

CREIGHTON UNIVERSITY ATHLETIC MEDICINE POLICIES AND PROCEDURES

This document outlines the rights and responsibilities of student-athletes regarding athletic health care. It is imperative that the student-athlete read and understand this information so that they know what to expect and what is expected of them in the event that they suffer injury or illness.

ATHLETIC MEDICINE STAFF: Refers to the certified athletic trainers, physician consultants and other specialists utilized in the health care of Creighton University student-athletes.

I. Medical Eligibility

- A. All student-athletes must pass a pre-participation physical examination administered by the CU Athletic Medicine Staff. This examination must be completed before any participation is allowed and is free of charge. Physical examinations performed by the athlete's personal physician are not acceptable.
- B. The student-athlete's primary medical insurance information MUST be on file in the Athletic Training Room prior to taking the physical examination. Students who fail to produce this information will be prohibited from taking a physical examination and thus prohibited from participating in Athletic Department sponsored practices or competitions.
- C. Athletic physical examinations are in effect for one year. The Athletic Medicine Staff may re-examine or change the medical participation status of any athlete at any time during the athlete's career at CU.
- D. A medical history is required from each athlete prior to taking a physical examination. Failing to document any previous illness or existing condition on this history form will release Creighton University from all financial liability for the unreported condition(s) and any subsequent problems arising from these conditions. IF ANY TESTS, X-RAYS OR REFERRALS ARE REQUESTED BY THE CU ATHLETIC MEDICINE STAFF AS A RESULT OF FINDINGS DURING THE PHYSICAL EXAM, FINANCIAL RESPONSIBILITY FOR THESE TESTS SOLELY WITH THE ATHLETE AND THEIR PERSONAL HEALTH INSURANCE.
- E. The CU Athletic Medicine Staff may disqualify any athlete who has any condition for which participation in their chosen sport is contraindicated.

II. Medical Policies for Athletes

- A. It is the responsibility of the student-athlete to maintain a reasonable level of health. This means it is their responsibility to take proper care of themselves, including proper diet, fitness and sleep and avoiding behaviors that are potentially hazardous.
- B. The athlete should promptly report all injuries and illnesses to a staff athletic trainer. Injuries/illnesses not noted during participation should be reported immediately after the practice/game or between 9:00-11:00 AM the next morning. Failure to report a condition within three days results in the release of Creighton University from any financial responsibility for medical expenses for that condition.
- C. In case of emergencies occurring outside of Athletic Training Room hours, contact a staff athletic trainer, the CU Student Health Center or call 911.
- D. All treatments will be given under the direction of a staff athletic trainer who works under the supervision of CU medical directors.
- E. Decisions concerning participation status shall be the sole responsibility of the Athletic Medicine Staff.

- F. The Creighton University Athletic Department recognizes the need for self-expression, which includes all forms of body piercing. If such jewelry is deemed by the Athletic Medicine Staff to be dangerous to the individual or other participants, it must be removed. If you are found in non-compliance with this policy and you sustain an injury directly related or compounded by such body piercing, CU will not be financially responsible for the treatment of such injury.
- G. Additionally, treatment of brands and tattoos will not be the responsibility of the Athletic Medicine Staff. This includes bandaging and first aid ointments.

III. Medical Referral Policies

- A. Except in emergencies, a staff athletic trainer MUST screen all conditions prior to referral to a team physician or other consultant.
- B. The Athletic Medicine Staff will make referral appointments. A referral form must accompany the athlete to all referral appointments and should be returned with results to a staff athletic trainer.
- C. Transportation to medical facilities/offices located off-campus will be provided by the Athletic Medicine Staff ONLY if the athlete is unable to arrange other transportation. Under no circumstances will a student-athlete be allowed to drive an athletic department staff member's vehicle for such purposes.
- D. The CU Athletic Medicine Staff reserves the right to require referral to an outside medical agency in the evaluation, treatment and/or rehabilitation of any non-athletic related injury or illness.
- E. Any student incurring an illness at a time outside the dates of traditional or non-traditional season as defined by the CU Compliance Officer may be required to report to the CU Student Health Center for treatment.

