

For: Jim Russ

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## **ATHLETIC TRAINING----SPORTS MEDICINE**

The University of Notre Dame Athletic Training / Sports Medicine Department strives to provide the highest level of preventative, medical and rehabilitative services possible to the student-athletes at Notre Dame. The department is comprised of University and other team physicians, certified athletic trainers, physical therapists and student athletic trainers. The director of Sports Medicine is Dr. James Moriarity MD and the Director of Athletic Training and Rehabilitative Services is Jim Russ. The Athletic Training / Sports Medicine Department is responsible and accountable for the athletic medical care of all varsity athletes including conducting of physical exams, clearance for participation in practice and games, the diagnosis and treatment of injury and illness incurred from participation in sports and provides medical oversight for strength and conditioning activities within the department. Team Physicians and team Athletic Trainers are the highest medical authority for activities conducted on university athletic fields and have full authority over decisions related to return to play after injury, surgery, and illness.

Two athletic training / treatment facilities are available to varsity athletes: the Guglielmino facility is open for all athletes every morning and reserved for football, tennis and baseball in the afternoons. The Joyce Center facility is open to all athletes every afternoon. These athletic training facilities are closed over lunch hour. Hours of operation are posted and may change with the progression of the school year. Athletes are served on a first come, first serve basis but appointments are made with staff members as needed. Services provided in the athletic training facilities include injury evaluation, rehabilitation, physical therapy, x-ray and physician services. Approved chiropractic care is available in the athletic department and an athlete must schedule appointments by working through their athletic trainer. In general, the team athletic trainer is considered to be the "GO TO" person for all the medical needs of the athlete.

### **Team Physicians**

University based Primary Care Team Physicians are James Moriarity, Becky Moskwinski, Kevin McAward and Kathy Cox Cohoon. Community-based Orthopedic Team Physicians are Willard Yergler(Emeritus), David Bankoff(Emeritus), Fred Ferlic(Emeritus), Robert Clemency, Michael Yergler, Christopher Balint and Brian Ratigan. The Athletic Training / Sports Medicine Department utilizes the specialty services of many other physicians in the community, and has extensive networking with many other sports medicine specialists throughout the United States. All team physicians have board specialty certification.

Athletes may request to see physicians by communicating with the athletic trainer for their sport. Physician clinics are held most afternoons in the Joyce Center for athletes with injuries. Athletes with medical illness are encouraged to utilize the physician services at the University Health Center at St. Liam's Hall on campus where a wider variety of services are available and more complete records of a student's health history are available. Students are not charged a fee for

any physician care provided in the athletic training facilities or at St. Liam's Hall. A complete record of all visits is kept on file. Release of any medical information to outside agencies requires permission of the student-athlete.

#### **ATHLETIC TRAINING / SPORTS MEDICINE DEPARTMENT SERVICES**

All athletic injuries and illnesses are to be reported immediately to a member of the athletic training / sports medicine staff for evaluation, care, and referral. The Sports Medicine staff assesses the immediate needs and gives authorization to receive medical care from one of the following:

- \* University physician
- \* Team physicians
- \* Outside physician
- \* Team chiropractor
- \* Any other health care provider

It is the student-athlete's responsibility to report to the athletic trainers with information from the appointment and for follow-up care.

No one else is allowed to authorize any type of care or referral.

#### **ATHLETIC TRAINING / SPORTS MEDICINE DEPARTMENT REGULATIONS AND POLICIES**

The Athletic Training / Sports Medicine Department facilities are reserved for the exclusive use of the student-athletes participating in intercollegiate sports programs. Specialized areas within the facilities are designed for rehabilitation, hydrotherapy, and general physical therapy activities, with additional space reserved for pre-game and practice preparation areas and medical and staff offices.

The athletic trainer provides all prescribed rehabilitation and therapy treatments and coordinates the medical services that are available to student-athletes. Policies concerning these facilities are as follows:

- Student-athletes are not allowed in the Athletic Training / Sports Medicine Department without appropriate authorization and supervision.
- All therapeutic modalities must be operated or administered by athletic training staff.
- Injured student-athletes who are unable to attend practice (or otherwise limited from full participation) are required to report for prescribed rehabilitative treatments during morning hours as scheduled.
- Student-athletes are to follow strictly all rules and staff recommendations while under the direction of the athletic training staff.
- All prescribed medication is dispensed by and under the authority of the designated team physician.

