

# FLORIDA STATE UNIVERSITY

# SPORTS MEDICINE

## Policies and Procedures Manual

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## Index

<b>Statement of Approval</b> .....	<b>4</b>
<b>Scope of Practice</b> .....	<b>5</b>
<b>Mission Statement</b> .....	<b>6</b>
<b>Administrative Policies</b> .....	<b>7-45</b>
Sports Medicine Department Personnel.....	8-9
Organizational Chart.....	10
Staff Relations.....	11-12
Athletic Training Room Policies.....	13-14
Approval for Participation in Intercollegiate Athletics.....	15
On-Site Evaluations for Men’s Basketball.....	16
Exit Interview.....	17
Medical Hardship/Disqualification.....	18-19
Medical Services.....	20-22
Procedures for the Care of Athletic Injuries/Illnesses.....	23-25
Purchase of Athletic Training Supplies.....	26
Medical Records and Confidentiality.....	27
Transportation.....	28
Substance Abuse Program.....	29-36
Dietary Supplements and Banned Substances.....	37
Body Composition.....	38
Nutrition.....	39
Sport Coverage.....	40
Visiting Team Procedures.....	41
OSHA Regulations.....	42-46
<b>Emergency Management Plan</b> .....	<b>47-125</b>
Emergency Telephone Number List.....	48-51
Event Planning Checklist.....	52-56
Severe Weather Protocols.....	57-64
Lightning.....	58-60
Tornado.....	61
Hurricane.....	62
Utility Failure.....	63-64
Emergency Management Protocols.....	65-76
Emergency Management Protocol.....	66
Emergency Referral.....	67
Life Threatening Situation.....	68
Primary Survey.....	69
Secondary Survey.....	70-71
Catastrophic Incident Plan.....	72-76
Venue Plans.....	77-125
Alumni Village Hammer Throw Area- Track and Field.....	78-79
Apalachee Regional Park- Cross Country.....	80-81
Basketball Training Center- Men’s Basketball.....	82-83
Basketball Training Center- Women’s Basketball.....	84-85
Bobby Leach Student Recreation Center Aquatics- Swimming and Diving.....	86-87
Dick Howser Stadium- Baseball.....	88-89
Doak Campbell Stadium- Football.....	90-91
Football Practice Field- Football.....	92-93
Leon County Civic Center- Men’s Basketball.....	94-95
Leon County Civic Center- Women’s Basketball.....	96-97
Miccosukee Greenway- Cross Country.....	98-99

Mike Long Track- Track and Field.....	100-101
Moore Athletic Center.....	102-103
Morcom Aquatics Center- Swimming and Diving.....	104-105
Scott Speicher Tennis Complex- Men’s Tennis.....	106-107
Scott Speicher Tennis Complex- Women’s Tennis.....	108-109
Seminole Golf Course- Men’s Golf.....	110-111
Seminole Golf Course- Women’s Golf.....	112-113
Seminole Golf Course- Cross Country.....	114-115
Lady Seminole Softball Complex.....	116-117
Lady Seminole Soccer Complex.....	118-119
Tully Gymnasium- Volleyball.....	120-121
Tully Gymnasium- Weight Room.....	122-123
Sand Volleyball Courts- Sand Volleyball.....	124-125
<b>Medical Situations/Conditions.....</b>	<b>126-154</b>
Cold Stress and Cold Exposure.....	127
Heat Illnesses.....	128-129
Rehydration.....	130-131
Eating Disorders.....	132-134
Gender Specific Issues.....	135
Skin Disorders.....	136
Mental Health Issues.....	137
Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder.....	138-139
Concussion or Mild Traumatic Brain Injury.....	140-146
Sickle Cell Trait.....	147-148
Conditions of Impairment.....	149
Pregnancy.....	150-151
Type I Diabetes.....	152-153
Asthma.....	154-155

## STATEMENT OF APPROVAL

The Florida State University Sports Medicine Policies and Procedures Manual was developed by the staff athletic trainers while in collaboration with the team physicians. The primary team physicians have carefully reviewed and approved the manual in its entirety. Signed review and approval of the manual by each primary team physician shall be kept on file with the Director of Sports Medicine.

\_\_\_\_\_  
(Print Name- Dr. Kris Stowers)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Print Name- Dr. William Thompson)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Print Name- Dr. Steve Jordan)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

## **SCOPE OF PRACTICE**

"Athletic training" means the form of health care that includes the practice of preventing, recognizing, assessing, managing, treating, disposing of, and reconditioning athletic injuries under the direction of a physician licensed in this state or another qualified, licensed health professional who is authorized to refer for health care services within the scope of the person's license.

The Florida State University Sports Medicine Staff shall be licensed under the State of Florida Department of Health Division of Medical Quality Service. With this license, all staff athletic trainers shall practice under the direction of a Florida licensed team physician.

## **MISSION STATEMENT**

The Florida State University Sports Medicine Department strives to provide the intercollegiate student-athletes with the utmost quality health care. In doing so, the Sports Medicine staff is devoted to the care, prevention, treatment, and rehabilitation of injuries and illnesses while maximizing athletic performance. The Sports Medicine Department is dedicated to providing the FSU student-athletes with the latest in sports medicine research and technology, and to create an environment that promotes the total wellness of the student, the athlete, and the person.

**ADMINISTRATIVE  
POLICIES  
AND  
PROCEDURES**

## **SPORTS MEDICINE DEPARTMENT PERSONNEL**

The Athletic Training Staff consists of a Director of Sports Medicine, three associate directors of sports medicine, seven assistant athletic trainers, one athletic insurance coordinator, eight graduate assistant athletic trainers, and one intern athletic trainer. All athletic training staff members are certified by the National Athletic Trainers' Association and licensed by the State of Florida.

### **Certified Athletic Training Staff:**

Robin Gibson	Director of Sports Medicine
Jake Pfeil	Associate Director of Sports Medicine (Head Football)
Sam Lunt	Associate Director of Sports Medicine (Men's Basketball)
Jerry Latimer	Associate Director of Sports Medicine (Coordinator of Rehabilitation Services)
Jeronimo Boche	Assistant Athletic Trainer (Football)
Julie Kruessel	Assistant Athletic Trainer (Football)
Cory Couture	Assistant Athletic Trainer (Baseball, Men's Golf)
Gwendolyn Davis	Assistant Athletic Trainer (Men's and Women's Cross Country and Track and Field)
Eunice Hernandez	Assistant Athletic Trainer (Softball, Women's Golf)
Emily Hutcherson	Assistant Athletic Trainer (Women's Basketball)
Cheryl Pfeil	Assistant Athletic Trainer (Coordinator of Athletic Training Services)
Nick Pappas	Assistant Athletic Trainer (Athletic Insurance Coordinator)

### **Certified Graduate Assistant Athletic Trainers:**

Tyler Deam	Graduate Assistant (Football)
Renee Hirshbrunner	Graduate Assistant (Sand Volleyball)
Caleb Forehand	Graduate Assistant (M/W Swimming/Diving)
Kaye Jaynes	Graduate Assistant (Women's Tennis)
Clay Johnson	Graduate Assistant (Men's Tennis)
Miguel Motolongo	Graduate Assistant (Soccer and Swimming/Diving)
Mischa Payne	Graduate Assistant (M/W Cross Country and Track and Field)
Amanda Robinson	Graduate Assistant (Volleyball)
Madeleine Scaramuzzo	Graduate Assistant (Football)

All graduate assistant athletic trainers will be on full academic scholarship while at Florida State University.

### **Athletic Training Students**

Athletic Training Students must be accepted into the Athletic Training/Sport Medicine Curriculum and must complete the following steps in order to be eligible for admission into the didactic, clinical, and field components of the program:

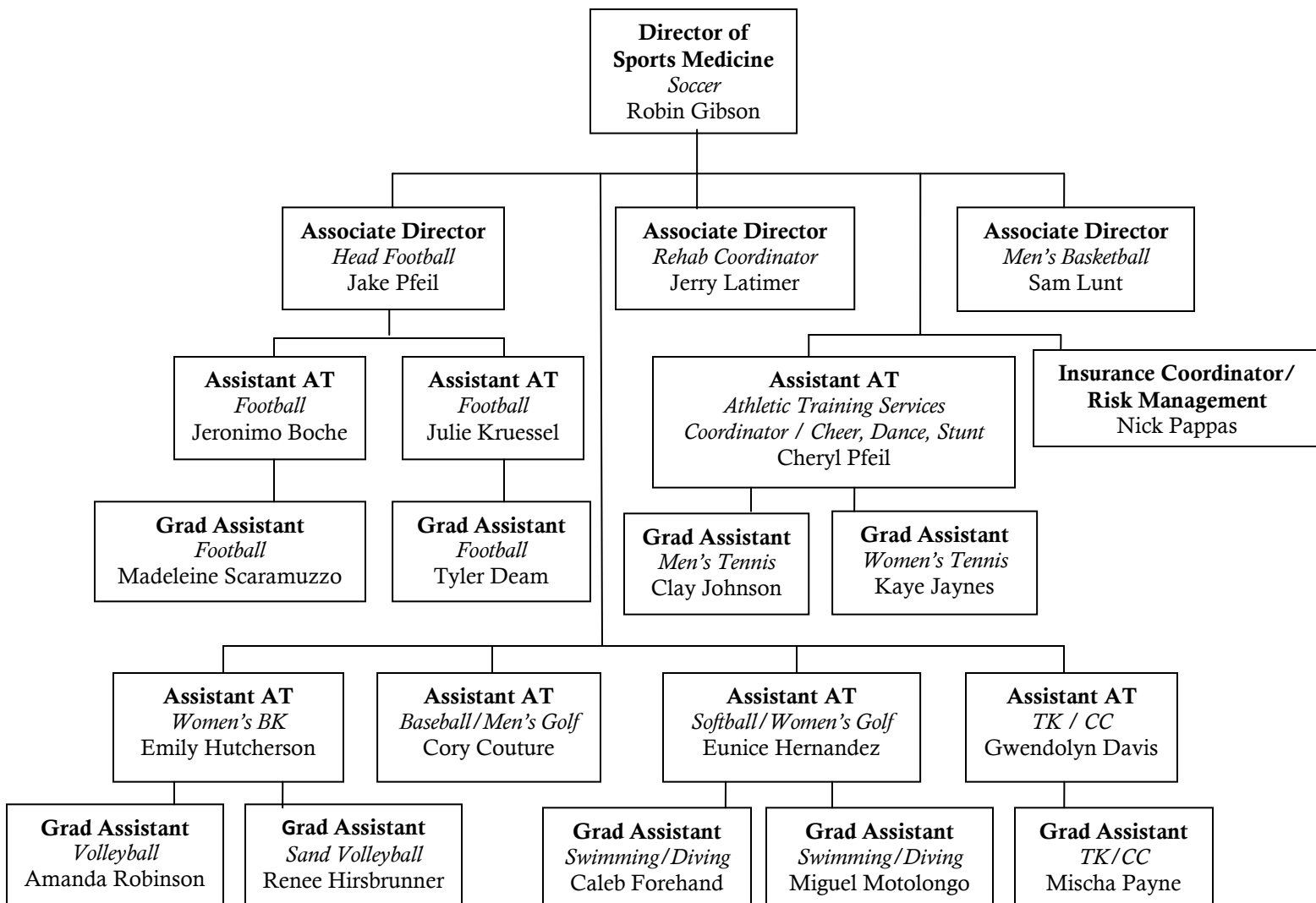
1. A minimum GPA of 2.5
2. Successful completion of PET 1638 and admittance into PET 1941
3. Student must meet all technical standards for admission.

Athletic training students will be selected by a committee which consists of the Curriculum Director, the Assistant Curriculum Director, the Director of Sports Medicine, the Associate Director of Sports Medicine, and several staff athletic trainers. Upon admission, each student will be assigned a



primary sport responsibility and work under the supervision of a certified athletic trainer. During their second year in the athletic training education program, athletic training students may apply for the Jason Evans Memorial Scholarship. One male and one female athletic training student will be selected to receive the scholarship, which will be applied to their third year in the program.

## ORGANIZATIONAL CHART



## **STAFF RELATIONS**

### **Physicians and Medical Advisors**

The Athletic Training Staff will cooperate completely with the team physician and any other medical advisors working with the Athletic Training Department. The medical advisory staff for the Department of Athletics, at this time, includes two highly qualified Orthopedic Surgeons, one Family Practitioner and numerous Medical Consultants.

### **Visiting Athletic Trainers**

Members of the Athletic Training Staff will conduct themselves according to the manner outlined in the NATA Code of Ethics. Athletic Trainers of visiting teams are to be extended every courtesy during their visit to Florida State University.

### **Coaches**

Coaches will be kept fully informed as to the health status of student-athletes throughout the season. This will occur either by personal conversation or by a written report delivered directly to the coach. All coaches, graduate assistant coaches, and volunteer coaches, must be CPR/First Aid/AED certified and act as a first responder in the absence of a Certified Athletic Trainer. This certification must be completed within 3 months of hiring and recertification must occur every other year.

### **Nutritionists**

The athletic nutritionists will work closely with the Athletic Training Staff in assessing the nutritional needs of the athlete as well as planning weight gain/loss diets, pre-event meals and road meals.

### **ATHLETIC TRAINING STAFF / COACHING STAFF RELATIONSHIP**

- A. Injuries take variable amounts of time to heal properly. Understand that the team physician and the athletic training staff will return a student-athlete to participation when the time is appropriate and safe for the student-athlete.
- B. Purchase or distribution of any nutritional supplements and/or ergogenic aids by coaches is strictly prohibited by the NCAA and the Florida State University Athletic Department. If a student-athlete is taking supplements and/or ergogenic aids, they must disclose this information in the pre-participation physical exam. The athletic training staff will then research these substances to ensure the student-athletes safety and compliance with NCAA standards.
- C. It is the expectation of the athletic training staff that coaches will not attempt to evaluate, treat, or rehabilitate athletic injuries/illnesses.
- D. In the event of injury or illness, the head coach or the coach in charge of a specific group will be given the student-athlete's status as soon as possible.
- E. If a coach is not satisfied with the care being rendered to his/her student-athletes by a certified athletic trainer, he/she should direct his or her concerns to the Director of Sports Medicine, then the Director of Athletics, in that order.
- F. Athletic training students are under the direct supervision of a certified athletic trainer. If a coach has concerns regarding an athletic training student he/she should notify the supervising certified athletic trainer.

- G. In the event a certified athletic trainer is tending to other student-athletes or momentarily unavailable, the athletic training student will act as a first-responder.
- H. Athletes should have ample time between practices/competitions and meetings/meals to receive treatment and care for any injuries or illness they may have.

### **SEXUAL HARRASSMENT**

The Florida State University Sports Medicine Department operates in accordance with the policies and procedures set by the university, including the Florida State University Student Code of Conduct. If you are the victim of sexual harassment, go to the following Human Resources website, [http://compliance.hr.fsu.edu/index.cfm?page=sexual\\_harassment](http://compliance.hr.fsu.edu/index.cfm?page=sexual_harassment) , and follow the recommended steps.

## **ATHLETIC TRAINING ROOM POLICIES**

### **DON FAULS ATHLETIC TRAINING ROOM SCHEDULE**

Generally, the Don Fauls athletic training room is open Monday through Friday, 7:30am to 6:00 pm. However, during the summer and holiday season, the Don Fauls athletic training room hours will be adjusted and posted. Special scheduling arrangements will be made for athletic teams that hold practice or competition on designated state holidays. Athletic training facilities are open for designated periods of time so that all Florida State University athletic teams have the opportunity to use the facilities both prior to and after practices, workouts, and competition.

### **SATELLITE ATHLETIC TRAINING ROOM COVERAGE**

The Satellite Athletic Training Rooms will be open Monday through Friday from 1 pm-5pm during the regular competitive season, or until all practices are finished and post-practice treatments have concluded. On weekends the satellite athletic training rooms will be open only during practice/competition times. On days of home competition, the athletic training room will be open sufficiently early so that all student-athletes have ample time to prepare for practices or competitions. It is the dual responsibility of the head coach and the certified athletic trainer to determine the amount of time necessary to prepare the student-athletes for practice or competition.

### **ATHLETIC TRAINING ROOM RULES**

The use of all athletic training facilities and the conduct of the athletic training staff, athletic training students, and student-athletes will be governed by the athletic training room rules as set forth by the Director of Sports Medicine and his staff. In general, these rules shall include the following:

1. No rough-housing or horse-play.
2. No abusive language or cursing.
3. No eating or drinking in the Athletic Training Room.
4. No cleats or muddy shoes into the Athletic Training Room.
5. Do not bring athletic equipment into the Athletic Training Room.
6. In order to receive post-practice treatment all student-athletes must first shower and change out of practice clothes.
7. Student-athletes should be sure that they are completely dry when entering the athletic training room from showers or whirlpools.
8. Do not treat yourself. An athletic trainer will assist you.
9. Return loaned items to the Athletic Training Room. If items are not returned, the student-athletes registration may be held until the item is returned. If the item is not returned, the athletic training department may be reimbursed directly from the student-athletes scholarship funds.
10. No student-athletes are permitted to be in the storage area or in the athletic training offices without permission.
11. Athletic training room telephones, fax machines, and computers are off-limits for all student-athletes.
12. Treatments are given only upon doctor's or athletic trainer's approval. The medical staff will decide what care each injury will receive.
13. Treatments are to be continued until the medical staff indicates that treatments may be terminated.
14. No supplies are to be removed from the athletic training room without the permission of a staff athletic trainer.
15. Never touch the modality equipment. It is dangerous and can cause harm to student-athletes should they be used improperly.

16. Ice is for athletic training room use only. Contamination of ice machines by hands or items other than ice scoops is prohibited.
17. Student-athletes need to allow ample time to receive treatment or rehabilitation prior to practice.
18. All athletes must dress out for each practice even though injured and unable to participate unless told otherwise by the staff athletic trainer.

## **APPROVAL FOR PARTICIPATION IN INTERCOLLEGIATE ATHLETICS**

The NCAA requires that student-athletes have a full pre-participation physical examination prior to the first year of athletic competition. The NCAA requires that all student-athletes receive a medical recheck screening annually thereafter. If an annual physical examination is required for conference participation, then an annual physical examination will be performed. University Health Services will NOT accept any physical performed by an outside provider. All physical examinations must contain all required tests mandated by the Athletics Department and must be administered using Florida State University Sports Medicine paperwork. All pre-participation exams must be submitted to and approved by Florida State University Team Physicians along with University Health Services.

No student-athlete at Florida State University may participate in Intercollegiate Athletics without a **FULL, ANNUAL** pre-participation physical examination. The initial pre-participation physical examination for all incoming athletes must be completed, and all areas cleared by University Health Services and a Florida State University team physician, before the student-athlete may participate in workouts, practices, or competition. All annual physical examinations thereafter must be concluded, and all areas cleared by University Health Services (as needed) and a Florida State University team physician, within a year of the previous annual physical exam.

Each head coach is required to submit their roster of scholarship and non-scholarship student-athletes to their assigned certified athletic trainer a minimum of 30 days prior to the start of their pre-season workouts. The Athletic Training Department will make the necessary arrangements for the pre-participation physical examinations for the student-athletes.

The coach will be informed of the date and time that pre-participation physical exams have been scheduled. It is the head coach's responsibility to see that his/her student-athletes attend their scheduled pre-participation physical exam. If a student-athlete fails to attend his/her pre-participation physical examination, the student-athlete will remain ineligible until the pre-participation physical examination is completed.

