Field House and ATR and will be dispersed according to venue needs and activity risk. Equipment may be checked out by a coach if requested.

AED Locations

Charles Field House-	In lobby and ATR
Baseball/Soccer/FB Practice Field-	In lobby of field house/on locale for competition
FB/Track & Field/ARC -	In ARC/on locale for competition
Softball Field-	N/A for practice/on locale for competition

Emergency Contact Numbers:

In the event of an emergency, 911 should be contacted immediately and care should be rendered according to the proceeding procedures. The AD will serve as the primary contact. All office numbers begin with the area code and prefix 573-288-_____.

- **Ambulance/Fire /Police** **911**
- Campus Safety x6300
- *Joel Dant **x5315 Office**
Athletic Director **784-6432 C**
- Rob Carmichael (FB/GLF) x6304 Office
Staff Athletic Trainer 217-242-1134 C
- Jay Hoffman (SOC/BSB) x 6342 Office
Staff Athletic Trainer 319-551-9801 C
- Dr. Tim Von Fang Office 217-224-8933
Team Physician
- Christe Thomas (BB /TK) x6332 Office
Staff Athletic Trainer 217-653-2710 C
- Dana Hoffman (VB/SB) x6549 Office
Staff Athletic Trainer 319-551-5054



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Culver-Stockton College Athletic Field and Complex

Emergency Action Procedures

Emergency Action Procedures:

1. The Athletic Trainer (ATC) will be the primary care provider. In absence of the ATC, the coach is the care provider.
2. The care provider will designate someone to call 911. The involved individual(s) should be continually monitored and is/are not to be left alone unsupervised unless absolutely necessary. The following should be given to the dispatcher:
 - a) Whether the athlete is conscious, breathing, or has a pulse
 - b) Detailed information regarding the nature of the injury
 - c) What care is being administered
 - d) Exact location of the injured
 - e) Exact location of where the ambulance should arrive
3. The care provider will designate someone to stand at the venue entrance to direct the ambulance.
4. At all times the integrity or the safety of those around should be ensured. An individual designated by the care provider should control any crowd or distressed athletes that may compromise the safety of the scene.
5. Every attempt should be made to have a college representative accompany an athlete to the hospital. An assistant coach or athletic training student may be most appropriate. The primary provider should remain on site until a qualified replacement can take over his/her duties.
6. After transport of the injured athlete, the care provider should remain at the scene to ensure the safety and supervision of the remaining athletes. For no reason should an athlete be permitted to leave practice or competition to follow the injured to the hospital. If anyone witnessing the event should become seriously distressed, the individual should be referred to the C-SC counselor.
7. Following activation of this EAP, the primary care provider should notify the athletic director and staff athletic trainer of the incident. The AD will determine appropriate notifications.

Ambulance Directions

Charles Field House:

The ambulance should take **South Monticello Road to Hilltop Drive** to arrive at the **south parking lot of Charles Field House**. Emergency personnel should be directed through the **south lobby** doors.

Baseball/Soccer/Football Practice Outdoor Complex:

The ambulance should take **Wildcat Drive** to the **gravel parking lot adjacent the baseball/soccer/football practice fields**.



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Football/Track & Field/ARC:

The ambulance should take **South Monticello Road to Hilltop Drive, turn left at Henderson Hall** toward the physical plant, arriving at the **large west gravel parking lot** of the ARC. For access to the football field/track, continue past physical plant on small winding gravel road to north side of the field.

Softball Field (Cotton Bowl):

The ambulance should take **White Street, go north on 10th Street**, arriving at **east or north parking** of Cotton Bowl Softball Field.

Golf Course:

Take **Highway B** south out of Canton, **go west onto 220th St.** to **Riverview Country Club** clubhouse. The ambulance will be directed to appropriate location.

