

Department of Intercollegiate Athletics Policy Manual

V. ATHLETIC TRAINING SERVICES

Introduction

The University of Iowa established the Athletic Training Services Department for the purpose of delivering prevention, evaluation, immediate care, referral, treatment, and reconditioning to student-athletes and other consumers participating in programs administered by the Athletics Department. Service staff conducts routine operations with assistance and guidance from the Athletic Department, the Orthopedic Sports Medicine Services, and Student Health Services. Orthopedic Sports Medicine Services designate team surgeons and team physicians, and these physicians work with the athletic training staff in a core team effort to provide health and medical services to University athletic teams.

As a means of providing guidance to the consumers of athletic health care services, The University of Iowa established the Health Care Advisory Committee (HCAC). This committee determines the need and type of athletic training services provided to athletic teams, recreational events, and other sports events associated with and hosted by the University of Iowa. The HCAC is composed of the Vice president, the Athletics Director, the Orthopaedic Department Chair, the Student Health Services Director, and a physician chairperson.

Pre-Participation Physical Examinations

Policy

Upon entry into the University of Iowa, all intercollegiate student-athletes who meet NCAA requirements and who receive permission to participate from their respective coaches must pass a prescribed pre-participation physical examination. The extent of the exam will include a general medical history and physical examination as well as any specialty examinations indicated by the history and physical. This must include an examination of the musculoskeletal system by an orthopaedic surgeon for those participating in football, gymnastics, and wrestling and for all others if the history or examination indicates a need for an orthopaedic examination. In addition, all intercollegiate student-athletes will also receive a dental screening. At the beginning of each successive year of eligibility, intercollegiate student-athletes must complete an interim health questionnaire to be reviewed with the team physician.

Purpose

To provide sufficient screening of pre-existing conditions which could put the student-athlete at risk during practice or competition. To establish baselines for comparison during the student-athlete's career.

Procedure

The staff athletic trainer assigned to organize the pre-participation physical examinations will notify each staff athletic trainer of the date for **Pre-Participation Physical Examinations (PPE)**.

- The Director of Athletic Training Services and staff athletic trainers will notify the head coaches of the date and time of the pre-participation physical examinations.
- Pre-participation physical exams for incoming student-athletes will be conducted within the first two weeks of the Fall semester. A staff athletic trainer will notify each incoming student-athlete of the location, dates, and time the student-athlete must report.
- Each incoming student-athlete will complete all necessary forms prior to their pre-participation physical examination.
- Each student-athlete must complete a form related to Sickle Cell testing during their PPE. This form states their intention of having the test or documenting their option of not taking the test.

Documentation

- Prior to the student athlete obtaining a pre-participation exam at the IOSMR their freshmen year, the Insurance Coordinator will email them with a link to fill out all forms that must be completed prior to their physical.
- The medical history form should be reviewed by a staff athletic trainer prior to the physical to note any items that may require special attention during the exam.

The Insurance Coordinator will prepare a file for each student-athlete prior to the pre-participation physical examination.

Appropriate staff athletic trainers will have each returning student-athlete complete an interim health questionnaire each semester to note possible issues that need to be reviewed by team physicians.

These forms will be kept in the student-athlete's athletic training file.

D. Insurance Coverage, Medical Bills and Payment of Bills

Completing an Information Verification Statement for Athletic Insurance Form [Appendix B] is a condition of eligibility for participation in varsity athletics at The University of Iowa. No student-athlete will be cleared to receive equipment, practice, or participate in intercollegiate athletics at The University of Iowa until the form has been signed. Having insurance coverage, while highly recommended, is not mandatory.

Completing a Medical Insurance Information Form is a condition of eligibility for enrolling for class at the University of Iowa and for participation in varsity athletics at The University of Iowa. No student-athlete will be cleared to receive equipment, to practice, or to participate in intercollegiate athletics at The University of Iowa until the form has been signed.

Completing the form is mandatory.

Every student-athlete should have a complete understanding of the risks taken when participating in varsity athletics. However, it should also be clear to every individual that injuries can and do occur outside of athletics.

The NCAA provides guidelines on what Athletic Departments can pay for especially those expenses incurred as a result of an athletic injury sustained during NCAA sanctioned and staff-supervised practice, conditioning, or

competition. The guidelines as to what the University of Iowa will cover and not cover is outlined in a previous section of this document. This covered includes diagnostics, treatment, surgery, physical therapy, and follow-up by the team physician and other approved health care providers.

Every individual should understand that he/she has a responsibility to have adequate medical insurance coverage prior to the occurrence of such an accident or illness. If such coverage is not available under the group or personal insurance of the parent/guardian OR if the student is married, legally independent or beyond the age limitation for parental group insurance, each individual is counseled at this time to purchase individual insurance coverage via The University of Iowa Student Health Insurance plan or other carrier.

Student-athletes are free to see a team physician and/or athletic trainer in the training room at scheduled times or at the IOSMR or Student Health Service for any reason at any time during office hours. However, a referral or recommendation for treatment by a team physician does not constitute a commitment on the part of the Athletic Department to assume responsibility for the charges that may incur.

As with any other NCAA rule, the student-athlete jeopardizes his/her eligibility to participate by committing a violation. If they have any questions regarding medical bills or charges, it is important to direct them to a full time staff athletic trainer or to the Director of Athletic Training Services.

Policy

The University of Iowa Athletic Department will provide financial coverage for all injuries or illnesses sustained as a result of athletic department directed practices, competitions, weight training sessions, conditioning sessions, and team travel. Coordination of benefits will use the student-athlete's or parent's own health insurance as the primary payor. The Athletic Department will cover the remaining balance due. All claims not covered by the student-athlete's or parent's health insurance that were a result of Athletic Department directed activity are the responsibility of and will be paid by the Athletic Department. The University of Iowa Athletic Department may not pay medical bills incurred that are not a direct result of Athletic Department directed activities and must be approved by administration. The Athletic Department may provide coverage for some diagnostic procedures that help to determine the safety of participation for the student athlete.

Purpose

The University of Iowa Athletic Department wishes to provide adequate and appropriate health insurance coverage for injuries and illnesses that are a direct result of participation as a University of Iowa student-athlete. The University of Iowa must also comply with NCAA regulations. The athletic department desires to provide efficient coordination and reimbursement of medical expenses.

Procedures

Prior to the student athlete obtaining a pre-participation exam at the IOSMR their freshmen year, the Insurance Coordinator will email them with a link to fill out all forms the must be completed prior to their physical.