It must be clearly understood that all student-athletes must receive medical clearance before participating in Intercollegiate Athletics. Failure to receive medical authorization to participate in Intercollegiate Athletics shall immediately disqualify any athlete from all competition.

In conjunction with the pre-participation physical examination, the student-athlete will also disclose his/her previous injury or illness record, past medical history, and family history. Failure to disclose any injury or illness, past or present, relieves the Athletics Department of all liability in the event the athlete sustains a subsequent injury or re-injury to the affected part. **NOTE: It will be the coach's responsibility regarding liability if a student-athlete participates without having had a pre-participation physical examination.**

## **ON-CAMPUS EVALUATIONS FOR MEN'S BASKETBALL**

The NCAA passed legislation on March 14, 2012 allowing coaches to conduct on-campus evaluations on prospective student-athletes, both from high school and junior college at the conclusion of their respective playing seasons. These on-campus evaluations can only be performed if the student-athlete has exhausted their high school, prep school, or junior college eligibility and only during the athlete's unofficial or official campus visit.

The NCAA has recommended that prior to this on-campus evaluation each prospective student-athlete must undergo a medical examination by a licensed physician. Each medical examination shall include a sickle cell solubility test unless documented results of a prior test are provided to the university or the prospective student-athlete declines the test and signs a written release. The examination must be administered within the prior six months of the athlete's initial participation in practice, competition or out of season conditioning activities during their prior season.

It is the position of the Florida State University Sports Medicine Department that each prospective student-athlete MUST complete and pass the same comprehensive physical examination as the enrolled student-athletes undergo prior to participation in intercollegiate athletics at FSU. The FSU minimum requirements on the physical examination are as follows:

- Sickle Cell Solubility Test
- Electrocardiogram (with cardiologist over read)
- Medical Examination by licensed practitioner

The prospective student-athlete may undergo this physical examination at home if they choose, but it must be within six months of their on-campus evaluation. It must include ALL items as required by the Florida State University Athletic Department and the prospective student-athlete must bring the written results with them before they are permitted to participate in their on-campus evaluation. The physical exam paperwork and all diagnostic lab work MUST be signed by a licensed physician. The prospective student-athlete must also show proof of billable health insurance in order to perform in an on-campus try-out.

The prospective student-athletes may elect to have the medical evaluation performed at Florida State University at the Thagard Student Health Center. It will take approximately two days to "clear" an athlete for competition pending results of the Sickle Cell Solubility Test and the EKG over read by the team cardiologist. Any/all charges related to this on-campus medical evaluation will be filed with the prospective student-athlete's insurance carrier as primary coverage. Expenses not covered by a student-athletes insurance company will be paid by the Florida State University Athletic Department. Coaches are encouraged to inform all prospective on-campus student-athletes of this and to make arrangements accordingly. Coaches are also strongly encouraged to communicate with the Sports Medicine Staff prior to bringing prospective student-athletes for an on-campus evaluation so any necessary medical appointments may be arranged in advance.



## **EXIT INTERVIEW**

### **EXIT INTERVIEW**

This process is done at the end of the student-athletes' eligibility to evaluate the need for subsequent treatment of unresolved injuries, and to make sure no new or unreported injuries have occurred to the student-athlete while playing a sport at Florida State University. All student-athletes must meet with the FSU Athletics Department Student Services staff to address any additional needs. Failure to do so could lead to forfeit of further medical care.

### **FURTHER EVALUATION**

As part of the exit interview process, the student-athlete or athletic trainer may request an examination by a team physician to determine the status of a previous or current injury. If surgery or further treatment of an athletic-related injury is required, it must be performed as soon as possible, once team eligibility has expired. No procedure will be paid for unless coordinated through the Florida State University Sports Medicine Staff. The Florida State Athletic Department will not be responsible for any injury or condition that is not documented in the athlete's permanent medical file.

## **MEDICAL HARDSHIP / DISQUALIFICATION**

### **POLICY**

Risk is inherent to intercollegiate athletics and whether due to injury, illness or pregnancy, participation may be limited or even terminated depending on the risks of the medical condition. The NCAA has set forth specific rules dealing with these medical cases and Florida State University will follow the rules of the NCAA. The athletic trainers and team physicians providing care for student-athletes must be well versed in these bylaws that govern participation in intercollegiate athletics. Medical hardships, medical extensions and a medical disqualification, also known as a medical non-counter, are types of these waivers that the sports medicine staff may have to file for a student-athlete. All of these waivers will have to be submitted to the Atlantic Coast Conference (ACC) for review and approval or denial.

### **Medical Hardships**

May be submitted to the ACC if the following criteria are met:

- The injury/illness occurred during the senior year of HS or during one of the 4 seasons of intercollegiate competition
- The injury/illness occurred during the first half of the playing season
- The injury/illness occurred and limited participation in 2 or 20% of the scheduled contests (whichever is greater)

### **Medical Extensions**

May also be submitted to the ACC if the following criteria are met:

- All of the criteria of a “Medical Hardship” apply
- This seeks to extend the student-athlete’s career from 5 to 6 years
- 2 out of the 5 years must have been lost due to circumstances beyond the student-athlete’s control

### **Medical Disqualification**

This is very different from the previous two waivers. This is usually a last resort and it usually follows a recommendation by the medical community that this student-athlete halt all intercollegiate competition and participation. The risk is too large for whatever the reward of participation may be.

Therefore, it is a recommendation that the career of the student-athlete involved be terminated at this level of intercollegiate athletics, and that he/she no longer participate at Florida State University.

The staff athletic trainer and the team physician will work together to make sure that every avenue is explored and that a proper diagnosis has been reached. Medical disqualification is ultimately up to the team physician or the team physician’s designate who may have more experience with the medical condition at hand.

### **Documentation**

Contemporaneous medical documentation will be provided to Florida State University Athletic Compliance office for their submittal to the ACC. Documentation should include but not limited to:

- Diagnosis or description of student-athlete’s malady by team physician
- Any and all lab work pertaining to the illness/injury
- Diagnostic test reports (X-rays, US, MRI, CT-scans, bone scans, etc.)
- Any documentation that shows the debilitating effects of the illness/injury (treatment logs, rehabilitation logs, etc.)

The university cannot be held responsible if medical information is withheld from the Florida State University Sports Medicine department. Individuals will undergo thorough pre-participation physical examinations annually. Student-athletes will fill out a thorough medical history form every year, and it is the responsibility of the student-athlete to notify Florida State University of any possible injuries or illnesses that may be exacerbated by participation in intercollegiate athletics so that FSU can look into them more closely.

## **MEDICAL SERVICES**

Injuries must be anticipated in any type of athletic activity. Almost without exception, every sport assumes some degree of risk. Therefore, when an injury does occur to a student-athlete participating in the intercollegiate athletics program, the following care, supervision, payment and medical services are available:

### **FINANCIAL COVERAGE OF MEDICAL CARE**

It is extremely important that Department of Athletics policies and procedures related to insurance and financial responsibility be understood by and communicated to all athletes as well as their respective parent(s) and/or guardian(s). There is a mutual responsibility shared by all parties to adhere to these policies and procedures to ensure the proper processing and prompt payment of expenses related the care and treatment of illness and injury. **The following section outlines the rights and responsibilities of student-athletes regarding athletic health care. It is imperative that the athlete read and understand this information so that they know what to expect and what is expected of them in the event they suffer an injury or illness. This information will be shared with athletes at the beginning of each semester.**

### **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. This policy assures proper and immediate care, close follow-up treatment and smooth injury management for the student-athlete and the Florida State University Department of Athletics Sports Medicine Staff.
- B. The Sports Medicine Staff will make all referral appointments. Transportation to medical facilities/offices located off-campus will be provided by the Sports Medicine Staff **ONLY** if the student-athlete is unable to arrange personal transportation.
- C. Medical care and treatment of all student-athletes will be done through team physicians, consultants and healthcare resources associated with Florida State University Sports Medicine team as approved by the Director of Sports Medicine.
- D. If a student-athlete desires a second opinion, the student-athlete is required to request such through their respective Staff Athletic Trainer for approval by the Director or Associate Director of Sports Medicine before the physician's visit or procedure is allowed. Expenses related to care or treatment without following this policy will not be the responsibility of Florida State University Department of Athletics. The student-athlete and/or parent(s) and/or guardian(s) must provide for a release of information from the healthcare provider to the Florida State Sports Medicine Staff.
- E. A consultation between the parent(s) and/or guardian(s) of any student-athlete and the Florida State University Department of Athletics Sports Medicine Staff will be arranged whenever requested. All decisions regarding medical approval or disqualification in the intercollegiate athletics program will be made solely by the Florida State University Department of Athletics Team Physician and/or associated consultants.
- F. The Florida State University Department of Athletics Sports Medicine Staff reserves the right to require referral to an outside medical agency for the evaluation, treatment and/or rehabilitation of any problem not related to athletics.

- G. Any student-athlete incurring an illness at a time outside the dates of traditional or non-traditional seasons may be required to report to the Florida State University Health Services for treatment.

### **MEDICAL EXPENSE PAYMENT POLICIES**

- A. All non-scholarship student-athletes are required to provide proof of existing medical insurance in conjunction with having their initial or annual physical examination. This policy should provide benefits for athletic related injury. A front and back copy of the participant's primary insurance card must be on file with the Florida State University Department of Athletics before the student-athlete will be allowed to participate in any practice or competition. A fax transmission of insurance information or policyholder's signature may be accepted if properly authorized.
- B. The Florida State University Department of Athletics will ONLY be financially responsible for injuries occurring while a student-athlete is representing the university in formal intercollegiate activity. Illnesses or injuries outside official practices, formal workouts, or scheduled games are not covered by the Florida State University Department of Athletics. Such incidents are the financial responsibility of the student-athlete and/or respective parents and/or guardians. Care for illnesses such as colds, flu, etc. will only be covered during a sport season in which the student-athlete is engaged in formal full-team practices.
- C. In accordance with NCAA regulations, the Department of Athletics is not allowed to financially support any injuries or illnesses sustained by student-athletes not directly related to participation in Intercollegiate Athletics. As such, all student-athletes are encouraged to obtain the Health and Accident Insurance Plan for Students from the University Health Service. This plan protects the student 24-hours a day, except when participating in Intercollegiate Athletics. The athlete may choose to obtain coverage through a private carrier.
- D. The Florida State University Department of Athletics requires that bills or claims be submitted first to the primary health insurance company of the student-athlete and/or of his/her parent(s) and/or guardian(s). The Florida State University Department of Athletics retains a secondary excess policy. This secondary policy will pay ONLY AFTER primary insurance has been engaged and only for athletic-related injuries or illnesses.
- E. Payments or reimbursement checks, which are sent to policyholders by insurance carriers and intended for payment of medical expenses, are funds which are the responsibility of the policyholder to apply fully to payment of such expenses by the policyholder. The Florida State University Department of Athletics will not be responsible for charges not paid by the policyholder in these circumstances.
- F. Student-athletes and/or parents or guardians should review the details of their insurance plan to make sure it provides adequate coverage for injuries and illnesses, understand their insurance company's claim filing procedures and what must be done if injuries or illnesses occur while away from home. Student-athletes should carry their insurance ID card (and prescription card, if one exists) on their person.
- G. It is the responsibility of the student-athlete and/or parents or guardians to inform the Sports Medicine Staff of any peculiarities and changes in his/her medical insurance coverage (i.e. HMO, PPO). If services are rendered while there is a lapse in coverage, the student-athlete and/or parent(s) and/or guardian(s) may be responsible for all charges incurred during this

lapse. Please let the Sports Medicine Staff know of any questions that may arise concerning the medical coverage of an athlete.

- H. All requests made by insurance carriers for applicable information will be handled in the most expedient and timely manner possible. Student-athletes and parent(s) and/or guardian(s) have the responsibility to immediately notify the Department of Athletics Coordinator of Insurance and Risk Management with all requests, letters, claims or billing related to insurance for care and treatment received by the student-athlete from healthcare providers and insurance companies. This policy will ensure timely handling of all matters.
- I. Arrangements for follow-up care with a physician for injuries incurred during athletic activity must be completed within a 14 day period after completion of the competitive season, eligibility or termination from the team. After said period, Florida State University Department of Athletics is no longer financially responsible for any expenses incurred as a result of said injury unless other arrangements have been made with the Sports Medicine Staff.

### **SPECIAL CIRCUMSTANCES**

Special circumstances which may arise that are not covered by these policies will be reviewed on a case by case basis and a final decision will be rendered by the Director of Sports Medicine on any action and disposition.

## **PROCEDURES FOR THE CARE OF ATHLETIC INJURIES / ILLNESSES**

### **POLICY**

Any student-athlete who has suffered an injury or illness should make it known to the Sports Medicine Staff.

Any student-athlete requiring medical diagnosis or treatment for injuries or other related medical problems while participating in their Intercollegiate Athletic Program should report this injury or problem to the athletic trainer assigned to his/her sport. The athletic trainer will then administer first aid and make arrangements for consultation, if needed.

If the Team Physician is on the site or is called for consultation and diagnosis, he/she will prescribe treatment. If the prescribed treatment is available in the athletic training room, the student-athlete is required to be treated in the athletic training room under the supervision of the Sports Medicine Staff.

If the Team Physician believes the injury is of the nature or severity that requires the consultation of another medical specialist, referrals will be made as soon as possible by the Team Physician or a member of the Athletic Training Staff.

If the student-athlete is not satisfied with his/her injury diagnosis or recovery progress, he/she should notify the Director of Sports Medicine or Team Physician. Necessary arrangements will be made for a second opinion and the Department of Athletics will cover the expenses in the usual manner. However, the Department of Athletics will not cover the expenses of other physicians, hospital bills, etc., when the student-athlete has not been referred by the Athletic Training Staff or the Team Physician.

Medical records are maintained in the Athletic Training Rooms for all student-athletes participating in the Intercollegiate Athletic Program. The Athletic Training Staff and the Team Physician, when needed, are the final authority on when an injured or ill student-athlete may return to practice or competition. HIPAA guidelines are strictly enforced.

### **Athletic Injuries and Illness Procedure**

If a student-athlete is injured or ill and is restricted from athletic participation, he/she must be granted clearance by the certified athletic trainer or team physician to resume physical activity.

All injuries and illnesses should be reported to the Athletic Training Staff. All student-athletes needing medical attention for illnesses at the University Health Services will be referred by the Sports Medicine Staff. Any student-athlete that reports to the University Health Services or emergency room without prior approval from athletic training staff, except in the case of **extreme emergency**, will be responsible for the financial obligation for treatment received.

Coaches are not permitted to refer student-athletes to the University Health Services, any medical facility or physician except in the case of extreme illness or injury when a member of the Sports Medicine Staff is not available. All athletic injuries and illnesses will be handled by the Sports Medicine Staff without interference from the coaching staff.

If a student-athlete is injured during a practice session, workout session or contest, the Sports Medicine Staff will aid him/her as quickly as possible, evaluate the student-athlete and proceed with

the appropriate, immediate care. The coach will be informed as quickly as possible regarding the student-athlete's injury and availability for that particular practice, workout or contest. All therapeutic treatment, if necessary and available, will be administered by the Athletic Training Staff.

In the case of an emergency, the Athletic Training Staff will administer the necessary emergency care until EMS (Emergency Management Services) or a team physician arrives. **COACHES SHOULD NOT UNDER ANY CIRCUMSTANCES REQUEST THE REMOVAL OF A STUDENT-ATHLETE OR ATTEMPT TO MOVE HIM/HER IF AN INJURY HAS OCCURRED TO THE STUDENT-ATHLETE'S HEAD, NECK OR BACK.** Coaches are not to interfere with the Athletic Training Staff and their management of emergency situations.

### **Physician Clinic**

A general practitioner will be available multiple times each week in the Don Fauls Athletic Training Room to assess any injuries or illnesses experienced by the student-athletes. All student-athletes have access to be seen by the physician. Appointments are established based on severity of injury and student-athletes who are currently in-season receive right of first refusal. The remaining appointment times are distributed on a first-come first-served basis. Student-athletes who have schedules that conflict with clinic times will be referred to University Health Services for examination or referred to Tallahassee Orthopedic Clinic.

### **Referrals**

If a team physician, the Thagard Student Health Service Center, or the Sports Medicine Department determines that an outside referral or consultation is necessary for a student-athlete, the appointment for such a visit will **ONLY** be arranged by the team physician or the Sports Medicine Department. If a student-athlete refers himself/herself without obtaining prior approval from the Sports Medicine Department, the student-athlete shall assume medical and financial responsibility for such outside visit and medical attention. Coaches do not have the authority to arrange medical referrals to any physician or outside medical service without consulting and receiving prior approval through the Sports Medicine Department.

### **Prescriptions**

The Department of Athletics may pay for prescription medications at anytime for an enrolled student-athlete during the year, as long as it filled in Tallahassee or on a scheduled road trip with a team and is necessary for athletic participation.

### **Dental Care**

The Department of Athletics will assume financial responsibility for the payment of dental injuries that are incurred while participating in an official team practice or contest. All dental injuries associated with athletic participation must be reported to a member of the Athletic Training Staff. The Team Dentist will perform all dental repairs whenever possible. The cost of any dental procedure that is not pre-approved by the Director or Sports Medicine will be incurred by the student-athlete.

The Sports Medicine Department shall not be responsible for the payment of normal dental care such as cavities, cleaning, gum infections, wisdom teeth extraction, or any other dental problems not related to an athletic injury.



### **Corrective Lenses**

Each student-athlete will receive an eye examination during the pre-participation physical examination. Should it be determined that a SCHOLARSHIP student-athlete needs vision correction, the Sports Medicine Department will incur the cost of vision correction contact lenses. The student-athlete must seek prior approval for such visual aid from a member of the athletic training staff. If the student-athlete is NOT on scholarship, the cost of contact lenses will be incurred by the student-athlete. Contact lenses which are lost or misplaced, other than in athletic participation, will be replaced by the student-athlete at his/her own expense. Corrective glasses are NOT the financial responsibility of the Sports Medicine Department.

If a student-athlete is in need of corrective glasses, the Staff Athletic Trainer will consult with the Office of Student Services to determine Student Assistance Fund (SAF) eligibility. *The student-athlete must be Pell eligible in order to receive services paid for by the Special Assistance Fund.* Upon verification that the student-athlete is SAF eligible, the Staff Athletic Trainer will make the appointment for the student-athlete (at which time an estimate is requested) and forward a completed SAF application to the Office of Student Services. Each situation will be assessed on an individual basis and will follow in accordance with the policies and procedures set by the Office of Student Services.

### **Massage Therapy**

#### **A. Massage therapy service during the REGULAR SEASON:**

During the regular season, the Florida State University team physician will determine if therapeutic massage is needed for the medical benefit of the student-athlete. Massage therapy services that are provided during the regular season will be paid for from the Sports Medicine Department budget. Currently, we have medical contracts with several local Licensed Massage Therapists (LMT's) for massage therapy services for the student-athletes. Once a team physician has approved the massage therapy for a student-athlete, the team's certified athletic trainer will set up the massage therapy appointment for the student-athlete.

#### **B. Massage therapy service during the POST-SEASON:**

During the post-season (ACC Tournaments and/or NCAA tournaments), the team certified athletic trainer, the Director of Sports Medicine and the team physician will determine if therapeutic massage is needed for the team. If so determined, the team may contract the services with one of the local Licensed Massage Therapists prior to the start of the post-season tournament(s) and the costs will be incurred by the Sports Medicine Department budget. If the coaches would rather their team obtain massages at the competition site, they may either travel with a local massage therapist or contract the services of a Licensed Massage Therapist in the host city. This cost will be incurred by that team's budget. Administrative approval must be obtained prior to travel.