IV. Medical Expense Payment Policy

- A. All participants are required to have medical insurance prior to having a physical examination. This policy must provide benefits for athletic related injury. Fax transmissions of insurance information or policyholder's signatures may be accepted if properly authorized.
- B. Student-athletes who are not covered by their parent/guardian's health insurance, or do not have an existing policy of their own, must enroll in the Creighton University Student Health Center Insurance Policy to ensure that they have medical insurance throughout the entire academic year. (This is a University policy for all students)
- C. Creighton University will be financially responsible ONLY for injuries or illnesses occurring while an athlete is representing the University in formal intercollegiate activity, which is supervised by a coach. Care for illnesses such as colds, flu, etc. will only be covered during a sport season in which the athlete is engaged in formal full-team practices supervised by the coach in accordance with Section III, E. above.
- D. The Athletic Department requires that bills be submitted first to the primary health insurance company of the athlete and his/her parent(s)/guardian(s). Creighton University retains a secondary excess policy, which will pay ONLY AFTER primary insurance has been engaged and only for athletic-related injuries. The Creighton University Athletic Department will then pay benefits ONLY AFTER secondary insurance has been engaged.
- E. All try-out candidates must complete and sign the Try-Out Medical form prior to beginning the try-out period. Insurance information must be included on this form. The try-out period is no longer than seven days, after which time the athlete must have a physical examination in order to continue to participate with the team. The Medical Information Packet must be turned in prior to having a physical. **CU WILL NOT BE FINANCIALLY RESPONSIBLE FOR INJURIES INCURRED DURING THIS TRY-OUT PERIOD.**

- F. Arrangements for treatment or follow-up care with a physician for injuries incurred during athletic activity must be completed within a 14 day period after completion of the student-athlete's competitive season, eligibility, graduation or termination from participation. After said period, Creighton University is no longer financially responsible for any medical expenses incurred as a result of said injury, unless other arrangements have been made with the Athletic Medical Staff.
- G. CU will be financially responsible for care for dental injuries incurred during CU sponsored athletic activities to sound, natural teeth or permanent bridges if the injury is reported immediately to the Athletic Medicine Staff as specified in Section II. A. above.
- H. Creighton University will not cover the initial cost of glasses or contacts unless specifically required for athletics. The university will replace contact lenses ONLY if lost or damaged through athletic activity when reported immediately to the Athletic Medicine Staff. SPECIAL NOTE: It is the responsibility of the athlete and his/her parent or guardian to provide contact lens insurance. This information MUST be on file with the Athletic Medicine Staff prior to participation in any athletic activities for payment to be considered. CU will pay for the replacement cost per rate established with insurance. CREIGHTON UNIVERSITY WILL NOT PROVIDE REPLACEMENT FOR WORN OUT OR OUT-OF-DATE LENSES.

V. Athletic Training Room Policies

- A. Athletic Training Room hours:
 1. Monday – Friday: 9:00 AM – Noon; 1:00 – 6:00 PM or until last practice ends.
 2. For practices/competition outside of these hours, the room will open at least one half-hour prior to the time the team is required to report, or as specified by the team athletic trainer.
 3. Other times by appointment only.
- B. Treatments are available to intercollegiate athletes only; in-season athletes have priority.
- C. Team physicians will be available on an on-call basis. An athlete may be referred to a team physician ONLY by a staff athletic trainer unless in an emergency.
- D. If an athlete is injured in-season, he/she may be expected to report for morning treatment as well as pre-practice treatment. Failure to report for treatment or referral appointments will be reported to the head coach for disciplinary action.
- E. Athletes who are involved in long-term rehabilitation programs (i.e. post surgery) are asked to complete their rehabilitation program during the weekday hours of 9:00 AM – Noon in order to avoid team practice/competition preparation, unless otherwise arranged with a staff athletic trainer.
- F. The facility is co-educational. Proper attire is required.
- H. The Athletic Medicine Staff only will perform all athletic training procedures. ATHLETES MAY NOT BEGIN TREATMENT OR USE ANY SUPPLIES/EQUIPMENT WITHOUT SEEING AN ATHLETIC TRAINER.
- I. No food or drink allowed.
- J. Except in emergencies, all athletes are requested to shower prior to treatment.
- K. Athletes are requested to remove their shoes prior to entering the Athletic Training Room.

- L. All excess belongings should be taken to the individual's locker prior to entering.
- M. The facility is for official use only. It should not be used as a lounge or a place to socialize.
- N. All medical equipment is to stay in the Athletic Training Room, unless issued by a staff member. Student-athletes will be billed for equipment not returned unless otherwise specified by a staff member. Failure to remit payment for equipment will result in records being placed on hold by the University.
- O. No profanity or roughhousing allowed. The Athletic Medicine Staff reserves the right to refuse treatment to any individual who is disruptive to the duties and mission of the Athletic Training Room.
- P. Under no circumstances will any form of harassment, sexual or otherwise, be tolerated in the Athletic Training Room. This includes language, gestures or implied comments.
- Q. The use of tobacco products in any form is strictly prohibited.
- R. Taping will be performed only as deemed necessary by the Athletic Medicine Staff. Taping must be accompanied by prescribed exercise. Braces may be utilized in lieu of routine taping at the discretion of the Athletic Medicine Staff.
- S. Failure to abide by these policies will be reported to the respective head coach for disciplinary action.