#### **ATHLETIC TRAINING / SPORTS MEDICINE DEPARTMENT SCHEDULE**

Athletic trainers are assigned to attend practices and competitions by the Director of Athletic

Training and Rehabilitative services, with priority coverage given to in-season, “high-risk” sports (football, lacrosse, hockey, etc.). The sports medicine/athletic training staff is available for all 26 intercollegiate sports programs on a 24-hour, on-call emergency basis.

HOURS OF OPERATION ARE AS FOLLOWS:

Monday–Friday

7:15 a.m.–noon (Guglielmino facility)

1:00–7:00 p.m. (Guglielmino and Joyce facilities)

Saturday

8:30 a.m.–12:30 p.m. (Joyce facility)

Sunday

By appointment only

Hours are posted and may change during the second semester.

### **Dental Care**

The Athletic Department assumes the financial responsibility for dental care that is a direct result of an athletic injury sustained in formal practice or competition. Student-athletes must have been wearing approved protective mouth gear (if recommended for that sport) at the time of the injury to be eligible for dental coverage. Student-athletes are to report immediately all dental injuries to a member of the athletic training staff.

### **Eye Care**

Visual acuity is checked during the student-athlete’s physical examination. Varsity student-athletes who require visual correction for participation in their sport are furnished contact lenses or glasses. Corrective eyewear that is lost or damaged during formal practice or competition is replaced at the athletic department’s expense.

### **Medical Records**

To provide continuity of care, the sports medicine/athletic training staff, promptly record all the medical care given to student-athletes. Information contained in the medical record includes examinations, treatment of illnesses and injuries sustained during the year, evaluations and treatments, medical referrals, follow-up care, and authorizations for resuming athletic activities. In addition, an annual health status questionnaire is completed by the student-athlete and reviewed by the medical staff and included in the student-athlete’s medical record. Required health status information includes previous medical history, all athletic and non-athletic injuries sustained (including details on injuries within the last year), and past and present rehabilitation programs. Records regarding athletic participation are maintained by the athletic trainers. These medical records are reviewed and maintained in the athletic training centers to ensure that they are available, current and complete. The University physicians maintain records of student-athletes’ visits to the Student Health Center (St.Liam’s).

## RETURN TO ACTIVITY POLICY

Authorization to return to practice or play after all injuries or illness comes solely from the Notre Dame Team physicians. Outside health care providers' recommendations must be endorsed by Notre Dame Team physicians. Notification from the Notre Dame Team physicians comes through the athletic trainers to the appropriate head coach and administrator.

### Medical Exams

All entering freshman, transfer students, and tryout candidates must have a history and physical on file before commencing any activity in or on a Notre Dame athletic facility or field. There are no exceptions to this rule. Physicals are provided by the Athletic Training / Sports Medicine Department for all entering freshman and transfer students either during the summer session or the first week of the fall semester. Try out candidates must utilize their personal physician as a provider of the physical by utilizing the pre-participation history and physical exam form which is available online at <http://uhs.nd.edu>.

Returning varsity athletes must complete a returning health questionnaire and participate in an abbreviated physical conducted yearly at the beginning of the fall semester. For specific times and locations of the physical exams, the athlete is advised to contact the athletic trainer for their sport.

Physical examinations are comprehensive and require completion of vaccination history, past medical history and family history. Please bear in mind that some specific vaccinations are required by state and federal law, other vaccinations are highly recommended, and others are specific for certain ages and types of exposure. Therefore, there is no single guideline that applies to every athlete. As is true for all university students, financial responsibility for vaccinations is the students and their family.

### Second Medical Opinions

It is the expectation of the Athletic Training / Sports Medicine Department that athletes utilize the services of the physicians on staff. However, it is also recognized the value of a second opinion in some cases. The staff can help the athlete secure a second opinion and coordinate sharing of records to facilitate needed ongoing communication between the team physician and outside consultant. Additionally, the University of Notre Dame will assume the role of secondary insurance provider for non-surgical costs incurred by a consulting physician provided the following conditions are met:

- \* The athlete has received a first documented opinion by the Athletic Training / Sports Medicine staff,
- \* A request for a second opinion is made to the Athletic Training / Sports Medicine staff prior to any visits to an outside consultant,
- \* Any diagnostic testing or procedures such as an MRI, CTscan, arthrogram, etc is pre-approved by the Athletic Training / Sports Medicine staff,

\* Outside records and recommendations of consultants are made available to the staff.