#### **C. Student-athletes/coaches who set up appointments with a licensed massage therapist WITHOUT team physician referral or administrative approval will be personally responsible for incurring the cost of the massage therapy services.**

## **PURCHASE OF ATHLETIC TRAINING SUPPLIES**

The Sports Medicine Department is the only department authorized to purchase medical supplies, modalities and athletic training equipment. The Sports Medicine Department will maintain a current inventory of all medical supplies and equipment and order medical supplies and equipment in accordance with the procedures of the Department of Athletics. The Sports Medicine Department will also be responsible for maintaining, using and issuing medical supplies and equipment in a competent manner.

**All purchases made using an open (blanket) purchase order for the Sports Medicine Department must have prior approval by the Director of Sports Medicine.**

Payment for prescriptions given to a student-athlete by a team physician, an approved consultant physician, or the Student Health Service, must be approved by the Sports Medicine Department. Student-athletes must obtain a payment slip for prescriptions from a certified athletic trainer **prior** to having the prescription filled.

## **MEDICAL RECORDS AND CONFIDENTIALITY**

### **Medical Records**

The Sports Medicine Department will keep a record of all injuries, illnesses and surgical procedures along with daily injury records and daily treatment records. All medical records will be secured under double-locked conditions as per HIPAA regulations. All computer records will be password protected per HIPAA regulations.

### **Confidentiality**

All of the information gathered and kept private by the Sports Medicine Department is highly confidential and is protected by the Federal Right to Privacy Act (HIPPA). A student-athlete must sign a waiver for release of any information to any family member, media source, health care professional or professional scout. All questions from the news media will be referred to the head coach of the sport involved. **After a release of information has been granted by the student-athlete**, the head coach may designate a specific person (assistant coach, athletic trainer, Sports Information director, etc.) to answer questions. Unless other arrangements are made, no information regarding the health status of any student-athlete will be released by the Sports Medicine Department.

## **TRANSPORTATION**

### **Individual Transportation**

If a student-athlete has a personal vehicle available to get them to and from class, academic obligations, and medical appointments; then they are to use such transportation if an injury/illness does not prevent them from doing so.

### **Athletic Training Transportation**

In the event a student-athlete does not have a personal vehicle (i.e. car) to get them to and from medical appointments, then a staff athletic trainer may take the student-athlete in his/her personal vehicle. If an athletic training student is transporting a student-athlete, he/she must use a registered Florida State University Department of Athletics vehicle. If a student-athlete has a lower body injury and is non-weight bearing, the staff athletic trainer may help coordinate transportation for the student-athlete to get to and from class, academic obligations, and medical appointments on time. The student-athlete shall be responsible for any other transportation.

## **SUBSTANCE ABUSE PROGRAM**

### **I. Introduction**

The Athletic department of the Florida State University recognizes that substance abuse is a national concern. The lives of many men, women and children are being negatively influenced by our society's unhealthy relationship with alcohol, tobacco and illicit drugs. College is a time when important decisions are often made regarding career, relationships, etc. Additionally, the student-athlete has many other stresses associated with being an athlete at a major university. The pressures of training, practice, time management, and notoriety, accompanied by the other pressures of adjusting to a large university often far from home, can sometimes make the temporary relaxation promised by drug use very attractive. The Athletic Department is committed to the development and enactment of a substance abuse policy designed to assist student-athletes meet the demands of both academic and athletic pursuits. It is the department's intent to help provide a safe, healthy, and drug-free atmosphere in which student-athletes can experience and grow as students, and most importantly, as human beings. It is with this philosophy in mind that the Athletic Department has developed a Substance Abuse Policy that has the following goals:

1. To provide current, factual information to all student-athletes regarding drug use/abuse.
2. To identify as quickly as possible those student-athletes who are abusing substances, or who are at high risk to abuse substances, and provide them with the professional assistance they require.
3. To develop and maintain an ethical, responsible drug testing program designed to act as both a deterrent to drug/alcohol abuse and as a method of identifying student-athletes who may already be involved with substance abuse.
4. To enhance the well-being of FSU student-athletes and ensure, as much as possible, their safety.
5. To provide a safe environment for intercollegiate athletics competition.

By accomplishing these goals the Athletic Department is fulfilling a responsibility it has towards the student-athletes who have been recruited to pursue their academic and athletic careers at Florida State University.

#### **A. General Information**

When an athlete receives an Athletic Scholarship to attend Florida State University, they will be asked to sign a consent form stating that they have read and understand the substance abuse policy and agree to comply with the policy and the consequences of any positive tests. The athletics drug policy will be reviewed at the beginning of the Fall semester, including the frequency of the student-athlete being drug tested by FSU and/or the NCAA. Drug testing involving championship games/events in their sport will also be explained. Further discussion will also highlight what happens if a positive drug test does occur. Family involvement, counseling services, suspensions and dismissals will be covered at this time.

#### **B. Substance Abuse Education**

The basic thrust of the Athletic department's Substance Abuse Program is one of prevention. An essential component of any prevention program is education concerning drug testing procedures, the substances themselves and the consequences resulting from problems in this area that do develop. It is the goal of the Athletic Department to ensure that accurate information regarding alcohol and drug abuse is disseminated to the student-athletes of Florida State University. The goal of the educational component of the Substance Abuse Program is to ensure, as much as

possible, that no student-athlete makes an unhealthy decision due to ignorance regarding their use of alcohol or drugs.

## **II. Substance Abuse Committee**

A Committee shall be formed which has its primary function the development and implementation of the Substance Abuse Policy. The committee will be comprised of at least the following persons: Senior Executive Associate Director of Athletics, Director of Compliance, Director of Student Services, one team physician, one substance abuse professional, Director of Sports Medicine, Associate Director of Sports Medicine-Head Football Athletic Trainer, Associate Director of Sports Medicine-Drug Testing Coordinator, Director of Student-Athlete Academic Services, president of Student Athlete Advisory council, and a university legal advisor, when necessary. These individuals will be appointed by the Director of Athletics.

The committee shall be empowered to review the athletic Department's substance abuse policies and testing procedures, as it deems necessary. The committee will not be privy to any confidential information regarding individual drug test results.

A chairperson for the committee will be appointed by the Director of Athletics. This individual will convene and chair all substance abuse committee meetings, and will author a summary report to the Director of Athletics regarding all drug testing done during the previous academic year. The committee will meet no less than once each academic year in its effort to review current policy and procedures.

## **III. Drug Testing**

### **A. General Information**

Drug testing performed by the Florida State University Department of Athletics is done so in correlation with Aegis Sciences Corporation, a SAMSHA certified laboratory, and are performed in the Wilma Rudolph Sports Testing Laboratory. The basic testing profile which will be used for all tests is the "Zero-tolerance 4-Drug Class Profile" #00304. This profile includes but is not limited to the following four classes:

- I. Amphetamines
  - a. Amphetamine
  - b. Methamphetamine
  - c. MDMA
  - d. MDEA
  - e. MDA
  - f. Phentermine
  - g. PMA
- II. Opiates
  - a. Codeine
  - b. Dihydromorphone
  - c. Hydromorphone
  - d. Hydrocodone
  - e. Morphine
  - f. Oxycodone
  - g. Oxymorphone

- III. Marijuana
- IV. Cocaine & Crack Cocaine
- V. Specimen Validity
  - a. Nitrites
  - b. Chromates
  - c. Specific Gravity

At any time and at random, certain student-athletes may also be tested for synthetic cannabinoids, alcohol, and anabolic steroids. The random selection of student-athletes is performed by computer based randomization programs through Aegis Sports Testing Services. Some student-athletes will be selected for repeat testing because of entry into the Substance Abuse Program as the result of a prior positive test. Once the list of random selections and repeat selections is generated, the athletic trainer for each sport will notify the student-athlete of the selection and the student-athlete will then sign a form of notification and provide their current cell phone number, or number where they can be reached at the time of the test. Student-athletes are to report for testing at the time and location stated on the notification form.

When the student-athlete reports for testing their identification is confirmed by photo identification. The chain of custody form is completed and the student-athlete is identified on the form only by the unique identification number that is created by Aegis Sports Testing Services, not their name. This unique number remains the same for the student-athlete for his/her entire eligibility as a student-athlete at Florida State University.

Certified collection of specimens is done by male and female collectors from outside laboratories arranged by Aegis Sports Testing Services. The student-athlete is observed providing the sample and the sample is processed using strict chain of custody procedures in order to guarantee that there is no tampering with or manipulation of the sample. Samples are then shipped to the Aegis Sports Testing Services laboratory in Nashville, Tennessee for testing.

Once laboratory testing is completed, Aegis Sports Testing Services notifies the Director of Sports Medicine as well as two Associate Directors of Sports Medicine via email that results are ready to be viewed at the secure Aegis Sports Testing website. At that time results are downloaded to the computer of any of the three notified sports medicine staff members and the results are imported into a secure program that matches the student-athlete with his/her unique identification number.

1. For the initial drug screening, urine samples will be processed using Enzyme Immuno assay testing methods. All Non-Negatives will be confirmed positive through Gas Chromatography/Mass Spectrometry or by Liquid Chromatography/Mass Spectrometry testing methods.
2. The drug test threshold values for screening and confirmation are consistent with the Zero Tolerance Drug Testing program used by Aegis Sciences except the Marijuana threshold which is the standard used by SAMSHA (Substance Abuse & Mental Health Services Administration). A sample is considered positive if the levels exceed the confirmation threshold.

3. The screening and confirmation threshold utilized in the FSU Substance Abuse Program are outlined below:

<b>Drug Class</b>	<b>Drug Test Threshold Table (Screen/Confirm ng/mL)</b>
Amphetamines	500/250*
Cocaine/Crack	100/50
Marijuana	50/15
Opiates (Narcotics)	100/100

\*Also includes MDMA (Ecstasy), MDEA (Eve), MDA and PMA at a 250 ng/mL screening threshold and a 100 ng/mL confirmation threshold.

All samples analyzed by Aegis Sciences will be normalized using the specific gravity standard 1.020 set by the World Anti-Doping Association (W.A.D.A.). A result that indicates a specific gravity below this standard is considered dilute. Should a student-athlete's sample be deemed dilute, the student-athlete is notified as soon as possible after this information is received and the student-athlete will be re-tested at the earliest available opportunity. This re-test collection may be performed by a member of the sports medicine staff. The procedures for collection and chain of custody will be the same as if performed by a member of an outside laboratory.

#### **B. Substance Abuse Testing Frequency**

All first year incoming student-athletes will be drug tested within the first 7-14 days of their eligibility. This is considered to be part of the first year athletic department pre-participation physical examination. Random drug testing will then occur throughout the year on a bi-weekly basis for all student-athletes of all intercollegiate sports.

#### **C. Adulteration/False Urine Samples/Masking Agents**

Student-Athletes that are observed using or attempting to use an adulterating substances, a false urine sample, or a urine masking agent at the time they are attempting to produce a urine sample may be faced with dismissal from the athletics program at Florida State University regardless of having already been entered into the Substance Abuse Program.

#### **D. Arrest/Conviction for Illegal Substances or Alcohol**

An arrest or conviction for the use of an illegal substances or alcohol such as D.U.I., public intoxication, or possession will automatically count as a positive test and the athlete will be penalized both within the guidelines of the substance abuse program, as well as whatever the legal system dictates, and the Athletic Director and head coach deems appropriate.

### **IV. Consequences**

After a student-athlete tests positive and has been assessed by the drug abuse professional, their situation is then discussed with the Director of Athletics, supervising athletic trainer, coach, and the director of the Substance Abuse & Mental Health Program. They will then develop a plan of action for dealing with this specific student-athlete.

Things to be considered when developing consequences include: number of prior positive test results, the specific drug for which the student-athlete tested positive, the student-athlete's general department here at the university, and the nature and extent of the student-athlete's relationship with



drugs and/or alcohol. The consequences are not limited by precedent and will be designed to be appropriate for each individual situation:

#### **Zero-Tolerance 4-Drug Class Panel**

1. A first positive test for substances included in the Zero-Tolerance 4-Drug Class Panel or Synthetic Cannabinoids will result in notification of the Director of Athletics, head coach, and parents/guardians of the student-athlete. Mandatory assessment with a substance abuse professional beginning at the date of the positive result reading is required. The student-athlete will undergo re-testing until the positive substance levels reach zero.
2. A second positive result for substances included in the Zero-Tolerance 4-Drug Class Panel or Synthetic Cannabinoids will result in a suspension from competition. Assessment and counseling with a substance abuse professional will continue. The student-athlete will undergo re-testing until the positive substance levels reach zero. The duration of suspension is to be determined by the committee and will be influenced by the length of the season for the specific sport in which the athlete is involved. The student-athlete's parents/guardians will be notified.
3. A third positive test for substances included in the Zero-Tolerance 4-Drug Class Panel or Synthetic Cannabinoids may be the basis for dismissal from the athletics program at Florida State University.

#### **Anabolic Steroids**

1. The minimum consequences for a first positive test for anabolic steroids, abnormal testosterone/epitestosterone ratio, or any other anabolic compounds will be automatic suspension from competition, an assessment with a substance abuse professional, and repeat testing until anabolic steroid levels are zero or testosterone/epitestosterone ratio is within normal limits. The Director of Athletics, head coach, and the student-athletes' parent or guardian will be notified.
2. A second positive test for anabolic steroids, testosterone/epitestosterone ratio, or any other anabolic compounds may be the basis for dismissal from the athletic program at Florida State University.

Regardless of the outcome, the Athletic Department is committed to handling any of these situations in a professional and confidential manner. The welfare of the student-athlete is the primary concern. The Director of Athletics retains the right to adjust any consequences to the committee's recommendations on all positive test results.

#### **Self-Referral Program**

Student-athletes will have the opportunity, one time during their intercollegiate athletic career, to voluntarily identify themselves as having used an illegal drug prior to submitting a specimen for a Florida State University drug screening test. This opportunity cannot be invoked after a positive test is received, only before a sample is submitted. The Director of Athletics, head coach, team physician, Director of Sports Medicine, or Associate Director of Sports Medicine must be informed by the student-athlete that he/she would like to invoke the Self-Referral program prior to any Florida State drug screening. Once invoked, drug testing will occur to determine a baseline (Ng) Nanogram number for retesting purpose. As a result of declaring for the Self-Referral, a positive test will not count as an offense toward the student-athlete in regards to the Substance Abuse Program's consequences. Should the drug test result be negative, the one-time self-referral option is not returned to the student-athlete for use again in the future. The Director of Athletics, the head coach, the team physician, and the Director of Sports Medicine will be notified, but notification of the student-athletes parents will not be required. Any student-athlete who uses the Self-Referral

program will be required to meet with the designated substance abuse counselor and complete appropriate counseling and rehabilitation as outlined in the Substance Abuse Program. Should the drug test after a self-referral be positive, testing will resume every two weeks until the positive substance levels reach zero. Failure to comply with this program will cause the self-referral to be revoked and the positive drug test being reinstated and considered as an offense in regards to consequences.

## V. Counseling

If a student-athlete is required to receive counseling and/or education because of a positive test, they will be referred to a drug abuse professional. The drug abuse professional will make the determination of where the student-athlete will undergo substance abuse counseling/education. This can be at a facility off-campus as well as at the Student Counseling Center on Campus.

If a student-athlete wishes to receive private professional help off-campus, this can also be arranged by the drug abuse professional. However, any expenses incurred with the arrangement will most likely be the responsibility of the student-athlete and their family. If a referral into a residential treatment program is appropriate, these arrangements will be made by the specialist in substance abuse.

It should be noted that any counseling is considered by the Athletic Department to be a confidential matter between the student-athlete and the counselor. The Athletic Department may however request confirmations that the student-athlete is attending their sessions.

## VI. NCAA Program Testing Program

Along with the Athletic Department at Florida State University, the NCAA also has a drug testing program. Starting in August of 1990, their drug testing program includes the following:

### NCAA DRUG TESTING FOR 2010-11

	1-A and <u>1-AA Football</u>	Other <u>Sports</u>
Preseason Testing	Yes	Yes
In-Season Testing	Yes	Yes
Post-season Testing	Yes	Yes

Samples collected as a part of the post-season program will be analyzed for substances from all NCAA banned drug categories. The Athletic Department at FSU will ensure all student-athletes are informed as to what those categories include.

NCAA sanctions for positive drug test results are also new, starting August 1, 1990. The first time a student-athlete tests positive for any banned substance during an NCAA drug test, they will be ruled ineligible for *all* competition (regular and post-season) in all sports for no less than one calendar year.

The period of ineligibility begins at 12:01 A.M. the day the specimen was provided or was to be provided. The sanctions are the same regardless of whether or not the positive drug test was obtained at an NCAA Championship or as part of the year-round testing program. A student-athlete is allowed to continue to practice unless the conference or institution's rule would preclude this.

All student-athletes who are ruled ineligible as a result of a positive drug test and who will be eligible for eligibility restoration will be subject to NCAA testing at any time during their period of ineligibility. In addition, all student-athletes who are ruled ineligible will be subject to a mandatory exit drug test during the last month of their minimum period of ineligibility.

## **VII. Dietary Supplements**

Dietary supplement use is prevalent among college athletes. Claims of improved performance, quickened recovery periods, and increased energy from products that are marketed as over the counter, safe and effective are confusing and often erroneous. Many compounds are not subject to the strict regulations set by the U.S. Food and Dietary Administration. The ingredients in dietary supplements may not be accurately revealed and may contain impurities or substances banned by the NCAA. Widespread use of dietary supplement without accurate knowledge of effects or misinformation about ingredients may have adverse reactions and could result in a positive NCAA drug test. It is highly recommended that student-athletes seek the guidance of an Athletic Department Certified Athletic Trainer or nutrition specialist prior to considering using any type of supplement not already provided by the Florida State University Department of Athletics.

## **VIII. Summary**

The Athletics Department of The Florida State University is committed to its concern for the welfare of the student-athlete. With its comprehensive policy consisting of education, testing, intervention, and counseling, the department is taking a positive step towards maintaining a healthy atmosphere for the pursuit of excellence in both academics and athletics. All efforts will be made to guarantee a healthy and positive experience for student-athletes who choose to attend the Florida State University.

**2012-2013  
Advisory Committee**

Chairman: Kris Stowers, M.D.  
Team Physician

Monk Bonasorte  
Senior Executive Associate Athletic Director

Steve Duzan  
Associate Athletic Director-Academic Services

Vanessa Fuchs  
Associate Athletic Director-Compliance / SWA

Robin Gibson, ATC, LAT  
Director of Sports Medicine

Dr. Keely Kaklamanos, Ph.D  
Licensed Psychologist, Addiction Specialist

Jerry Latimer, PT, ATC  
Associate Director of Sports Medicine-Drug Testing Coordinator

Jake Pfeil, MS, ATC, LAT  
Associate Director of Sport Medicine-Head Football Athletic Trainer

TBD  
Student Athlete Advisory Council President

Florida State University General Council as needed

For More information, please call  
(850) 644-7038

## **DIETARY SUPPLEMENTS AND BANNED SUBSTANCES**

### **Dietary Supplements**

Dietary supplements are frequently marketed to student-athletes by outside sources to improve performance, recovery time, and muscle-building capability. Such supplements (i.e. multi-vitamins, protein powders, etc.) are not regulated by the Federal Drug Administration (FDA) and are available to be purchased through a variety of sources.

