POLICIES AND PROCEDURES

INTRODUCTION
The 3 athletic trainers who comprise the UMB Sports Medicine Team provide care for approximately 300 student-athletes in the Sports Medicine Clinic. The athletic training room features treatment stations, hot and cold whirlpools and rehabilitation devices that all aid in providing the highest level of care for UMB student-athletes.
The Assistant Director of Athletics for Sports Performance and Operations, Ed Perkins, oversees a Sports Medicine program that offers UMB student-athletes comprehensive care encompassing prevention, evaluation, rehabilitation and management of athletic injuries. In addition, much time is dedicated to the education and counseling of student-athletes in issues related to health and wellness.

SPORTS MEDICINE & SPORTS PERFORMANCE STAFF

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
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HOURS OF OPERATION
During Academic Year: The Athletic Training Room hours will be determined based on in-season practice and competition schedule
Holidays/Winter/Spring Break: Determined by in-season practice & event coverage
Summer: By appointment only
Game/Practice Schedules: Please inform the Athletic Training Room of any adjustments made to your schedule. A minimum of 48 hours is needed to allow for adjustment of our schedule for proper coverage.

SPORTS MEDICINE COVERAGE
- Sports medicine coverage is based on daily practice and game schedules
- An athletic trainer will be present for all practices held on campus, Mondays through Saturdays
- Practice coverage begins 1 hour prior to the start of practice and 30 minutes after the end of the scheduled practice time
- An athletic trainer will be present at all HOME competitions and events
- Competition coverage begins 2 hours prior to the start of competition and 30 minutes after the competition ends
- Coverage priority is as follows:
  1. All home competitions
  2. Men’s ice hockey, women’s ice hockey, men’s lacrosse
  3. Men’s and women’s basketball (conference matches only)
  4. Post-season and extended trips
- The head coach of the home team is required to have a portable AED at all practices and home competitions not staffed by an athletic trainer

In case of emergency outside of posted hours, go to the nearest Emergency Room or call 911. If on campus contact UMB Public Safety Emergency number 617-287-7777. Notify the Athletic Trainer ASAP after the incident.

ATHLETIC TRAINING ROOM RULES
- The Athletic Training Room will open one hour before practice or two hours before game and will close approximately thirty minutes after the completion of all events.
- Treatments are first come first serve. In-season athletes will have priority. Any new injuries should be seen a minimum of 2 hours before practice or will be required to make an appointment.
- No food or drink allowed in the Athletic Training Room.
- There is no equipment or bags allowed in the Athletic Training Room.
- There is no profanity allowed in the Athletic Training Room.
- Shoes or cleats are not allowed on any of the tables.
SPORTS MEDICINE MEDICAL CLEARANCE
Student-athletes must complete all medical paperwork and be medically cleared by a Certified Athletic Trainer prior to participating in any UMass Boston Athletic activity. **NO ATHLETE CAN PARTICIPATE IN AN ORGANIZED PRACTICE, GAME OR STRENGTH AND CONDITIONING SESSION UNTIL THEY HAVE BEEN OFFICIALLY CLEARED.** The medical paperwork is to be completed electronically via PRIVIT. This includes a medical history, insurance verification, a physician signed sports physical and immunizations, and an ImPACT Baseline test. **The UMB Sports Medicine staff and Team Physician have the final medical clearance of all student-athletes, and have the right to refuse participation if deemed in the best interest of the student-athlete.**

INJURY/ILLNESS POLICY
Student-athletes are required to report all injuries to the sports medicine staff as soon as possible. This is important so that we may provide care and relay your status to your coaches & athletic performance staff and initiate referral to our physicians if necessary. Once a student-athlete has seen an UMB athletic trainer for an injury or illness they must be cleared before returning to participation. Rehabilitation for injuries will be conducted based on the judgement of the UMB Sports Medicine Staff and will be performed by appointment only.

MANDATORY HEALTH INSURANCE
Health insurance is mandatory for all UMB students. Students may use their own personal insurance or use the Student Health Insurance Plan offered by UMB. A fee for the SHIP will be assessed each academic term as part of registration fees. Students may waive out of SHIP by providing proof of adequate insurance that meets the University’s minimum requirements. SHIP must be waived online by the fee payment deadline for each term. No late waivers are accepted. Please note that submitting your health insurance information to the UMB Athletic Department **DOES NOT** waive student-athletes out of SHIP. Students are solely responsible for waiving out of SHIP (the Athletic Department cannot do it for them).
Costs incurred from athletic related injuries that occur as result of participation in UMB sponsored/approved events will be paid for by your personal insurance first. Any residual expenses or non-covered items will activate the use of the UMB Secondary Health Insurance Policy. Non-approved costs incurred by you inside or outside our system will become your responsibility. UMB does not provide coverage for injuries determined to be pre-existing to participation at UMB. Second opinions must be submitted to and approved by the Assistant Director of Sports Performance and Operations. All services must be approved by the Assistant Director of Sports Performance and Operations prior to receiving said services.