If there is substantial discrepancy between the opinions of the Notre Dame' staff and the consulting physician, a third opinion may be requested, at University expense, from a mutually agreeable recognized sports medicine physician.

## **PHYSICAL THERAPY AND REHABILITATIVE Care**

All physical therapy and rehabilitative care for injuries incurred during practice or play will take place in a Notre Dame Sports Medicine facility under the direction of the Athletic Training / Sports Medicine staff. Rehabilitation protocols from physicians not affiliated with the University will be accepted and followed provided the protocols are not outside accepted standards of care and the expertise of staff.

## **Emergency Care**

Life threatening emergencies require immediate activation of the 911 system. From a campus land line phone, a 911 call will be directed to the Notre Dame Security for disposition. From a cell phone or from an off campus land line phone, a 911 call will be directed to the local EMS system.

## **Medical Expenses and Insurance Coverage**

The Athletic Department is a secondary insurance provider for illness and injury directly caused by practice or play. Athletics is not a secondary provider for illness or injuries not caused by practice or play. Secondary provider means that the athletics will pay for medical costs that the athlete's own insurance does not completely cover, such as deductibles, or a fixed percentage of the cost of a procedure or hospital stay.

It is important for athletes and their families to be familiar with the limitations and exclusions in their insurance policies. Some insurance policies limit coverage and services to specific locations and physician providers, and will not cover any services away from home. Other policies will permit payment away from home but only after appropriate authorization is obtained. Most of our area providers such as MRI centers, X-ray facilities and hospitals are familiar with these rules and can help athletes obtain authorization.

As mentioned previously, it is the expectation of the athletic department that athletes utilize the services provided by team physicians and rehabilitation services in our athletic training / sports medicine facilities. If as a result of injury sustained in practice or play, a surgical procedure is recommended by the team physician, the athletic department will bear the cost of any and all secondary costs regardless of policy exclusions for surgery performed under the direction of the team physician. Likewise, if the team physician refers the athlete to an outside consultant, the university will bear the cost of any and all secondary costs. If it is the wish of the athlete and family that a surgeon of their own choosing performs the surgery at a different location, secondary insurance by the athletic department is not provided.

Pharmacy costs constitute a separate category. The athletic department will absorb the cost of medications prescribed only by team physicians for athletes injured or suffering illness from practice or play. The athletic department will not cover pharmacy costs for pre-existing medical, psychological, or sports related conditions, illness or injury occurring out of season, or for conditions not caused by practice or play.

For athletes with no insurance, it is strongly encouraged for the athlete to purchase the Student Health Insurance sponsored by the university (available at St. Liam's). Be aware that this policy does not cover injuries sustained during varsity athletic activities, but it provides very good coverage for all other medical conditions for the athlete. For those individuals qualifying, the student assistance fund can help in the financial cost of the policy.

Athletes are required to provide insurance information at the beginning of every school year and anytime insurance status or coverage changes. The athletic department staff will assist the athlete in insurance filing if all the needed insurance information is submitted. As mentioned previously, there is no fee for physical therapy and physician services that are provided in the athletic training / sports medicine facilities or for physician services at the University Health Center.

Examples of items not covered by the athletic department secondary provider coverage are the following:

- \* Costs of medications for conditions present before entering Notre Dame.
- \* Costs of any type of vaccinations.
- \* Medications for conditions unrelated to practice such as acne, hypertension, learning disorders, urinary tract infections.
- \* Injuries sustained in an accident (non-sport related, auto, bike, etc.).
- \* Surgery for appendicitis, gall bladder, sinus disease, wisdom teeth.
- \* Injuries from a dorm or off-campus altercation.
- \* Any over the counter medications or items.
- \* Any injury occurring from athletic participation or training after the athlete's final varsity game.
- \* Lab test for mononucleosis during the academic year when the athlete is not officially practicing or playing.

### **End of Medical Coverage**

The athletic departments' role as secondary provider for athletes ceases with the conclusion of the athlete's last official NCAA competition. Any use of Notre Dame Varsity Athletic Facilities after eligibility has ended is at the discretion of the Director of Athletic Training and Rehabilitative Services and the Directors of Strength and Conditioning.