It is required that student-athletes seek the guidance of a Designated Supplements Advisor within the Department of Athletics prior to considering using any type of supplement not already provided by the Florida State University Department of Athletics. The Designated Supplements Advisors include the Sports Dietitian, the Director of Sports Medicine, the Associate Director of Sports Medicine, and the Director of Sports Science for Football. If a student-athlete consumes a dietary supplement without such approval, they assume all responsibility for risk of a positive drug test and the resulting consequences.

### **Banned Substances**

All student-athletes are subject to the policies and procedures of the Florida State University Department of Athletics Substance Abuse Program. A current list of the NCAA banned substances is located on the NCAA website or may be obtained from the NCAA office. The list is subject to revision and student-athletes shall be held accountable for all banned drug classes on the current list. Please refer to the “Substance Abuse Program” section for details.

## **BODY COMPOSITION**

### **POLICY**

#### **Assessment of Body Composition**

The purpose of body composition assessment is to determine the student athlete's distribution of lean (muscle) mass and fat mass. The key to body composition assessment is the establishment of an acceptable range of lean and fat mass over regular time intervals to assure stability or growth of lean mass and a proportional maintenance or reduction of fat mass. Attention should be given to changes in lean mass (both in weight of lean mass and proportion of lean mass) versus the attention traditionally given to body fat percent.

### **PROCEDURE**

#### **Methods of Assessment**

At Florida State University, the most common method used to assess body composition in student-athletes is Bod Pod Body Composition Testing, administered by the department sports dietitian. Other means of body composition assessment are available as needed, including skinfold calipers and DEXA.

#### **Concerns with Body Composition Assessment**

Coaches should be made aware that the weighing and assessment of body composition in athletes is not a benign action and, in fact, can encourage the development of unhealthy eating behavior/lifestyle. The assessment of body composition should be taken in a way that enhances the student-athlete's well-being and the following concerns should be recognized:

- a. **Weight should not be used as a marker of body composition** – increase muscle mass may increase weight but should be viewed as a positive change.
- b. **Do not compare body composition values with other athletes** – differences in height, age, gender, genetic factors, and sport event/position are likely to result in differences in body composition.
- c. **Do not seek an arbitrarily low level of body fat** – arbitrarily low body fat can increase the frequency of illness, increase risk of injury, reduce performance, and increase risk of an eating disorder.
- d. **Frequency of Body Composition Assessment** – measurement frequency should be determined on an individual basis by the team physician, certified athletic trainer, sports dietitian, and strength and condition staff. Body composition assessment will typically be conducted in conjunction with performance testing at the beginning and conclusion of a semester or season.

#### **Recommendations**

It is recommended that the assessment of body composition be performed by the sports dietitian or sports medicine staff when deemed appropriate. This information should remain confidential and help educate student-athletes of changes occurring as a result of training and nutritional factors. Coaches are not permitted to know the weight or body composition results of student-athlete unless the student-athlete chooses to share the information with them on their own. The certified athletic trainer, the sports dietitian, the strength and conditioning coach, and the student-athlete will typically be the only people who will be aware of the data.

## **NUTRITION**

### **Sports Nutrition**

Nutrition plays an integral role in promoting athletic success. Proper nutritional habits help student-athletes stay healthy and optimally fueled so they can maximize training, conditioning, and recovery. Good nutrition habits can equate to greater gains in lean body mass, minimize fatigue related to poor hydration and under-fueling, enhance recovery, and injury prevention and rehabilitation, which supports all future training and competition. To accomplish these goals, the student-athletes must get appropriate calories and nutrients essential for fueling the body throughout the day.

### **Nutrition Education**

Student-athletes are encouraged to work with the Florida State University Department of Athletics Sports Dietician to work toward their nutrition goals through nutrition coaching, counseling or meal planning. All nutrition advice and educational material shall be in accordance with NCAA guidelines. If a student-athlete has a medical condition that may need the attention of the sports dietitian (i.e. diabetes, sickle cell anemia, celiac disease, etc.), the certified athletic trainer will refer the student-athlete to the sports dietitian for an initial assessment. If the student-athlete is in need of outside nutrition counseling, they shall be referred by their team physician, staff athletic trainer, or sports dietitian.

## **SPORT COVERAGE**

### **Practices**

For all contact sports, a certified athletic trainer is required to be in attendance for in season workouts, out of season workouts and skill sessions. Contact sports include:

Football	Men's Basketball
Women's Basketball	Women's Soccer
Softball	Baseball
Women's Volleyball	Women's Sand Volleyball

For non-contact sports either a certified athletic trainer, professional rescuer, a team coach or strength and conditioning coach who is certified in CPR, First Aid, and AED usage will be present during in season workouts, out of season workouts, weight lifting sessions, and skill sessions. Non-contact sports include:

Men's Golf	Women's Golf
Men's Tennis	Women's Tennis
Men's Track and Field	Women's Track and Field
Men's Cross Country	Women's Cross Country
Men's Swimming and Diving	Women's Swimming and Diving
Cheerleading	Dance
Stunt	

### **Events**

The Florida State University Athletic Department requires that a staff athletic trainer and/or team physician be present at all home athletic events. One certified athletic training staff member will travel with the following sports:

Football*	Men's Basketball
Women's Basketball	Baseball
Softball	Women's Soccer
Men's Track and Field	Women's Track and Field
Men's Cross Country	Women's Cross Country
Men's Tennis	Women's Tennis
Men's Swimming and Diving	Women's Swimming and Diving
Women Volleyball	Women's Sand Volleyball

\* Three certified assistant athletic trainers, two certified graduate assistant athletic trainers, athletic training students, and at least two team physicians will travel with the Florida State University football team for away games.

In the event that a non-contact athletics team should travel without a certified athletic trainer prior arrangement will be made to ensure that the student-athletes will have appropriate medical care and supervision. Head coaches will also be given emergency information regarding insurance policies and payment of medical bills, should they be incurred by student-athletes while competing off campus. It is the responsibility of the head coach to contact a certified staff athletic trainer immediately if medical attention is required for a student-athlete.



## **VISITING TEAM PROCEDURES**

### **INJURY TO THE VISITING TEAM**

Any visiting student-athlete who is injured while practicing or competing at Florida State University in Intercollegiate Athletics will be afforded the same care as a Florida State University student-athlete. If the visiting team has a team physician and/or a certified athletic trainer traveling with them, they will be allowed to handle the injury according to their own policies. If the visiting team does not have a team physician and/or a certified athletic trainer traveling with them, a member of the Florida State University Sports Medicine Staff will handle the case as if it were one of his/her own athletes. Any medical expenses incurred by visiting student-athletes are the responsibility of their athletics department. Payment arrangements will be made accordingly.

### **USE OF THE ATHLETIC TRAINING ROOM FACILITIES**

The Athletic Training Room facilities are primarily for the student-athletes participating in the Florida State University athletics programs and for the evaluation, treatment, and rehabilitation of athletic injuries. These facilities are also available to visiting teams on a reciprocal, courtesy basis. Other athletics department staff and university personnel will be permitted to use the athletic training facilities with the authorization of the Sports Medicine Staff, subject to the priorities of the athletics program.

Emergency Management Services (EMS) and the Florida State University Police Department (FSUPD) will be activated for any emergency situation not involving athletics department personnel or visiting athletic teams.

When the athletic training rooms are not in use for Intercollegiate Athletics, the facilities will be locked. These facilities are under the direct supervision of the Director of Sports Medicine and his/her staff and are unavailable for use by outside staff members. All therapeutic modalities must be operated by the personnel of the Sports Medicine Staff due to their potential danger. **Athletic training facilities are not available for summer camp use.**

## **OSHA REGULATIONS**

### **POLICY**

In an effort to help all staff who might be risk reduce or prevent exposure to blood or other potential infectious materials, the Occupational Safety and Health Administration (OSHA) has issued standards governing occupational exposure to bloodborne pathogens (NATA News., 1993).

OSHA has the following description of potential infectious materials:

Fluids that have been recognized by the Centers for Disease Control as directly linked to the transmission of HBV and/or HIV are: blood, blood products, semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pericardial fluid, amniotic fluid, concentrated hepatitis B virus and human immunodeficiency virus, and saliva in dental settings.

In compliance with OSHA standards, the Florida State University Sports Medicine Staff will implement a prevention plan as addressed in the following pages. The following guidelines were developed as per the U.S. Department of Labor Occupational Safety and Health Administration compliance assistance guidelines.

### **Who is covered?**

OSHA does not list the professions covered by the standard, but Athletic Trainers at FSU are anticipated to come in contact with blood or other infectious materials while performing their duties. The potential for exposure not only exists in the athletic training rooms but also on the practice or competition fields.

### **Key Provisions**

1. Tasks and procedures when occupational exposure to blood or bodily fluids occur- the possibility for exposure exists for all sports medicine staff.

- wound cleaning
- whirlpool procedures
- towel and equipment sanitation
- emergency protocols for injury situations
- urine screening
- initial evaluations
- rehydration techniques
- ambulatory aid techniques
- care and treatment of heat illness

2. Universal precautions- these precautions refer to method of infection control in which all human blood and other potentially infectious materials are treated as if known to be infectious for HIV and HBV.

3. Engineering Controls- an engineering control is the use of available technology and devices to isolate or remove hazards from the athletic trainer. These control methods eliminate or minimize athletic trainer exposure to blood or other potentially infectious materials.

At FSU engineering controls include:

- puncture resistant sharps containers
- splash guards

4. Work Practice Controls- are alterations in the manner in which a task is performed in an effort to

reduce the likelihood of an athletic trainer's exposure to blood or other potentially infectious materials.

- Hands shall be washed after removing gloves or as soon as possible after contact with body fluids.
- All personal protective equipment should be removed immediately, or as soon as possible upon leaving the work area, and placed in an appropriately designated container for storage, washing, decontamination or disposal.
- Used needles and other sharps shall not be sheared, bent, broken, recapped or resheathed by hand.
- All procedures involving blood or potential infectious materials shall be performed in such a manner as to minimize splashing and spraying.

5. Personal Protective Equipment- is specialized clothing or equipment used by athletic trainers to protect themselves from direct exposure to blood or other potentially infectious materials.

- FSU shall provide and assure athletic trainer use of appropriate personal protective equipment such as; gloves, gowns, laboratory coats, fluid resistant aprons, head and foot coverings, face shields and eye protection, mouthpieces, resuscitation bags, pocket masks, or other ventilation devices when there is potential for exposure to blood or other potentially infectious materials.
- FSU shall assure that appropriate personal protective equipment is available in a variety of sizes and readily accessible.
- FSU shall provide for the cleaning, laundering, or disposal of personal protective equipment.
- FSU shall repair or replace required personal protective equipment as needed to maintain its effectiveness.
- Surgical or examination gloves shall be replaced when visibly soiled, torn, punctured, or when their integrity is comprised. They shall not be washed or disinfected for reuse.
- Utility gloves may be washed or disinfected for re-use if they show no signs of deterioration.
- HBV vaccination-shall be offered (at no cost) to all athletic trainers whose jobs involve the risk of directly contacting blood or other potentially infectious materials. Vaccinations shall be given according to recommendations for standard medical practice.

6. Post Exposure evaluation and follow-up

- Following a report of an exposure incident, the FSU staff shall make available to the student a confidential medical evaluation and follow-up of the incident.
- The FSU staff shall document the route of exposure, HBV and HIV status of the source patient(s), if known, and the circumstances under which the exposure occurred.
- The staff shall notify the source patient(s) of the incident and attempt to obtain consent to collect and test the source's blood to determine the presence of HIV and/or HBV infection.
- The staff shall offer to collect a blood sample from the exposed athletic trainer as soon as possible after the exposure incident for determination of HIV and/or HBV status.
- The staff shall offer repeat HIV testing to exposed athletic trainers six weeks post-exposure and on a periodic basis thereafter (12 weeks and six months after exposure.)
- Follow-up of the exposed athletic trainer shall include counseling, medical evaluation of any acute illness that occurs within twelve weeks post-exposure, and use of safe and effective post-exposure measures according to recommendations for standard medical practice.

## 7. Infectious Waste Disposal

- Disposal of all infectious waste shall be in accordance with applicable Federal, State, and local regulations.
- All infectious waste shall be placed in closable, leak proof containers or bags that are color-coded, labeled, or tagged.
- Disposable syringes, needles, scalpel blades and other sharp items shall be placed in puncture-resistant containers for disposal.
- Puncture-resistant sharp containers shall be easily accessible to workers and located in areas where they are commonly used.
- Double-bagging prior to handling, storing, and/or transporting infectious waste is necessary if the outside of a bag is contaminated with blood or other potentially infectious materials.
- Lab specimens of body fluids shall be transported in a container that will prevent leaking and disposed of in accordance with institutional policies and regulatory requirements.

## 8. Tags, Labels, and Bags-

- Tags that comply with 29 CFR 1910.145(f) shall be used to identify the presence of an actual or potential biological hazard.
- Tags shall contain the word "BIOHAZARD" or the biological hazard symbol shown above and state the specific hazardous condition or the instructions to be communicated to athletic trainers.
- The word and message must be understandable to all athletic trainers who may be exposed to the identified hazard.
- Label/tags may be an integral part of the container or affixed as close as safely possible to their respective hazards by string, wire, or adhesive to prevent their loss or unintentional removal.
- Red bags or red containers may be substituted for labels on containers of infectious waste.
- All athletic trainers shall be informed of the meaning of various labels, tags, and color-coding system.

## 9. Housekeeping Practices

- The staff shall assure that the worksite is maintained in a clean and sanitary condition.
- The staff shall determine and implement an appropriate cleaning schedule for rooms where body fluids are present. Schedules shall be as frequent as necessary depending on the area of the institution, the type of surface to be cleaned, and the amount and type of soil present.
- The staff shall ensure that athletic trainers wear appropriate PPE including general-purpose utility gloves during all cleaning of blood or other potentially infectious materials and during other decontaminating procedures.
- Initial clean-up of blood or other potentially infectious materials shall be followed with the use of an approved hospital disinfectant chemical germicide that is tuberculocidal or a solution of 5.25 percent sodium hypochlorite (bleach) diluted between 1:10 and 1:100 with water.
- Equipment contaminated with blood or other potentially infectious materials shall be checked routinely and decontaminated if possible prior to servicing or shipping.

## 10. Laundry Services

- The staff shall ensure that athletic trainers wear protective gloves and other appropriate

personal protective equipment to prevent exposure to blood and other potentially infectious materials during handling and sorting of linen.

- Laundry that is contaminated with blood or other potentially infectious materials or that may contain contaminated needles or sharps shall be treated as if it were HBV/HIV infected and handled as little as possible with a minimum of agitation.
- Contaminated laundry shall be bagged at the location where it was used and shall not be sorted or rinsed in patient areas.
- Contaminated laundry shall be placed and transported in bags that are labeled or color coded and that prevent liquid seepage if such a potential exists.
- Laundry personal must have proper protection when handling contaminated material.

#### 11. Training and Education of Athletic Trainers

- The employer shall ensure that all employees with exposure to blood or other potentially infectious materials participate in a training and education program.
- Material appropriate in content and vocabulary to educational level, literacy, and, language background if staff shall be used.
- The training program shall contain the following elements:
  - A general explanation of the modes of transmission of HBV and HIV
  - An explanation of the employer's infection control program.
  - An explanation of the use and limitations of methods of control that may prevent or reduce exposure including universal precautions, engineering controls, work practices, and personal protective equipment.
  - Information on the HBV vaccine, including its effectiveness, safety, and benefits of being vaccinated.
  - An explanation of the procedure to follow if an exposure incident occurs, method or reporting the incident, and the medical follow-up that will be made available.
  - An explanation of the signs, labels, tags and/or color coding used to denote biohazard.

**-All the above information must be read and explained prior each fall season.**

U.S. Department of Labor Occupational Safety and Health Administration (1991). Compliance Assistance Guideline for the Feb. 27 1990 OSHA Instruction CPL 2-2.441B. Enforcement Procedures for Occupational Exposure to Hepatitis B Virus and Human Immunodeficiency Virus. p.3-11.

Valdosta State University Patterson St. Valdosta Athletic Department Valdosta Georgia 31698. Jim Madaleno, Michele Garber 1993.

**Compliance Statement**

I have read and understand the Florida State University Athletic Training Room Regulations in accordance with OSHA Standards.

I agree to comply with these guidelines in my work in the FSU Athletic Training Room.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Witness \_\_\_\_\_

Date \_\_\_\_\_

# **EMERGENCY MANAGEMENT PLAN**

# **EMERGENCY TELEPHONE NUMBER LIST**



## EMERGENCY MANAGEMENT PLAN TELEPHONE NUMBER LIST

### STAFF ATHLETIC TRAINERS

Robin Gibson.....	(c) 544-1746
<i>Director of Sports Medicine</i>	(o) 644-2139
Jerry Latimer.....	(c) 228-5738
<i>Associate Director of Sports Medicine</i>	
Sam Lunt.....	(c) 228-6850
<i>Associate Director of Sports Medicine</i>	(o) 644-6223
Jake Pfeil.....	(c) 694-0989
<i>Associate Director of Sports Medicine</i>	(o) 644-7038
Jeronimo Boche.....	(c) 694-3091
<i>Assistant Athletic Trainer</i>	
Cory Couture.....	(c) 591-3582
<i>Assistant Athletic Trainer</i>	(o) 644-9943
Gwendolyn Davis.....	(c) 228-3410
<i>Assistant Athletic Trainer</i>	
Eunice Hernandez.....	(c) 694-2086
<i>Assistant Athletic Trainer</i>	
Emily Hutcherson.....	(c) 728-4931
<i>Assistant Athletic Trainer</i>	
Julie Kruessel.....	(c) 806-252-6171
<i>Assistant Athletic Trainer</i>	
Nick Pappas.....	(c) 615-828-8852
<i>Insurance Coordinator</i>	(o) 645-2700
Cheryl Pfeil.....	(c) 694-0130
<i>Assistant Athletic Trainer</i>	(o) 644-1206

### GRADUATE ASSISTANT ATHLETIC TRAINERS

Tyler Deam.....	(c) 728-4967
Caleb Forehand.....	(c) 728-4955
Renee Hirsbrunner.....	(c) 559-8568
Kaye Jaynes.....	(c) 228-5862
Clay Johnson.....	(c) 728-5002
Miguel Motolongo.....	(c) TBA
Mischa Payne.....	(c) 728-4972
Amanda Robinson.....	(c) TBA
Madeleine Scaramuzzo.....	(c) 728-5021

### TEAM PHYSICIANS

Kris Stowers, M.D.....	(c) 591-1449
<i>Family Practice / Sports Medicine</i>	(o) 877-8174
	(h) 942-4454
Bill Thompson, M.D.....	(c) 933-0783
<i>Orthopedic Surgeon</i>	(o) 877-8174
	(h) 385-5113
Steve Jordan, M.D.....	(c) 528-3819
<i>Orthopedic Surgeon</i>	(o) 877-8174
Jason Oberste, M.D.....	(c) 228-3368
<i>Orthopedic Surgeon</i>	(o) 877-8174

John Van Tassel, D.C.....	(c) 443-6518
<i>Chiropractor</i>	(o) 385-5113
Robert Orsillo, O.D.....	(o) 877-2027
<i>Optometrist</i>	
Darrh Byrant, DMD.....	(c) 491-0730
<i>Dentist</i>	(o) 656-5600