**Secondary Insurance:**
The UMB Athletic Department has a secondary health insurance policy for student-athletes to utilize if necessary. This insurance policy is used in addition to the student-athlete’s primary insurance to aid in coverage of any additional expenses. **Please be advised this policy may not**
cover all additional expenses. The UMB Athletic Trainers are here to aid in the secondary insurance claim but it is the student-athlete and/or their family’s responsibility to request use of the policy, and to provide all requested documentation to the insurance company.

This policy only covers athletic injuries occurred during UMB sponsored activities.

REQUIRED IMMUNIZATIONS
The UMB Athletic Department would like to ensure its athletes are vaccinated to protect themselves and their team against preventable diseases. The list of vaccines that will be required of athletes is in accordance with the recommendations from national governing bodies, including the NCAA (National Collegiate Athletic Association), CDC (Centers for Disease Control and Prevention and US Department of Health), AAFP (American Academy of Family Physicians) and AAP (American Academy of Pediatrics). The expectation is that athletes will have vaccines updated prior to arriving for new/annual Physical exam.

STUDENT-ATHLETES WITH ATTENTION-DEFECIT/HYPERACTIVITY DISORDER (ADHD)
The NCAA bans classes of drugs because they may harm student-athletes and may create an unfair advantage in competition. Some legitimate medications contain NCAA banned substances, and student-athletes may need to use these medicines to support their academics and general health. The NCAA has a procedure to review and approve legitimate use of medications that contain NCAA banned substances through a Medical Exceptions Procedure. Adequate medical records must be on file with UMB Sports Medicine in order to request an exception in the event the student-athlete tests positive for a stimulant medication utilized in the treatment of ADHD. The following documentation must be on file with UMB Sports Medicine prior to the first practice session. Failure to do so may prohibit the student-athlete from practicing/competing.

The treating physician should be contacted to write a letter on behalf of the student-athlete documenting the diagnosis and treatment plan. The submitted paperwork must contain the following information:

- NCAA ADHD Reporting Form (This form can be found on PRIVIT or from an UMB Athletic trainer)
- Treating Physician (printed name)
- Specialty
- Office Address
- Physician Signature and Date
- Physician Document (letter, medical notes) to include the following information:
  - Diagnosis
  - Medication(s) and dosage
  - Blood pressure and pulse readings and comments
  - Note that alternative non-banned medications have been considered, and comments
  - Follow-up orders
  - Date of clinical evaluation
Attached Written Report Summary of Comprehensive Clinical Evaluation

The evaluation should include individual and family history, address any indication of mood disorders, substance abuse, and previous history of ADHD treatment, and incorporate the DSM criteria to diagnose ADHD. Attach supporting documentation, such as completed ADHD Rating Scale(s) (eg. Connors, ASRS, CAARS scores) the evaluation can and should be completed by a clinician capable of meeting the requirements above.

This information will be needed on an annual basis as long as the student-athlete is on ADHD medication that contains a banned substance.

SPORTS PERFORMANCE

HOURS OF OPERATION
During the Academic Year: 7AM – 6PM
Holidays, Winter & Spring Break, Finals Week, & Summer Break: Determined on team by team basis

TRAINING POLICIES

• **Facility Usage:** The varsity weight room is available to the following individuals:
  o Current UMB student-athletes who have completed and passed a physical exam through UMB’s Sports Medicine Department
  o Individuals approved by the UMB Strength and Conditioning staff

• **Schedule:** Current UMB student-athletes are required to train with their team under the supervision of the Strength & Conditioning Coach. Team training schedules are set prior to the start of the semester in collaboration with sport coaches. Adjustments to training schedules will be made for academic reasons only.

• **Apparel:** Proper attire is required during all training sessions:

• **Injured Athletes:** Injured athletes are required to attend all training sessions on time unless otherwise instructed. An alternative training program will be provided.

• **Permissible Facility Usage:** The varsity weight room is solely open to UMB student-athletes. The Beacon’s Fitness Center on the first floor of McCormack Hall is open to all UMB students.

*The Athletic Performance staff reserves the right to approve or deny entry into the varsity weight room to any UMB student-athlete, non-student athlete or non-athletic staff.*

ADDITIONAL FACILITY RULES

• Weights, bars, belts, straps and all other training equipment will be returned to proper location in accordance with the rack maintenance sheet.

• Cell phones are not permitted on the training floor

• Food and drink are not permitted on the training floor.

• Student-athletes are not permitted to use personal music players, except on cardio equipment.

• Student-athletes and visitors are not permitted in coaches’ offices unless authorized.

• Report any injury to your Athletic Performance Coach immediately.