Student-Athlete Athletic Training Policies & Procedures Manual

This manual is for the benefit of all sports clubs to know the protocols and procedures that the Athletic Trainers (AT) at UMass Lowell will be using for injuries. This is so the Sports Clubs can fully understand what a student-athlete will go through if an injury occurs. If you have any questions, please contact Nicholas_Lowery@uml.edu for questions or concerns.

Injuries
Campus Recreation seeks to provide a safe return to activity for all club sport athletes after injury. In order to effectively and consistently manage these injuries, procedures have been developed to aid in ensuring that injuries are identified, treated, referred, and documented appropriately.

Athletic Trainers specialize in the acute care and prevention of athletic injuries and illnesses, treatment, rehabilitation and education, as well as referral services to more specialized medical professionals. Our mission is to provide the highest possible standard of care to UMass Lowell club sport athletes, regardless of race, sex or other personal differences.

The Athletic Training Room is located in the Campus Recreation Center in either Studio 2 or the Equipment Room.

Hours of Operation
The Athletic Training Room hours vary semester by semester and in conjunction with the Athletic Trainers availabilities for injury evaluation and treatments/rehabilitation.

If a student-athlete cannot be seen during these times but must be seen by the Athletic Trainer, they may schedule an appointment for another time by emailing an Athletic Trainer listed here.

During hours of operation, student-athletes are encouraged to report the athletic training room early rather than later if they do not have an appointment as appointments will be made starting from the end of hours and working backwards.

Rules of the Athletic Training Room
Treatments are conducted on first come-first serve basis; in-season athletes have priority, and will be appointment based.

The Athletic Training Room cannot be used as an excuse for lateness to any team activities or classes.
Treatments will only be given upon approval from the Sports Medicine Staff (Athletic Trainers and/or team doctors), and should be continued until determined by the Sports Medicine Staff.

Student-athletes should dress appropriately at all times. This includes the need for loose fitting or athletic tops, shorts and sneakers.

**Team Physician**
The Campus Recreation Club Sports Team Physician is Dr. Jeremy Moses and Dr. Mark Romanosky. They will be available to club sport student-athletes by appointment only, at their respective offices. The Sports Medicine Team will make initial contact with the physician, the physician’s office will then contact the student-athlete to schedule the soonest possible appointment.

The team physician is the final authority concerning when the student-athlete should be removed from participation for medical reasons, and when the student-athlete may return to partial or full participation. Only the Athletic Trainer in the absence of the team physician may clear an athlete for return to activity or restrict their participation.

Student Athletes seeing the Team Physician will be required to use their personal health insurance.

**Evaluation Procedure**
Evaluations will be conducted in the Campus Recreation Center Athletic Training Room during scheduled clinic hours or by appointment.

It is the student athlete's’ responsibility to schedule the follow up evaluation with the Athletic Trainer after the initial injury.

**Rehabilitation Procedure**
Following an injury evaluation the Athletic Trainer along with the team physician will make the decision on the student-athletes participation status. If it is deemed the student-athlete requires a treatment or rehabilitation protocol, it will be the athlete’s responsibility to continue to schedule appointments with the Athletic Trainer to complete rehabilitation and safely return to play.

If a more intensive rehabilitation is needed (i.e. surgical rehab) the student-athlete will be referred to physical therapy by the team physician.

**Return to Play**
The Athletic Trainer and team physicians have the ability to restrict athlete participation based on their injury.

Student athletes should follow physician and athletic trainer orders regarding participation to prevent further injury.

If you sustain any injuries, you must see the Athletic Trainer, and get cleared by him/her before returning to play!