### VENUE SITES

Basketball Training Center.....	644-1461 (men's)
<i>Men's and Women's Basketball</i>	644-3641 (women's)
Bobby Leach Student Recreation Center Pool.....	644-0547 (main)
<i>Men's and Women's Swimming and Diving</i>	644-0556 (pool)
Dick Howser Stadium.....	644-5431 (dugout)
<i>Baseball</i>	644-1553 (press box)
Doak Campbell Stadium/Moore Athletic Center.....	SEE MOORE AT OFFICES
<i>Football, Weight Room, Administration</i>	
Leon County Civic Center.....	644-1271 (press row)
<i>Men's and Women's Basketball</i>	*check annually
Morcom Aquatics Center.....	644-7665 (main)
<i>Men's and Women's Swimming and Diving</i>	
Mike Long Track.....	644-5550 (main)
<i>Men's and Women's Track and Field</i>	
Football Practice Field.....	644-2419 (PFTR)
<i>Football Practice</i>	
Tully Gymnasium.....	SEE TULLY AT'S
<i>Volleyball</i>	
Lady Seminole Soccer/Softball Complex.....	645-3203 (medical prep)
<i>Soccer</i>	644-1738 (soccer)
<i>Softball</i>	644-1092 (softball)
Scott Speicher Tennis Complex.....	644-3364 (equipment room)
<i>Men's and Women's Tennis</i>	
Seminole Golf Course.....	644-2582(pro shop/clubhouse)
<i>Men's and Women's Golf and Cross Country</i>	

### EMERGENCY

Ambulance-Police-Fire.....	911
FSU Campus Police.....	644-1234
Tallahassee Memorial Hospital.....	681-1155 (Info)/681-5422
(ER)	
Capital Regional Medical Center.....	656-5000 (Info)/656-5092
(ER)	
Poison Control Center.....	800-282-3137

### ADDITIONAL LOCAL EMERGENCY AND NON-EMERGENCY PHONE NUMBERS

University Health Services.....	644-4567
<i>2<sup>nd</sup> Floor Information</i>	644-2026
<i>X-Ray</i>	644-5540
<i>Trauma Clinic</i>	644-5838
<i>Pharmacy</i>	644-3517
<i>Fax</i>	644-4251
Walgreens (Ocala Road).....	580-1899

Mahan Medical- 1705 East Mahan.....	877-7164
<i>(Open 7 days/week)</i>	
Physician Care- 3401 Capital Circle NE.....	386-2266
<i>(M-F 8-8: S &amp; S 9am-6pm)</i>	
American Red Cross.....	878-6080
Florida Division of Emergency Management.....	413-9969
Tallahassee EMS (non-emergency).....	921-0900
Tallahassee Fire Department (non-emergency).....	891-6600
Tallahassee Police Department (non-emergency).....	891-4200
National Weather Service.....	813-645-2323
National Suicide Prevention Lifeline.....	1-800-273-8255
FSU 24-hour Crisis Help Line.....	1-877-211-7005
FSU Campus Police Department.....	644-1234
FSU Fire Marshall.....	413-3603

# **EVENT PLANNING CHECKLIST**

## FLORIDA STATE UNIVERSITY EVENT PLANNING CHECKLIST

**EVENT:**

\_\_\_\_\_  
(LIST OFFICIAL NAME OF EVENT; I.E. 2003 SOUTHEASTERN BASEBALL REGIONAL)

**DATES AND TIMES:**

\_\_\_\_\_  
(LIST DATE, DAYS, AND TIMES FOR EACH DAY)

**LOCATION:**

**ADDITIONAL VENUES:**

\_\_\_\_\_  
(LIST ALL VENUES AND EVENTS AT EACH VENUE, COORDINATE ALL TIMES AND PERSONNEL)

**NUMBER OF PARTICIPANTS:** \_\_\_\_\_ **AGES/DEMOGRAPHICS:** \_\_\_\_\_ M/F/B

**BUDGET:** \_\_\_\_\_

(IS THERE \$ AVAILABLE FOR DEDICATED AMBULANCE, ATHLETIC TRAINING STUDENT MEALS IF OVER A HOLIDAY PERIOD, SUPPLIES IF IT IS NOT FSU EVENT, IF A TOURNAMENT HOW TO PAY FOR MISC. EXPENSES, IS THERE ANY SPONSORSHIP OF EVENT? CHECK TO SEE IF MEALS ARE PROVIDED FOR, FOR WORKING PERSONNEL. IS ANY \$ AVAILABLE FOR DRUG TESTING SUPPLIES IF NECESSARY?)

**DRUG TESTING:** YES / NO **ORGANIZATION TESTING:** FSU / NCAA / USOC

**NUMBER OF ATHLETES TO BE TESTED:** \_\_\_\_\_ MALES \_\_\_\_\_ FEMALES

(ARE FLUIDS PROVIDED OR MUST THEY BE PURCHASED?)

**AMBULANCE:** DEDICATED OR NON-DEDICATED SERVICE

(ARRANGE BY CALLING TMRMC DIRECTOR OF AMBULANCE SERVICES AT 681-5592, GIVE LOCATION OF VENUE, TIMES AMBULANCE IS NEEDED, AND ANY SPECIAL CONSIDERATIONS- I.E. ANY HIGH RISK EVENTS AND GIVE ALL ACCESS INFORMATION FOR VENUE SITE.)

**PHYSICIANS:**

\_\_\_\_\_  
(NAMES AND TELEPHONE NUMBERS OF ALL PHYSICIANS COVERING THE EVENT OR ARE ON CALL)

**MISCELLANEOUS**

**EMERGENCY PHONE NUMBER LIST:**

\_\_\_\_\_  
(LIST ALL EMERGENCY NUMBERS, HOSPITALS, PHYSICIANS, AND POST THEM PROMINENTLY)

**GOLF CARTS:**

\_\_\_\_\_  
(CHECK AT SEMINOLE GOLF COURSE 644-2582. ON CAMPUS: MAKE SURE OURS ARE SERVICED)

**WALKIE-TALKIES:**

\_\_\_\_\_  
(CHECK WITH FACILITIES/EVENT MANAGEMENT)

**CREDENTIALS:**

\_\_\_\_\_  
(CHECK WITH EVENT MANAGER, IF ANY ARE NECESSARY FOR MEDICAL STAFF)

**UNIFORM:**

\_\_\_\_\_  
(MAKE SURE EVERYONE WEARS THE SAME, PROFESSIONAL, AND IDENTIFIABLE ATTIRE)

**CONTACT VISITING TEAMS:**

\_\_\_\_\_  
(CONTACT VISITING TEAMS WITH MEDICAL INFO BY LETTER, E-MAIL, FAX, OR REGISTRATION PACKET)

**COOLERS:** \_\_\_\_\_ 10 GAL \_\_\_\_\_ 5GAL \_\_\_\_\_ ICE CHESTS \_\_\_\_\_ POWERADE

(LIST TOTAL NUMBER OF CONTAINERS NEEDED, AS WELL AS ANY DRINK PRODUCT)

**CUPS:** \_\_\_\_\_ 12oz \_\_\_\_\_ 16oz \_\_\_\_\_ WATER BOTTLES \_\_\_\_\_ ICE TOWELS

(LIST TOTAL NUMBER NEEDED <2500 PER CASE>)

**CHECK VENUE FOR HAZARDS:**

\_\_\_\_\_  
(EXAMINE VENUE SEVERAL TIMES BEFORE COMPETITION FOR HAZARDS & POTENTIAL LIABILITIES)

**LOGISTICS/SPECIAL CONSIDERATIONS**

**WEATHER:**

\_\_\_\_\_  
(WILL RAINSUITS OR COLD WEATHER GEAR BE NEEDED OR HOT WEATHER EQUIPMENT  
ICE BUCKETS, ICE BATH, MORE COOLERS/ICE ETC.?)

**TENT:**

\_\_\_\_\_  
(IS THERE ACCESS TO ELECTRICITY, WATER?)

**ICE MACHINE:**

\_\_\_\_\_  
(WILL IT BE NECESSARY TO RENT ICE CONTAINER? WHERE WILL ICE BE OBTAINED/STORED?)

**VENUE DIAGRAM/COURSE MAPS:**

\_\_\_\_\_  
**AMBULANCE ACCESS:**

\_\_\_\_\_  
(KNOW WHERE AMBULANCE CAN ACCESS VENUE, CHECK GATE LOCKS & WHO HAS KEYS)

**COMMUNICATIONS:**

\_\_\_\_\_  
(DETERMINE HOW TO COMMUNICATE BETWEEN VENUES AND WITHIN VENUE)

**EQUIPMENT/SUPPLIES:**

**EMERGENCY:**

\_\_\_\_\_  
(EACH VENUE MUST HAVE THE FOLLOWING EMERGENCY SUPPLIES: SPINEBOARD, STRETCHER,  
SPLINTS, CRUTCHES/CANE, OTOSCOPE, BP CUFF/STETHOSCOPE, AND BIOHAZARD EQUIPMENT)

**EXPENDABLE:**

\_\_\_\_\_  
(DIVIDE ALL SUPPLIES BETWEEN ALL TRAINING FACILITIES, I.E. TAPE, BLANKETS, KITS, CUPS,  
COOLERS, 1ST AID KITS, ETC.)

1 _____	8 _____	15 _____
2 _____	9 _____	16 _____
3 _____	10 _____	17 _____
4 _____	11 _____	18 _____
5 _____	12 _____	19 _____
6 _____	13 _____	20 _____
7 _____	14 _____	21 _____

**STAFFING:** (DEVELOP FEASIBLE SHIFT SCHEDULE AND WORK ROTATION)

**CERTIFIED** 1. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 6. \_\_\_\_\_  
3. \_\_\_\_\_ 7. \_\_\_\_\_  
4. \_\_\_\_\_ 8. \_\_\_\_\_

**STUDENTS** 1. \_\_\_\_\_ 9. \_\_\_\_\_  
2. \_\_\_\_\_ 10. \_\_\_\_\_  
3. \_\_\_\_\_ 11. \_\_\_\_\_  
4. \_\_\_\_\_ 12. \_\_\_\_\_  
5. \_\_\_\_\_ 13. \_\_\_\_\_  
6. \_\_\_\_\_ 14. \_\_\_\_\_  
7. \_\_\_\_\_ 15. \_\_\_\_\_  
8. \_\_\_\_\_ 16. \_\_\_\_\_

**PHYSICIANS** 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

## EMERGENCY MANAGEMENT PLAN

1. WHO WILL BE IN CHARGE OF THE SITUATION? \_\_\_\_\_.

ASSIGN PERSONNEL TO:

- A. MAKE EMERGENCY PHONE CALL IF AMBULANCE IS NOT ON SITE
  - B. GUIDE THE AMBULANCE TO ACCIDENT SCENE.
  - C. DECIDE WHO WILL ACCOMPANY ATHLETE TO HOSPITAL.
2. ARE ATHLETES MEDICAL AND INSURANCE RECORDS READILY AVAILABLE?
3. COORDINATE ALL EMERGENCY PLANS WITH APPROPRIATE PERSONNEL.
4. BE FAMILIAR WITH EMP FOR EACH VENUE AND REVIEW INDIVIDUAL INJURY MANAGEMENT PROCEDURES.
5. ATTACH MAP AND LAYOUT OF EACH VENUE  
(DESIGNATE PERSONNEL PLACEMENT, IDENTIFY AMBULANCE ACCESS/STATION)



# **SEVERE WEATHER PROTOCOLS**

## LIGHTNING

### POLICY

FSU Athletics is responsible for implementing policies and procedures to protect athletes, coaches, support staff and spectators during practice and during home athletic competitions. Personal safety should not be comprised under any circumstances and staff will always err on the side of caution when making decisions regarding safety during severe weather.

The Athletic Department's primary lightning information source is AccuWeather Enterprise Solutions (1-316-265-9127) and is supplemented by Telvent DTN Mx Vision WeatherSentry Online (<http://weather.dtn.com>). Additional sources are the National Weather Service (942-8833), local television stations (ABC: 893-1313, CBS: 893-666), the Weather Channels 17 and 24, as well as multiple internet weather sites.

It is imperative that all FSU Athletic Department personnel become familiar with the attached NCAA Guideline for Lightning Safety that addresses competitive safeguards and medical aspects of sports pertaining to lightning safety. To assist you in this important task, the following standard operating instructions are provided for FSU Athletics Department staff, in particular sport medicine and event management staff, on those occasions when lightning weather hazards exist.

- **Practice:** During practice the staff athletic trainer is responsible for making decisions pertaining to lightning weather hazard.
  1. The staff athletic trainer or his/her designee will monitor threatening weather via the above lightning information sources, and determine whether to remove a team or individuals from an athletic site or event.
  2. Monitor local weather reports each day before any practice or event. Be aware of potential thunderstorms.
  3. Be informed of National Weather Service (NWS) issued thunderstorm "watches" or "warnings", and the warning signs of developing thunderstorms in the area.
  4. Know where the closest safe structure or location is to the field or playing area, such as:
    - Any building normally occupied or frequently used by people
    - A hard all-metal vehicle (non-convertible)
  5. If outside, with no time to reach a safe building or automobile,
    - Do not stand beneath a natural lightning rod, such as an isolated tree
    - Avoid projecting above the surrounding landscape
    - Get out of and away from open water
    - Get away from tractors and other metal farm equipment
    - Get off and away from motorcycles, scooters, golf carts, bicycles, golf clubs, etc.
    - Stay away from wire fences, clothes lines, metal pipes, rails, and other metallic parts which can carry lightning to you from a distance away.
    - Avoid standing in small, isolated sheds or small structures in open areas
    - In a forest, seek shelter in a low area under a thick grown of small trees. In open areas, go to a place such as a ravine or valley.
  6. We will use information provided by the above lightning information sources to determine when to postpone or cancel activity due to the threat of lightning.
- **Home Events:** When there is a threat of hazardous weather on an event day, the following procedures will take place:
  1. The event manager will maintain continuous contact with weather detection and

prediction sources to obtain as much information as possible. This information will be shared with the head official, umpire-in-chief, referee, and/or meet director upon their arrival. The event manager will also ensure that there is a clear understanding of the evacuation procedure during a Weather Warning. Information will also be shared with the sport oversight (if present) and with the sport head coach.

2. Until such time as the head official, umpire-in-chief, referee and/or meet director assumes on-site responsibility as prescribed in the NCAA rules, the home event manager is responsible for making the determination if it is safe to begin on-field practice for competition. Information will continue to be shared with the sport oversight (if present) and with the sport head coach.

3. The head official, umpire-in-chief, referee or meet director will have responsibility for lightning hazard safety from the time they assume on-site responsibility until such time as they leave the site of competition as prescribed in NCAA rules. He or she has discretionary power to suspend the game whenever such action is deemed necessary due to hazardous weather. The home event manager will continue to monitor all weather sources and will regularly share this information with the officials and the sport oversight (if present) to ensure both players and spectators remain in a safe environment. Coaches will be kept informed but will not be a part of the decision process to suspend or terminate competition.

4. FSU Athletics also has an obligation to warn spectators of hazardous weather conditions. The home event manager, in conjunction with Sports Information, will ensure that spectators are kept informed of suspensions using the stadium's public address system. Spectators will be directed to evacuate the stands and to seek shelter in a safe location when severe weather conditions exist.

5. Overall, personal safety must remain paramount and staff will always err on the side of caution when making lightning hazard decisions.

## PROCEDURE

AccuWeather Enterprise Solutions (AccuWeather) is the Athletic Department's primary severe weather prediction and warning system. Athletic trainers and event managers will have in their possession the AccuWeather pager or cell phone whenever they are at practice or at a home event. When possible, athletic trainers and event managers will use the computer based Telvent DTN MxVision WeatherSentry Online software to supplement AccuWeather.

- **Weather Advisory:** A weather advisory will be issued by AccuWeather when the existing conditions reflect that a lightning strike could occur or has occurred within 15 miles of the event site.
  - Practice:* The athletic trainer will immediately inform the senior coach present that an advisory is in effect and that practice is subject to suspension if a warning is subsequently issued. Preliminary steps will be initiated to prepare for a suspension and evacuation.
  - Competition:* The event manager will immediately inform the head official, umpire-in-chief, referee or meet director that an advisory is in effect and that the event is subject to suspension if a warning is subsequently issued. Additionally, both head coaches and the sport oversight (if present) will be notified. Preliminary steps will be initiated to prepare for suspension and evacuation. Public address announcements will be made and updated after the head official, umpire-in-chief, referee or meet director and head coaches have been notified.
- **Weather Warning:** A weather warning will be issued by AccuWeather when the existing conditions reflect that a lightning strike could occur or has occurred within eight miles of the event site.

*-Practice:* The athletic trainer will immediately inform the senior coach present that a warning is in effect and that practice is to be immediately suspended and all personnel are to seek protection. Practice will remain suspended until such time as the warning has been canceled or until 30 minutes after the last strike has occurred within the eight mile circle as shown on Telvent DTN MxVision WeatherSentry Online.

*-Competition:* The event manager will immediately inform the head official, umpire-in-chief, referee or meet director that a warning is in effect and that the event is to be immediately suspended and all personnel are to seek protection. The event will remain suspended until such time as the warning has been canceled or until 30 minutes after the last strike has occurred within the eight mile circle as shown on Telvent DTN MxVision WeatherSentry Online. Additionally, both head coaches and the sport oversight (if present) will be notified and kept informed of the weather posture as it develops. Public address announcements will be made and updated after the head official, umpire-in-chief, referee or meet director and head coaches have been notified.

*-Venue Protection:* Athletic Department personnel are permitted to take venue protection actions, i.e., installing a tarp at baseball or softball, as long as the personnel have completed their actions and are in a place of safety by the time lightning is expected to occur or has occurred within six miles of the athletics venue. If lightning strikes within six miles, all actions will cease and personnel will immediately take shelter.

*-Dugouts:* As stated in the NCAA Guideline for Lightning Safety, dugouts are usually not properly grounded from the effects of lightning and side flashes to people. They are usually very unsafe and may actually increase the risk of lightning injury. Accordingly, whenever a Weather Warning has been announced all personnel will evacuate dugouts and seek shelter inside the closest building that is frequently used by people (i.e. a building with plumbing and/or electrical wiring that acts to electrically ground the structure). Personnel will remain in this location until such time as the Weather Warning has been canceled or until 30 minutes after the last strike has occurred within the eight mile circle as shown on Telvent DTN MxVision WeatherSentry Online.

*-Indoor Hitting Cages:* The indoor hitting cages provide an ideal inclement weather location for batting practice during rain conditions and when the infield is being otherwise used. Players, coaches and staff movement to and from the hitting cages poses an unacceptable risk as these personnel are fully exposed to possible lightning strikes. Accordingly, during a Weather Warning all personnel in the baseball and softball hitting cages are to remain in the hitting cages, and personnel not in the hitting cages will not attempt to enter the hitting cages, until such time as the warning has been canceled or until 30 minutes after the last strike has occurred within the eight mile circle as shown on Telvent DTN MxVision WeatherSentry Online.

## TORNADO

### POLICY

FSU Athletics is responsible for the personal safety of all athletes, coaches, support staff and spectators, which should not be comprised under any circumstances and staff will always err on the side of caution when making decisions regarding safety during severe weather.

The Athletic Department's primary weather information source, AccuWeather Enterprise Solutions (1-316-265-9127) and Telvent DTN Mx Vision WeatherSentry Online (<http://weather.dtn.com>), will be utilized in all situations of possible severe weather. Additional sources are the National Weather Service (942-8833), local television stations (ABC: 893-1313, CBS: 893-666), the Weather Channels 17 and 24, as well as multiple internet weather sites.