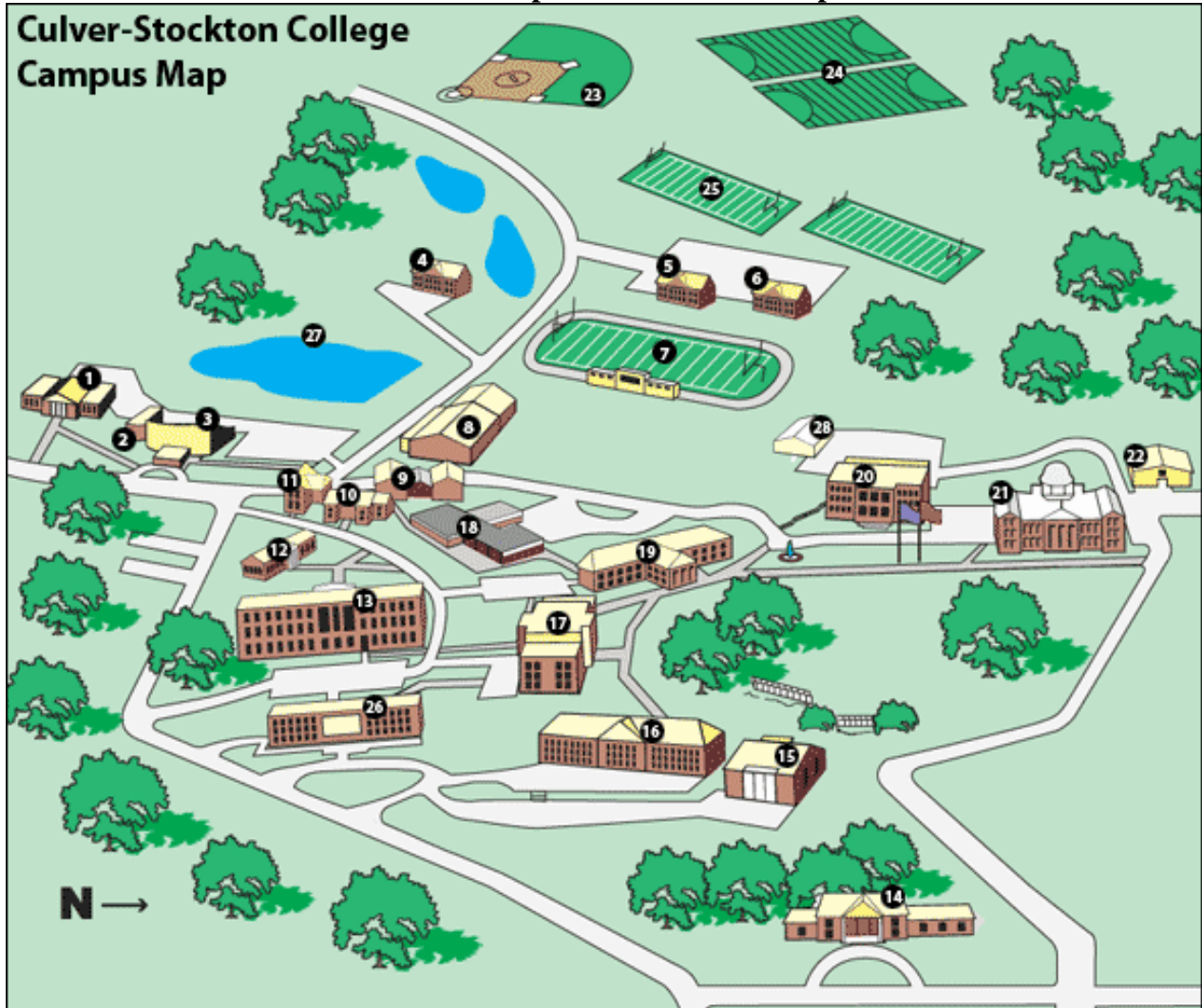


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Athletic Complex and Facilities Map*



Location #

- 7. Football/Track & Field
- 8. Charles Field House
- 23. Baseball Field
- 24. Soccer Fields
- 25. Football practice Fields
- 28. ARC

*Golf Course & Cotton Bowl/Softball Field not pictured



Athletic Training

ATHLETIC OVER-THE-COUNTER (OTC) & DRUG ADMINISTRATION POLICY

The C-SC athletic training staff is committed to providing the best possible health care to our athletes and athletic teams. Due to many changes in the health care system and legal responsibilities it is necessary for the athletic training staff to limit any over-the-counter (OTC) drug administration.

- C-SC athletic training will only provide OTC medicines such as Sudafed®, Tylenol®, ibuprofen and antacids.
- Administration of any medications must be documented on the appropriate form.
- OTC medicines will not be readily accessible for athlete use. Only a certified athletic trainer will be able to provide any medicine.
- Individual dosing packages will be given to the athlete per instructions listed by the manufacturer. Athletic trainers will not increase dosages past the manufacturer's instructions without approval of a team physician.
- Athletes will only be given a maximum of 24 hours worth of medications.
- It is highly recommended that athletes not combine any OTC medications but should follow the ATC's specific instructions. Overdosing or combining medications can cause serious or unwanted side effects.
- It is highly recommended that athletes who consume three or more alcohol beverages a day avoid taking OTC medications without physician approval.
- Athletic training students will not be allowed to administer any medications without approval of a certified athletic trainer.

Pseudophedrine: sinus & nasal congestion

Acetaminophen (Aminofen): pain relief

Ibuprofen (Addaprin): anti-inflammatory

Diatame: antacid