### PROCEDURE

AccuWeather Enterprise Solutions (AccuWeather) is the Athletic Department's primary severe weather prediction and warning system. Athletic trainers and event managers will have in their possession the AccuWeather pager or cell phone whenever they are at practice or at a home event. When possible, athletic trainers and event managers will use the computer based Telvent DTN MxVision WeatherSentry Online software to supplement AccuWeather.

In the event of inclement severe weather, the following steps should be taken along with all guidelines stated in the lightning policy and procedure:

1. Utilize the AccuWeather or the Telvent DTN MxVision WeatherSentry to monitor approaching weather and its severity. Other weather sources that may issue important alerts include radio, television, and telephone.
2. If the National Weather Service issues a severe weather or tornado warning for The City of Tallahassee or Leon County, warn all members of the Coaching staff, Equipment staff, Video staff and Sports Medicine staff in the immediate area.

**TORNADO WATCH** – means weather conditions are favorable for the formation of a tornado  
**TORNADO WARNING** – means a tornado has been sighted in your area

3. Close all external doors and stay away from windows.
4. Move all individuals to a pre-planned emergency shelter in your immediate area
  - The best areas for shelter are: \_\_\_\_\_, inside walls opposite of corridor from which storm is approaching, a restroom without windows, or any interior hallway on the lowest ground floor.
5. Remain in the shelter until an all clear is given.
6. Areas to avoid during these situations are:
  - Lobbies of buildings with glass windows, walkways, atriums, rooms with large roof spans (such as auditoriums, end rooms in a one-story building, rooms with large glass areas, and or hallways that could become a "wind tunnel".

**REMINDER:** If you are in a car, do not attempt to drive out of the path of the tornado or the storm. Tornadoes are very unpredictable in their movement. Get out of the car and seek shelter in a sturdy building or structure. If no structure is available, lie flat in the nearest ditch, ravine, or low area, face down with hands protecting the back of your neck and head.

## HURRICANE

### **POLICY**

FSU Athletics is responsible for the personal safety of all athletes, coaches, support staff and spectators, which should not be comprised under any circumstances and staff will always err on the side of caution when making decisions regarding safety during severe weather.

The Athletic Department's primary weather information source, AccuWeather Enterprise Solutions (1-316-265-9127) and Telvent DTN Mx Vision WeatherSentry Online (<http://weather.dtn.com>), will be utilized in all situations of possible severe weather. Additional sources are the National Weather Service (942-8833), local television stations (ABC: 893-1313, CBS: 893-666), the Weather Channels 17 and 24, as well as multiple internet weather sites.

The Athletics Department will abide by all orders set by the state of Florida and other sanctioned entities. In the event of a potential hurricane, all sport-related activity will adhere to the recommendations set by the National Weather Service and Leon County. All activity will not resume until declared safe by the National Weather Service and Leon County.

### **PROCEDURE**

The procedure(s) for a potential hurricane in Leon County will vary depending on the circumstances. Florida State University administrative personnel will provide directions on an individual basis.

## UTILITY FAILURE

### POLICY

Due to the unpredictability of mechanical problems within FSU Athletics facilities, it is the primary responsibility of the FSU Athletic Department Facilities and Events staff to respond to and coordinate any mechanical problems within the athletics facilities. The FSU Sports Medicine staff and students are required to report any facility mechanical problem to the facilities and events staff in order to prevent further damage and ensure timely repairs.

### PROCEDURE

In the event of mechanical/utility failure, the following steps should be taken:

- **Electrical Power Loss**
  1. Contact the Florida State Athletic Department Facilities at 850-644-4502
  2. After 5 p.m., call Laurie Swiger at 850-443-7078
  3. Find the nearest flashlight to aid in the evacuation if necessary.
  4. Turn off ALL electrical equipment (some equipment could be damaged when power is restored).
- **Water**
  1. Contact the Florida State Athletic Department Facilities at 850-644-4502
  2. After 5 p.m., call Laurie Swiger at 850-443-7078
  3. Turn off all water faucets and water fountains.
  4. Do not use the toilets in your facility until water is restored.
- **Heating, Ventilation and Air Conditioning**
  1. Contact the Florida State Athletic Department Facilities at 850-644-4502
  2. After 5 p.m., Call Laurie Swiger at 850-443-7078
- **Telephone**
  1. For normal disruption of telephone services, contact the Florida State Telephone Service at 850-644-4357

### Chemical Spills

In the Florida State University Educational Facilities, it is the responsibility of the faculty/instructors to know characteristics of the chemicals they work with and to take precautions to protect themselves and students in containing chemical spills that occur.

In the Florida State Athletic Training Facilities, it is the responsibility of the staff athletic trainer to know the characteristics of the chemicals they work with and to take precautions to protect themselves and students in containing spills that occur.

In the event of a chemical spill, the following steps should be taken:

1. First Aid is your first priority! Any spill that results in personnel exposure should be treated IMMEDIATELY.
2. Eye/Skin contact – Flush the eyes or affected skin areas with water. If the chemical is solid, brush the chemical off gently first.
3. Inhalation – Get individual to fresh air as soon as possible and perform rescue breathing and CPR, if necessary.
4. Contact Florida State Police Department. 850-644-1234
5. Call Ambulance, if needed. (911)
6. When necessary, evacuate all individuals from the immediate area.

7. Identify the chemical spill, the quantity, and location of the spill.
8. Report the information to the Florida State Police Department 850-644-1234 and the Florida State University Environmental Health and Safety Office 850-644-6895.



# **EMERGENCY MANAGEMENT PROTOCOLS**

## EMERGENCY MANAGEMENT PROTOCOL

### Emergency Medical Services:

CALL FROM YOUR CELL PHONE	911
CALL FROM FLORIDA STATE CAMPUS	9-911
Florida State Campus Police	644-1234

### Emergency Situation Protocol:

Highest ranking medical personnel takes charge (i.e. doctor, certified athletic trainer, athletic training student, etc.)

Initial assessment is completed and duties are delegated by ranking official:

- athletic training student calls for assistance
- athletic training student, manager or coach meets the ambulance
- athletic training student, manager, or coach works crowd control

1. The person that calls for help should follow this order (example):
  - First call 911 to activate Emergency Medical Services.
  - a. Identify yourself- **“I’m an athletic trainer at Florida State.”**
  - b. Identify the problem- **“We have an emergency, please send an ambulance immediately.” (i.e) unconscious, possible spinal cord injury, etc.**
  - c. Identify location & nearest arrival site- **(i.e. Doak Campbell Stadium- south end zone gate)**
  - d. Hang up last!!
  - e. Report back to medical personnel
2. Emergency equipment retrieval
3. Direct EMS to scene (if not on site for event)
  - a. Open appropriate gates **(i.e- south end zone gate)**
  - b. Designate individuals to meet EMS and direct to the scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area
4. Contact Staff Athletic Trainer if not on-site already
5. Athletic training student, or Staff Athletic Trainer will accompany athlete to the hospital
6. Notify ambulance of hospital preference (i.e. TMH)
7. Bring athlete’s medical information (i.e. demographics, insurance, etc.) **and** athlete referral form
8. Contact Staff Athletic Trainer of athlete’s condition
  - a. Staff Athletic Trainer will contact athlete’s parents and coaching staff
9. Document all information on injury, management, and transportation
10. Return all Florida State equipment, spine board, etc...

## **EMERGENCY MANAGEMENT PLAN EMERGENCY REFERRAL**

### **EMERGENCY CONDITIONS TO BE REFERRED TO THE NEAREST TRAUMA CENTER OR PHYSICIAN.**

#### **Medical emergencies that require the activation of the EMS (911).**

1. Respiratory arrest or any irregularity in breathing.
2. Severe chest or abdominal pains that may indicate heart attack, cardiac arrest, or internal hemorrhage.
3. Excessive bleeding from a major artery or loss of a significant amount of blood.
4. Suspected spinal injury resulting in back pain, paralysis, or inability to move any body part.
5. Open or multiple fractures and/or fractures involving the femur, pelvis, and several ribs.
6. Joint fracture or dislocation with no distal pulse.
7. Severe signs of shock or possible internal hemorrhage.

#### **Injuries that require immediate referral to a physician.**

1. Eye injuries.
2. Dental injuries where a tooth has been knocked out or knocked loose.
3. Minor or simple fractures.
4. Lacerations that may require suturing.
5. Injuries where a functional deficit is noticeable.
6. Loss of normal sensation, diminished or absent reflexes that may indicate a nerve root injury.
7. Noticeable muscular weakness in the extremities that may indicate peripheral nerve damage.
8. Any injury, if you may have doubts about its severity or nature.

## EMERGENCY MANAGEMENT PLAN LIFE THREATENING SITUATION

### POLICY

The following delineation of authority will determine who will be in charge of a life-threatening situation:

1. Physician (when available)
2. Certified Athletic Trainer (when available)
3. EMT (when available)- CERTIFIED TRAINER WILL WORK WITH EMT'S IF BOTH ARE PRESENT
4. First Responder (ATS)- must be CPR/AED certified, NOTIFY ATHLETIC TRAINING ROOM AFTER 911 IS ACTIVATED
5. Coach (must be CPR certified)- NOTIFY ATHLETIC TRAINING ROOM AFTER 911 IS ACTIVATED

This person will conduct **primary injury survey** (see flow chart) and determine whether EMS (Emergency Medical Service) should be activated. Another person, if available will call 911 to activate EMS. The caller will be a person who is pre-assigned to this task. If EMS is activated, they will maintain situation and provide necessary first aid measures until EMS arrives. The caller or another pre-assigned individual will also make sure the assigned ambulance access route is clear, all gates and/or doors are unlocked, and will guide the ambulance to the site of the incident. The person in charge will then conduct a **secondary injury survey** (see flow chart). Another person who is pre-assigned will locate and secure the victim's medical records, insurance information and emergency telephone numbers, and parental consent forms. All victims who are minors must have signed parental consent forms.

The following persons must be notified in case of life-threatening injury:

1. Victim's parents (preferably by someone they know, i.e. victim's coach)
2. Head Athletic Trainer (if not present)
3. Team Physicians (if not present)
4. Athletic Director or Administrator in charge.

The person in charge will accompany the victim to the hospital, unless the victim's condition is stable, then a pre-assigned person may accompany them. **If on the road, an administrator or assistant coach should accompany the victim when only one athletic trainer is available to cover team, unless several athletic trainers are available. The person accompanying the victim should take all pertinent paperwork with them.**

## EMERGENCY MANAGEMENT PLAN PRIMARY SURVEY

### PROCEDURE

#### Athlete w/ Life-Threatening Injury/Condition

- SUSPECT A SPINAL INJURY UNLESS RULED OUT
- IMMOBILIZE HEAD
- ESTABLISH UNRESPONSIVENESS
- OPEN THE AIRWAY
- ESTABLISH BREATHING (LOOK, LISTEN, FEEL)

#### If Talking and Responding

- INITIATE SECONDARY SURVEY
- TREAT SHOCK
- ACTIVATE EMS IF NECESSARY
- MONITOR VITAL SIGNS

#### No Breathing

- ACTIVATE EMS
- GIVE TWO BREATHS
- LOOK, LISTEN, FEEL
- CHECK CIRCULATION (CAROTID ARTERY)

#### Breathing

- MAINTAIN AIRWAY
- INITIATE SECONDARY SURVEY
- TREAT FOR SHOCK
- ACTIVATE EMS

#### No Pulse Present

- LOCATE PROPER HAND POSITION
- INITIATE CPR 15 COMPRESSIONS: TWO VENTILATIONS
- REASSESS PULSE AFTER 1 MINUTE
- IF NO PULSE: CONTINUE CPR UNTIL EMS ARRIVES

#### Pulse Present

- INITIATE / MAINTAIN RESCUE
- BREATHING
- MONITOR PULSE UNTIL EMS ARRIVES
- TREAT FOR SHOCK

## EMERGENCY MANAGEMENT PLAN SECONDARY SURVEY

### PROCEDURE

The secondary survey is performed after the primary survey to determine the extent of the injury. It is a detailed hands-on, head-to-toe assessment to detect conditions that may not in themselves pose an immediate threat to life, unless left unrecognized and untreated. The person in charge of the emergency situation performs the secondary survey. The secondary survey should include: taking victims vital signs, a thorough history, observation and inspection, palpation, and any special tests, all which help to determine the nature and extent of the victim's injuries. **Always** suspect a spinal injury. **Do not** move individual until a spinal injury is ruled out.

- **Vital signs:** include pulse, respiration, blood pressure, skin temperature and color, pupillary response to light and eye movement. They may be taken as part of the observation and inspection, but they must be repeated every two to five minutes to update the victim's status.
- **History:** the history of the injury can be taken by asking the conscious victim or by asking a witness if the victim is unconscious. If conscious, ask: What happened? Did you hear any sounds or unusual sensations when the injury occurred? Where is the pain? Can you point to the area? How would you rate the pain on a scale of 1 to 10. Are you taking any medications? Are you allergic to anything? Any multitude of questions may be asked to determine the nature and severity of the injury.

If unconscious, first try to call their name and gently tap the sternum to elicit a response if there is no response and the primary survey (A, B, C's) are adequate, then ask a bystander: What happened? Did you see them get hit or did they just collapse? How long have they been unconscious? If it was gradual, did anyone talk to the individual? What did the person say? Was it coherent? Did they moan, groan, or mumble? Has this ever happened to them before?

- **Observation and inspection:** as you approach the victim, observe the body position for any noticeable deformities that may indicate a fracture or dislocation. Are they breathing normally or is it labored? Are they responsive to commands or are they lethargic? Are the pupils normal or dilated? Is there any discoloration in the facial area or behind the ears? If there a clear fluid or bloody discharge from the nose or ears? The pulse may be taken and recorded.
- **Palpation:** Continue to stabilize the head and neck until a spinal injury is ruled out. Palpate the scalp and facial area for lacerations, deformities, or depressions. Discoloration over the mastoid process behind the ear or around the eyes or the presence of blood or cerebrospinal fluid from the ears or nose.

Check the eyes for any injury, presence of contact lenses, pupil size, equality, and pupillary response to light. Check the mouth for a mouth guard, dentures, broken teeth, or blood that may be causing an airway obstruction. Check breath odor, such as fruity smell (diabetic coma) or alcohol.

Palpate the cervical spine for any point tenderness or obvious deformity. Inspect and palpate the chest for possible wounds, discoloration, deformities, and chest expansion upon breathing. Use sternal or lateral rib compression to determine the possibility of fracture. Inspect and palpate the abdomen for tenderness, rigidity, distention, spasms, or pulsations.

Inspect and palpate the upper extremities for deformity, point tenderness, swelling, muscle spasm, and discoloration. Is there bilateral grip strength? Take a radial pulse and check skin temperature. Can they move fingers?

Inspect and palpate the pelvis and lower extremities for deformity, point tenderness, swelling, muscle spasms, and discoloration. Take the distal pulse at both the medial ankle and dorsum of the foot. Can they wiggle their toes? Feel for skin temperature.

- **Special tests:** any special tests can be performed during palpation. These include any muscle tests, such as finger or toe movement, sensation tests such as pin prick, checking for neurological deficit.

Recheck vital signs every two to five minutes until the ambulance arrives.

Remember: Do not harm the individual. If in doubt, assume the worst and treat accordingly.

## CATASTROPHIC INCIDENT PLAN

### POLICY

A catastrophic incident is defined as a sudden death or disabling injury by any cause of a student-athlete, coach or staff member. In the event of a catastrophic incident involving Florida State student-athlete, staff or support personnel, a number of steps should be followed to provide optimum care for all involved. Advance preparation and knowledge is critical in this process. Individuals involved in the management of catastrophic incidents should be aware of their roles and responsibilities.

### PROCEDURE

The catastrophic incident plan for Florida State University Sports Medicine Department with regards to a student-athlete, staff or support personnel who has sustained a catastrophic injury shall be as follows:

- **Home Events (Student-Athlete)**
  1. The Sports Medicine Department Emergency Management Plan with regards to a home practice / game will be followed.
  2. A staff athletic trainer or his/her designee will accompany the injured student-athlete to the medical facility.
  3. Once at the medical facility, the designated individual will contact the head coach and the Director of Sports Medicine with medical updates from the attending physician (if applicable).
  4. The Director of Sports Medicine will then contact the following individuals:
    - A. Team Physician
    - B. Director of Athletics
      - The Director of Athletics will contact other Athletics department and University administrative personnel as deemed necessary.
  5. The head coach, Director of Sports Medicine, the team physician, the Director of Athletics and/or a designee, and the head coach will immediately proceed to the medical facility (if applicable).
  6. Once the student-athlete has been stabilized at the medical facility, the Director of Sports Medicine, in consultation with the team physician, head coach, and Director of Athletics will make every effort to notify the injured student-athlete's family of the emergency situation.
    - The Director of Sports Medicine will continue to communicate with the injured student-athlete's family, and will provide medical updates as available.
  7. After receiving consent from the student-athlete's family, the staff athletic trainer, the Director of Sports Medicine, team physician, head coach, and Director of Athletics, in consultation with the Florida State University Media Relations Department, may release an official statement to the media.
    - The Media Relations Department may not release a statement until the student-athlete or his/her family has given their consent, and the team physician and Director of Athletics have approved and authorized the statement.
  8. The staff athletic trainer and coaching staff will be responsible for assembling the athletic team as soon as possible for a briefing on the emergency situation.



9. The athletic team will be addressed by the head coach, staff athletic trainer, team physician, and/or Director of Athletics regarding the student-athlete and the emergency situation, and will be advised not to speak to any members of the media.

10. The Director of Sports Medicine will also be responsible for contacting the Florida State University counseling services and authorities at the medical facility for the purpose of arranging psychologists, grief counselors, etc. for the use of all team and athletics department personnel.

11. The staff athletic trainer and/or a designee will be responsible for collecting all equipment and materials involved and secure in a locked area. Also, the completion of documentation concerning the events and everyone involved will be completed by the Director of Sports Medicine.

- **Away Events (Student-Athlete)**

1. Staff athletic trainer or his/her designee will accompany the injured student-athlete to the medical facility.

2. Immediately notify Director of Athletics and Director of Sports Medicine of crisis.

3. Once at the medical facility, the designated individual will contact the head coach and the Director of Sports Medicine with medical updates from the attending physician (if applicable).

4. The Director of Sports Medicine will then contact the following individuals:

- a. Team Physician

- b. Director of Athletics

- The athletic director will contact other Athletics department and University administrative personnel as deemed necessary.

5. Once the student-athlete has been stabilized at the medical facility, the staff athletic trainer, head coach, and/or Director of Athletics will make every effort to notify the injured student-athlete's family of the emergency situation.

-Staff athletic trainer will continue to communicate with the injured student-athlete's family, and will provide medical updates as available.

6. Follow steps 6-11 for "Home Events".

7. Based on individual circumstances, a sport coach and/or administrator may additionally need to remain on site.

- **Non-Athletic Related Events- Coaches, Administrators, and Staff Members**

1. Immediately notify Director of Athletics and Director of Sports Medicine of crisis.

2. Work with the local hospitals, sports medicine staff, athletic association, or police to assist in process and gather information to update the Director of Athletics and/or Director of Sports Medicine.

3. The sport staff athletic trainer or designated individual remains on site to coordinate communication and arrangements with Florida State University Administration. A plan will be established by the Florida State University representative, the physician, and the patient (or his/her health care agent if incapacitated).

4. Based on individual circumstances, a Florida State University representative may additionally need to remain on site.

5. After receiving consent from the staff member or his/her family, the Director of Sports Medicine, head coach (if pertinent), and Director of Athletics, in consultation with the Florida State University Media Relations Department, may release an official statement to the media.

- The Media Relations Department may not release a statement until the staff member or his/her family has given their consent, and the Director of Sports Medicine and Director of Athletics have approved and authorized the statement.
6. The staff athletic trainer and coaching staff and will be responsible for assembling the athletic team as soon as possible for a briefing on the emergency situation (if pertinent). The athletic team will be addressed by the head coach, staff athletic trainer, Director of Sports Medicine, and/or Director of Athletics regarding the staff member and the emergency situation, and will be advised not to speak to any members of the media.
7. The Director of Sports Medicine will also be responsible for contacting the Florida State University counseling services and authorities at the medical facility for the purpose of arranging psychologists, grief counselors, etc. for the use of all team and athletics department personnel.

### Contact Information

#### Administration

- Director of Athletics: *Randy Spetman* 644-1079
- Senior Executive Associate AD: *Monk Bonasorte* 644-2648
- Senior Associate AD: *Kevin Terry* 644-1457
- Senior Associate AD Compliance/SWA: *Vanessa Fuchs* 644-7926
- Associate AD / Facilities & Events: *Bernie Waxman* 644-9940
- Assistant AD / Academics: *Steve Duzan* 644-5938
- Assistant AD / Media Relations: *Elliot Finebloom* 644-1065

#### Sports Medicine Sport / Staff Assignments

- Director of Sports Medicine / Soccer: *Robin Gibson* (c) 544-1746
- Men's Basketball: *Sam Lunt* (c) 228-6850
- Head Football: *Jake Pfeil* (c) 694-0989
- Assistant Football: *Jeronimo Boche* (c) 694-3091
- Assistant Football: *Julie Kruessel* (c) 806-252-6171
- Baseball / Men's Golf: *Cory Couture* (c) 591-3582
- Men's and Women's Track and Field/Cross Country: *Gwen Davis* (c) 228-3410
- Softball / Women's Golf: *Eunice Hernandez* (c) 694-2086
- Women's Basketball:

Florida State University Counseling Services 850-644-2003

- Director of Counseling

NCAA Catastrophic Injury Service Line 800-245-2744

**Florida State University Sports Medicine  
Catastrophic Injury / Emergency Notification Form**

**Emergency Description:**

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<b>Signature:</b> _____	<b>Print:</b> _____	<b>Date:</b> _____
<b>Signature:</b> _____	<b>Print:</b> _____	<b>Date:</b> _____
<b>Signature:</b> _____	<b>Print:</b> _____	<b>Date:</b> _____
<b>Signature:</b> _____	<b>Print:</b> _____	<b>Date:</b> _____

**Florida State University Sports Medicine  
Catastrophic Injury / Emergency Notification Contact Form**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Place:** \_\_\_\_\_

**Athletic Training Staff Contact(s):** \_\_\_\_\_

\_\_\_\_\_

**Emergency Transport:** \_\_\_\_\_

**Emergency Transport Personnel:** \_\_\_\_\_

\_\_\_\_\_

**Hospital:** \_\_\_\_\_

**Attending Physician(s):** \_\_\_\_\_

\_\_\_\_\_

**Family Emergency Contact:** \_\_\_\_\_

\_\_\_\_\_

**Notes:**

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# VENUE PLANS

# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### ALUMNI VILLAGE HAMMER THROW AREA

#### Track and Field

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Check with coaches about keys to main gate (located on Pennell Circle)

#### Address:

Levy Avenue (Alumni Village) - SEE MAP OF VILLAGE HAMMER THROW AREA

#### Venue Directions:

From Gaines Street/Stadium Drive Area-  
Lake Bradford Road to Levy Avenue, make a left on Pennell Circle at Alumni Village.  
Immediately after turning left, jump the curb on the right and proceed to the front gate.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

#### Emergency Communication:

STAFF MEMBER	CELL	OFFICE
Bob Braman- <i>head coach</i>	N/A	645-1250
Harlis Meaders- <i>coach</i>	N/A	644-6186
Gwendolyn Davis- <i>head ATC</i>	228-3410	N/A
Mischa Payne- <i>GA ATC</i>	728-4972	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

Walkie-Talkies: If available for event- check reception first

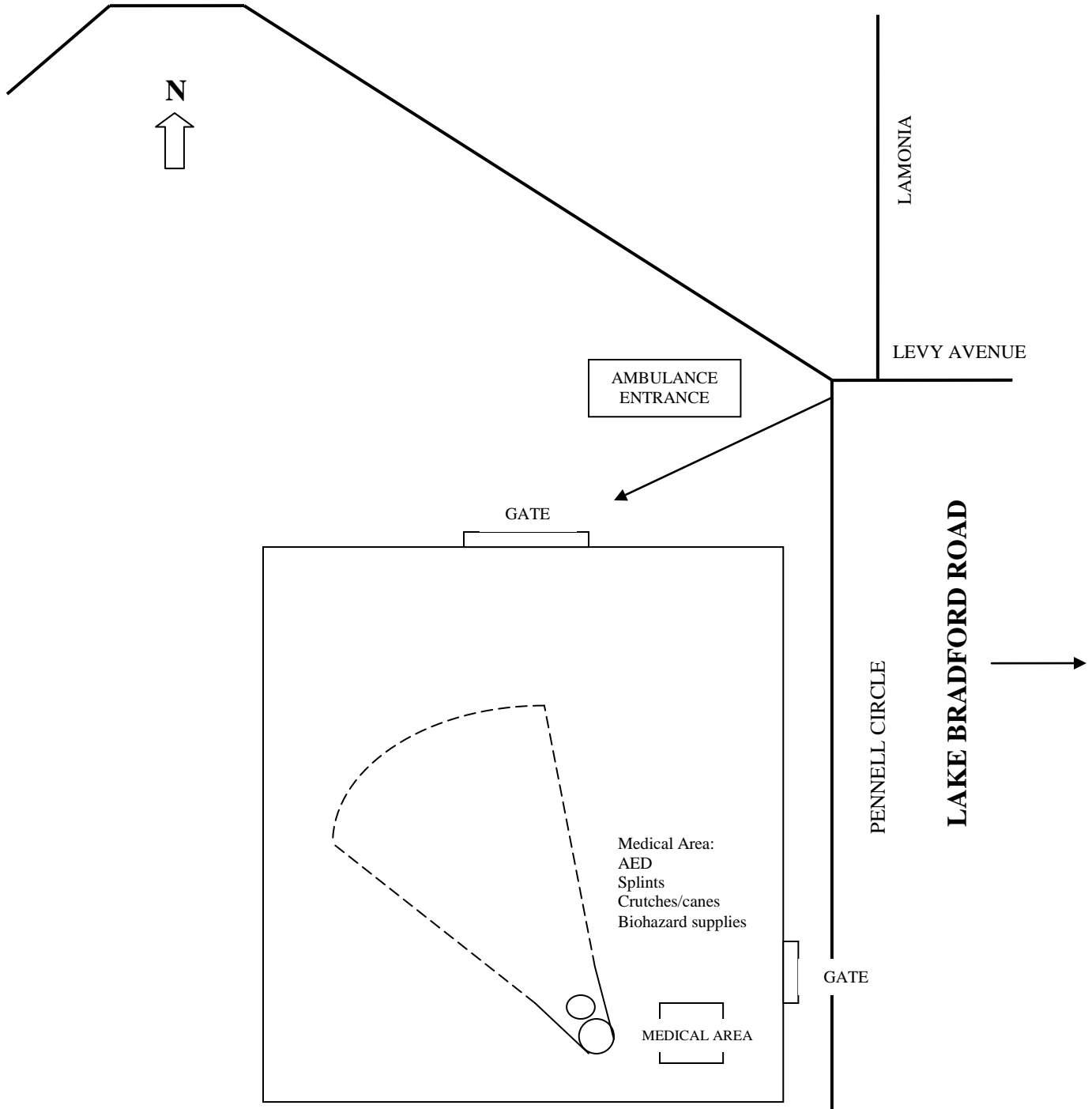
#### Emergency Equipment:

Located in the medical area: AED, splints, crutches/cane, biohazard supplies. Equipment will be brought to hammer area by the certified athletic trainer.

# MAP

## ALUMNI VILLAGE HAMMER THROW AREA

### Track and Field



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### APALACHEE REGIONAL PARK

#### Cross Country

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics  
-Follow the Emergency Management Protocol

**Address:**

7550 Apalachee Pkwy, Tallahassee, FL 32311- SEE MAP OF GREENWAY

**Venue Directions:**

Take Apalachee Road past Capital Circle. Entrance will be on the left, just before the soccer, baseball, and football fields.

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

**Emergency Communication:**

STAFF MEMBER	CELL	OFFICE
Bob Braman- <i>head TF coach</i>	N/A	645-1250
Karen Harvey- <i>head CC coach</i>	N/A	556-2018
Gwendolyn Davis- <i>head ATC</i>	228-3410	N/A
Mischa Payne- <i>GA ATC</i>	728-4972	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

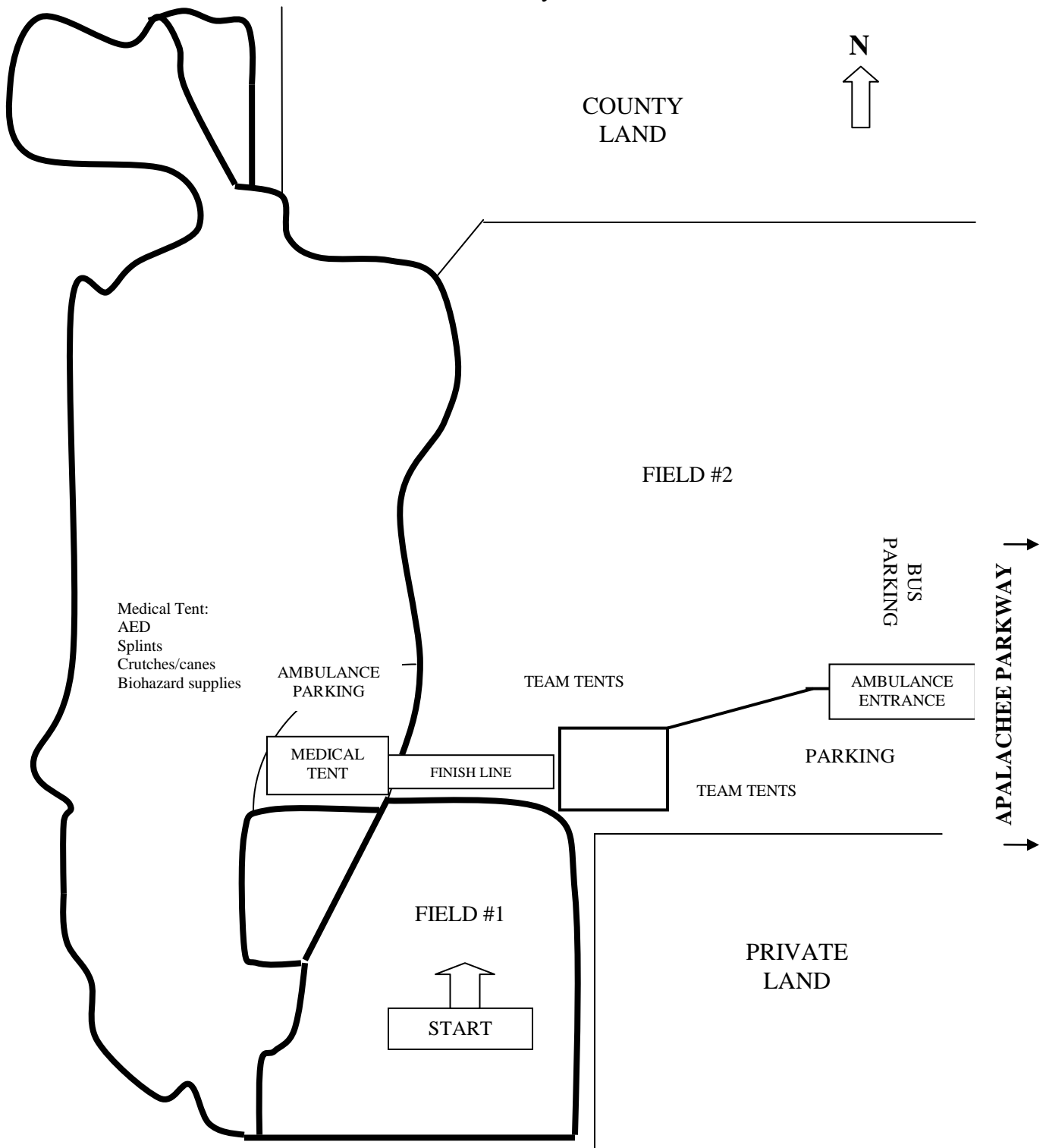
Walkie-Talkies: If available for event- check with event management

**Emergency Equipment:**

Located in athletic training tent during meet: AED, spineboard, splints, crutches/cane, biohazard supplies.



# MAP APALACHEE REGIONAL PARK Cross Country



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### BASKETBALL TRAINING CENTER

#### Men's Basketball

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Back parking lot entrance: use FSU ID swipe card
  - West Madison Street entrance: check master keys in Men's Basketball office

#### Address:

520 West Madison Street- SEE MAP OF BASKETBALL TRAINING CENTER

#### Venue Directions:

Madison Street to SW Corner of BTC **or**  
Pensacola Street to Macomb Street, take right to W Madison St. to SW Corner of BTC.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

#### Emergency Communication:

Land Line Telephones- 644-2641 ; 644-4716

STAFF MEMBER	CELL	OFFICE
Leonard Hamilton- <i>head coach</i>	N/A	644-5229 ext. 7190
Stan Jones- <i>associate head coach</i>	N/A	644-1405
Jacob Ridenhour- <i>director of ops</i>	N/A	644-4613
Sam Lunt- <i>head ATC</i>	228-6850	644-6223
Dr. Thompson- <i>team physician</i>	N/A	877-8174
Kevin Terry- <i>administrator</i>	N/A	644-1457

Walkie-Talkies: If available for event- check with event management

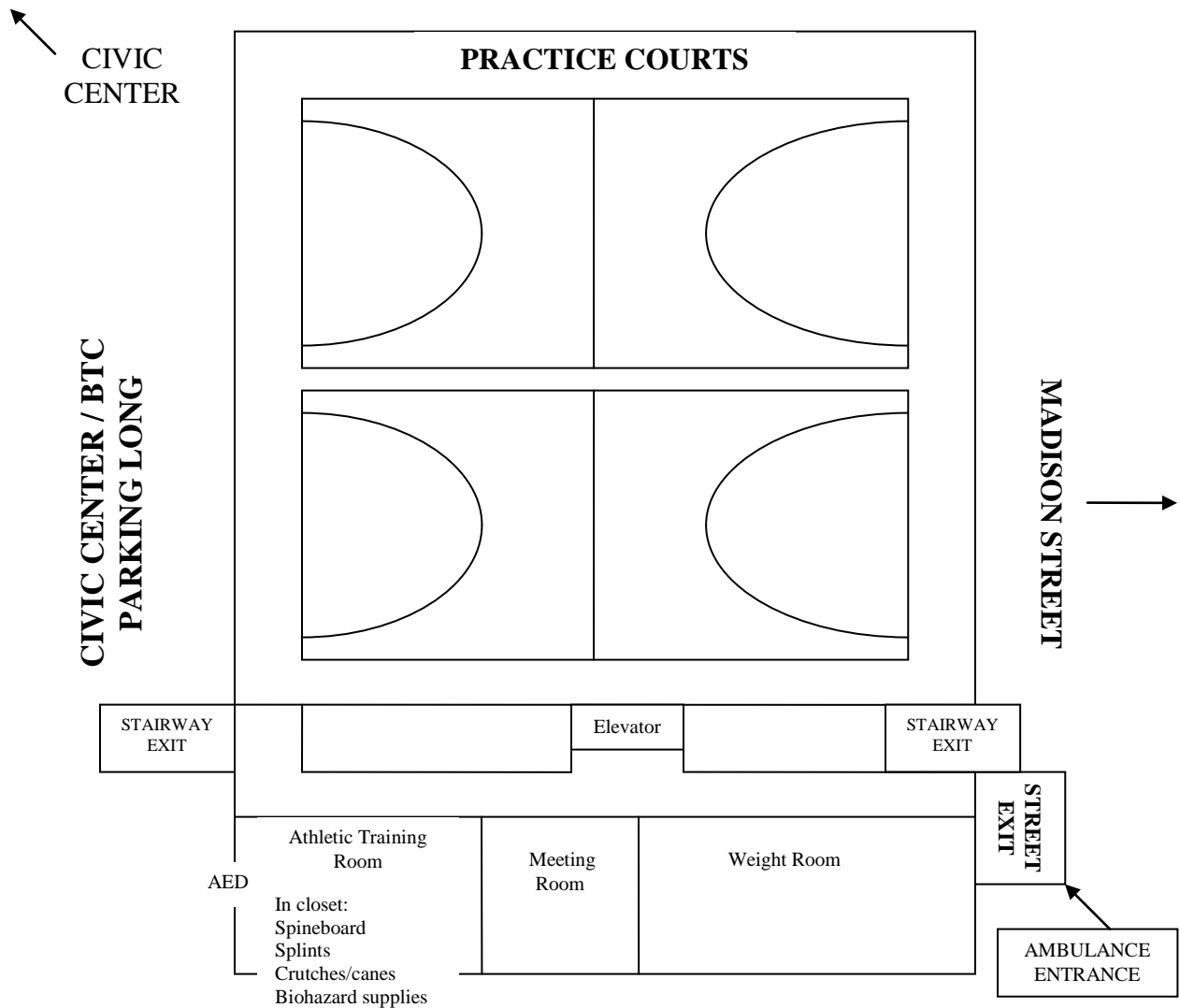
#### Emergency Equipment:

Located in the athletic training room closet: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## BASKETBALL TRAINING CENTER

### Men's Basketball



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### BASKETBALL TRAINING CENTER

#### Women's Basketball

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Back parking lot entrance: use FSU ID swipe card
  - West Madison Street entrance: check master keys in Women's Basketball office

#### Address:

520 West Madison Street- SEE MAP OF BASKETBALL TRAINING CENTER

#### Venue Directions:

Madison Street to SW Corner of BTC **or**  
Pensacola Street to Macomb Street, take right to W Madison St. to SW Corner of BTC.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

#### Emergency Communication:

Land Line Telephones- 644-2641 ; 644-4716

STAFF MEMBER	CELL	OFFICE
Sue Semrau- <i>head coach</i>	N/A	644-8100
Melissa Bruner- <i>director of ops</i>	N/A	644-6959
Emily Hutcherson- <i>head ATC</i>	728-4931	N/A
Dr. Oberste- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648

Walkie-Talkies: If available for event- check with event management

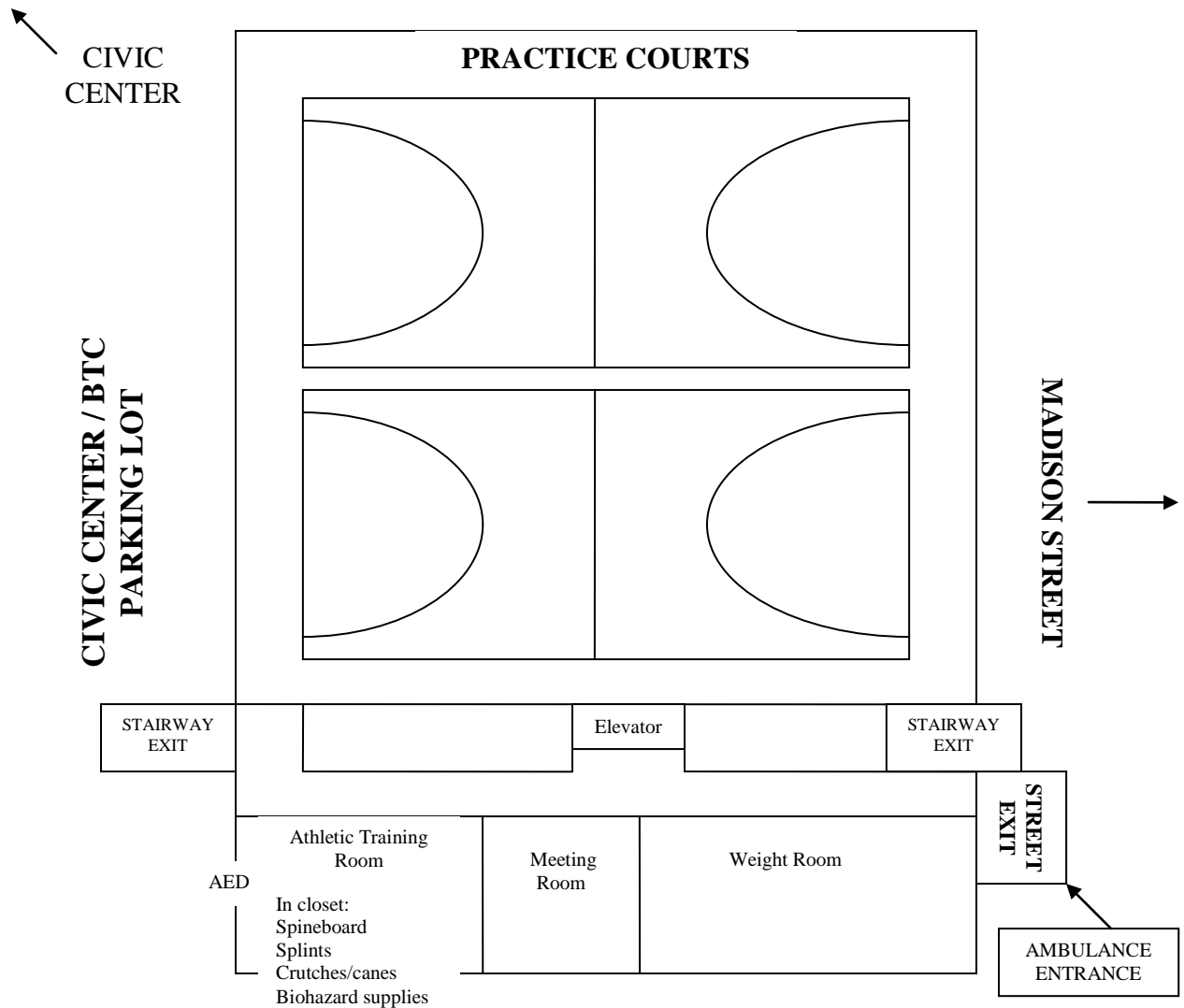
#### Emergency Equipment:

Located in the athletic training room closet: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## BASKETBALL TRAINING CENTER

### Women's Basketball



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### BOBBY LEACH STUDENT RECREATION CENTER AQUATICS

#### Swimming and Diving

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Check with coaches about keys to the door at the west end of the building

**Address:**

210 Bobby E. Leach Center- SEE MAP OF BOBBY LEACH STUDENT CENTER  
AQUATICS

**Venue Directions:**

Pensacola Street to Chieftain Way to West Door (#17) of Bobby Leach Center, nearest to  
Tully Gym by the loading dock

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and  
competition. Additional sports medicine staff are available at the Tully Gym Athletic  
Training Room or the Moore Center Athletic Training Room.

**Emergency Communication:**

Land Line Telephones- 644-0556 (Swimming Pool) ; 644-0547 (Info Desk)

<b>STAFF MEMBER</b>	<b>CELL</b>	<b>OFFICE</b>
Neil Harper- <i>head SW coach</i>	N/A	644-7726
Patrick Jeffrey- <i>head DV coach</i>	N/A	264-4528
Zac Adams- <i>director of ops</i>	N/A	567-2590
Eunice Hernandez- <i>staff ATC</i>	694-2086	N/A
Caleb Forehand- <i>GA ATC</i>	728-4955	N/A
Miguel Motolongo- <i>GA ATC</i>	TBA	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

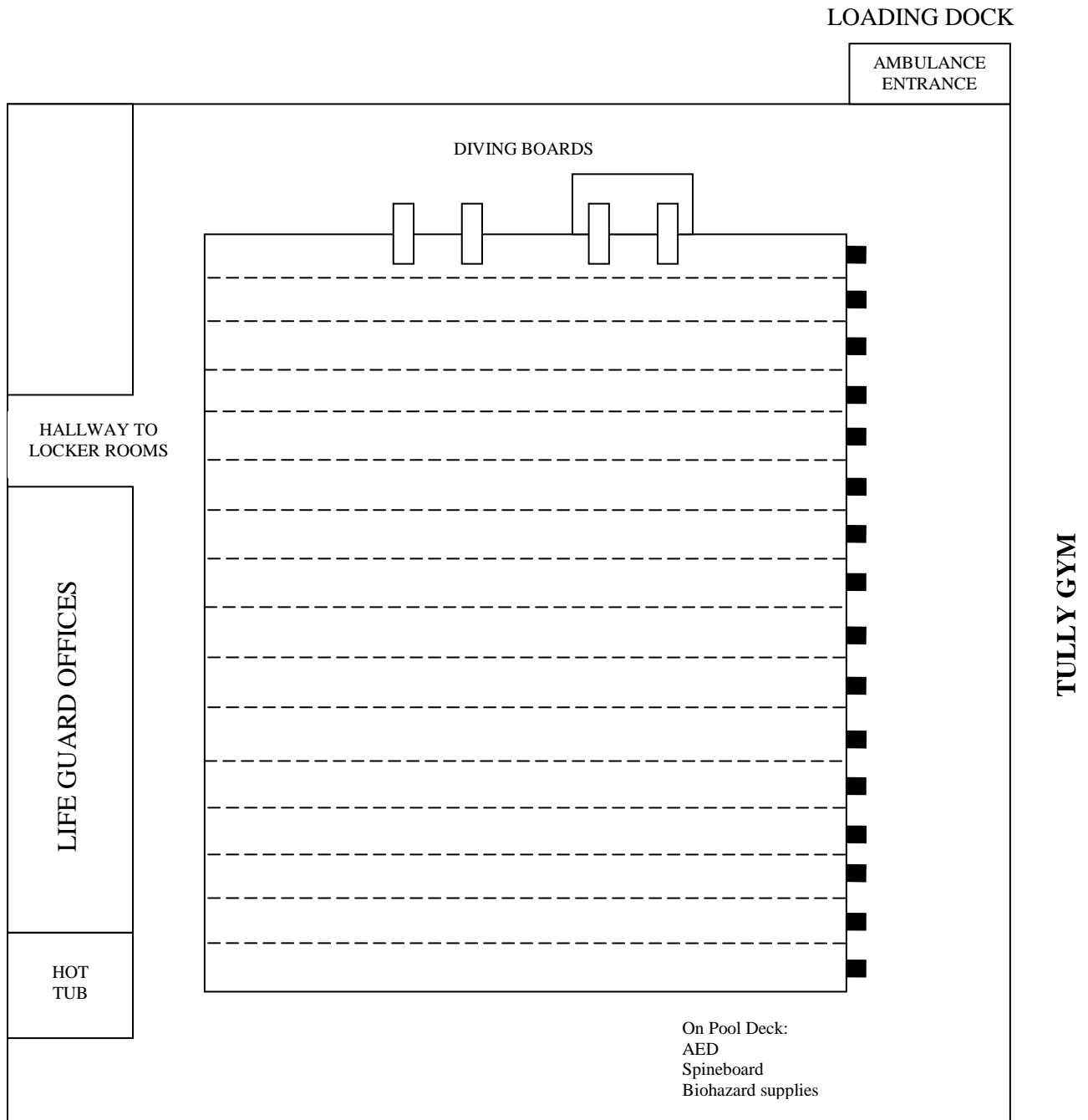
Walkie-Talkies: If available for event- check with event management

**Emergency Equipment:**

Located on the pool deck- spineboard and biohazard supplies.

# MAP

## BOBBY LEACH STUDENT RECREATION CENTER AQUATICS Swimming and Diving



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### DICK HOWSER STADIUM

#### Baseball

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Main Gate: check with ticket personnel to open
  - Field Gate: check with ground crew

#### Address:

Chieftan Way- SEE MAP OF DICK HOWSER STADIUM

#### Venue Directions:

Pensacola Street to Chieftan Way to gate at center field wall. Athletic Trainer or grounds crew will let ambulance in.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

#### Emergency Communication:

Land Line Telephones- 644-5431 (Dugout/Clubhouse) ; 644-1553 (Press box)

STAFF MEMBER	CELL	OFFICE
Mike Martin Sr.- <i>head coach</i>	N/A	644-1073
Chip Baker- <i>director of ops</i>	N/A	644-1071
Cory Couture- <i>head ATC</i>	591-3582	645-1968
Dr. Stowers- <i>team physician</i>	N/A	877-8174
John Lata- <i>administrator</i>	N/A	644-8986

Walkie-Talkies: If available for event- check with event management

#### Emergency Equipment:

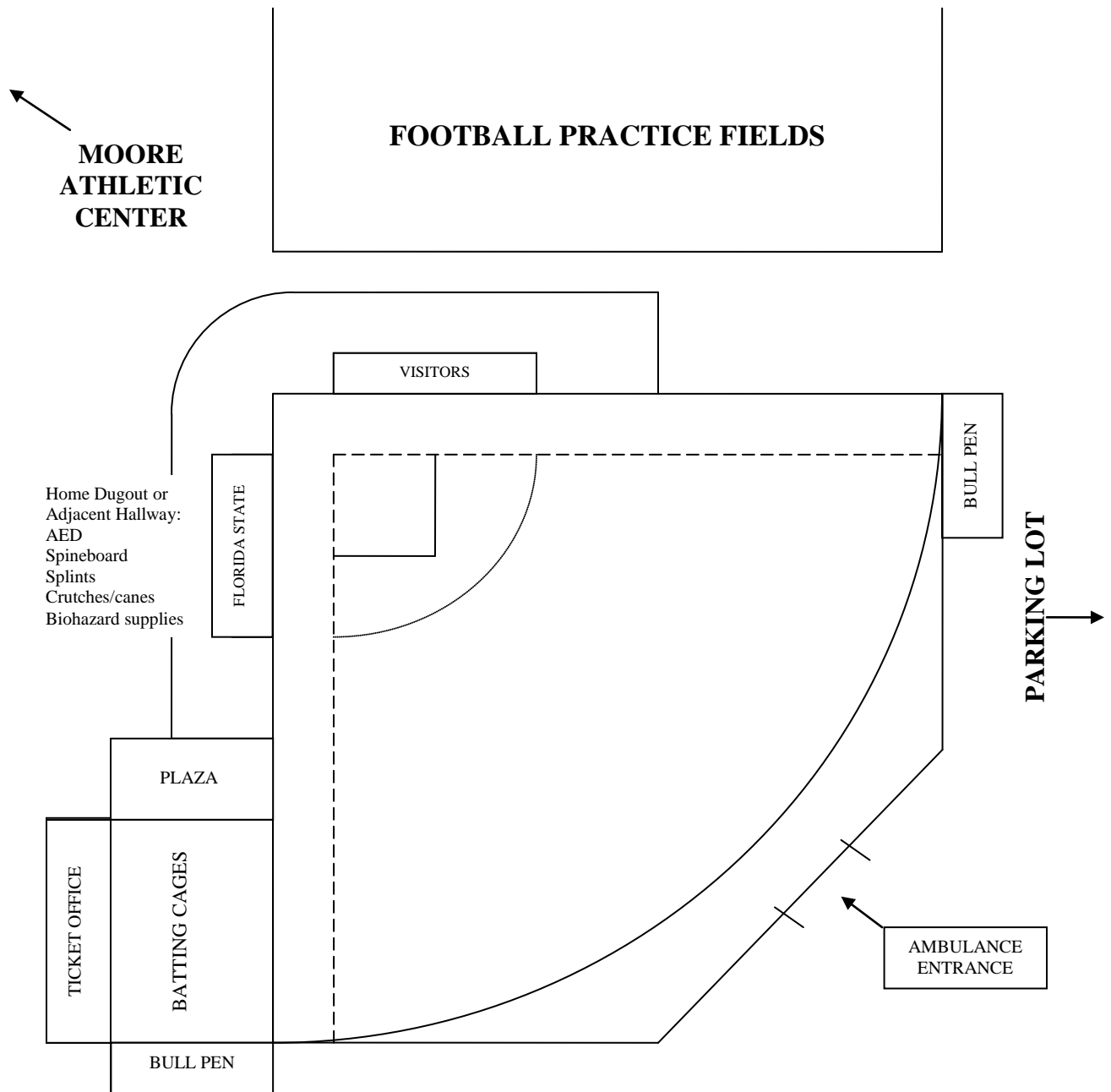
Located in the home team dugout or in adjacent hallway: AED, spineboard, splints, crutches/cane, and biohazard supplies.



# MAP

## DICK HOWSER STADIUM

### Baseball



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### DOAK CAMPBELL STADIUM

#### Football

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Gates: keys are kept by grounds crew and equipment manager
  - Field Entry: south gate during construction period

#### Address:

403 Stadium Drive West- SEE MAP OF DOAK CAMPBELL STADIUM

#### Venue Directions:

Stadium Drive or Pensacola Street to Champions Way. Enter stadium through North East End Zone- Gate M.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for workouts, practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

#### Emergency Communication:

Land Line Telephones- 644-2419

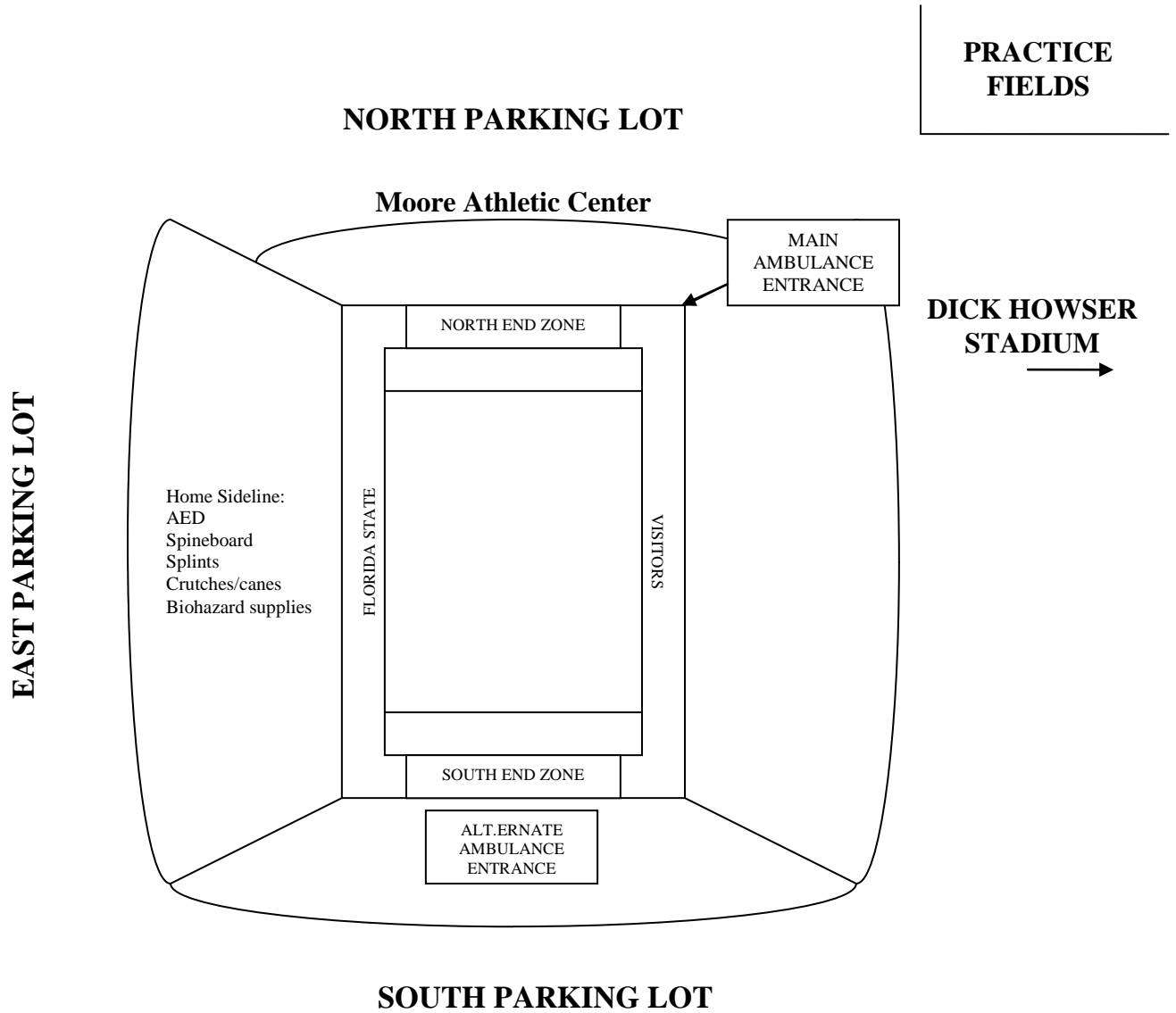
STAFF MEMBER	CELL	OFFICE
Jimbo Fisher- <i>head coach</i>	N/A	644-7038
Erik Korem- <i>director of ops</i>	N/A	644-1409
Jake Pfeil- <i>head ATC</i>	694-0989	644-7038
Jeronimo Boche- <i>assistant AT</i>	694-3091	N/A
Julie Kruessel- <i>assistant AT</i>	806-252-6171	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648

Walkie-Talkies: If available for event- check with event management

#### Emergency Equipment:

Located on home team sidelines: AED, spineboard, splints, crutches/cane, and biohazard supplies.

# MAP DOAK CAMPBELL STADIUM Football



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### FOOTBALL PRACTICE FIELDS

#### Football

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Main Gate: check with equipment manager for keys

#### Address:

403 Stadium Drive West- SEE MAP OF BASEBALL COMPLEX/PRACTICE FIELDS

#### Venue Directions:

Stadium Drive to Champions Way past “Sportsmanship Statue”, follow around into parking lot between Moore Athletic Center (UCC “D”) and football practice fields. Proceed to gate by practice field, directly Across from Moore Center.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for workouts, practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

#### Emergency Communication:

STAFF MEMBER	CELL	OFFICE
Jimbo Fisher- <i>head coach</i>	N/A	644-7038
Erik Korem- <i>director of ops</i>	N/A	644-1409
Jake Pfeil- <i>head ATC</i>	694-0989	644-7038
Jeronimo Boche- <i>assistant AT</i>	694-3091	N/A
Julie Kruessel- <i>assistant AT</i>	806-252-6171	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648

Walkie-Talkies: If available- check with facilities

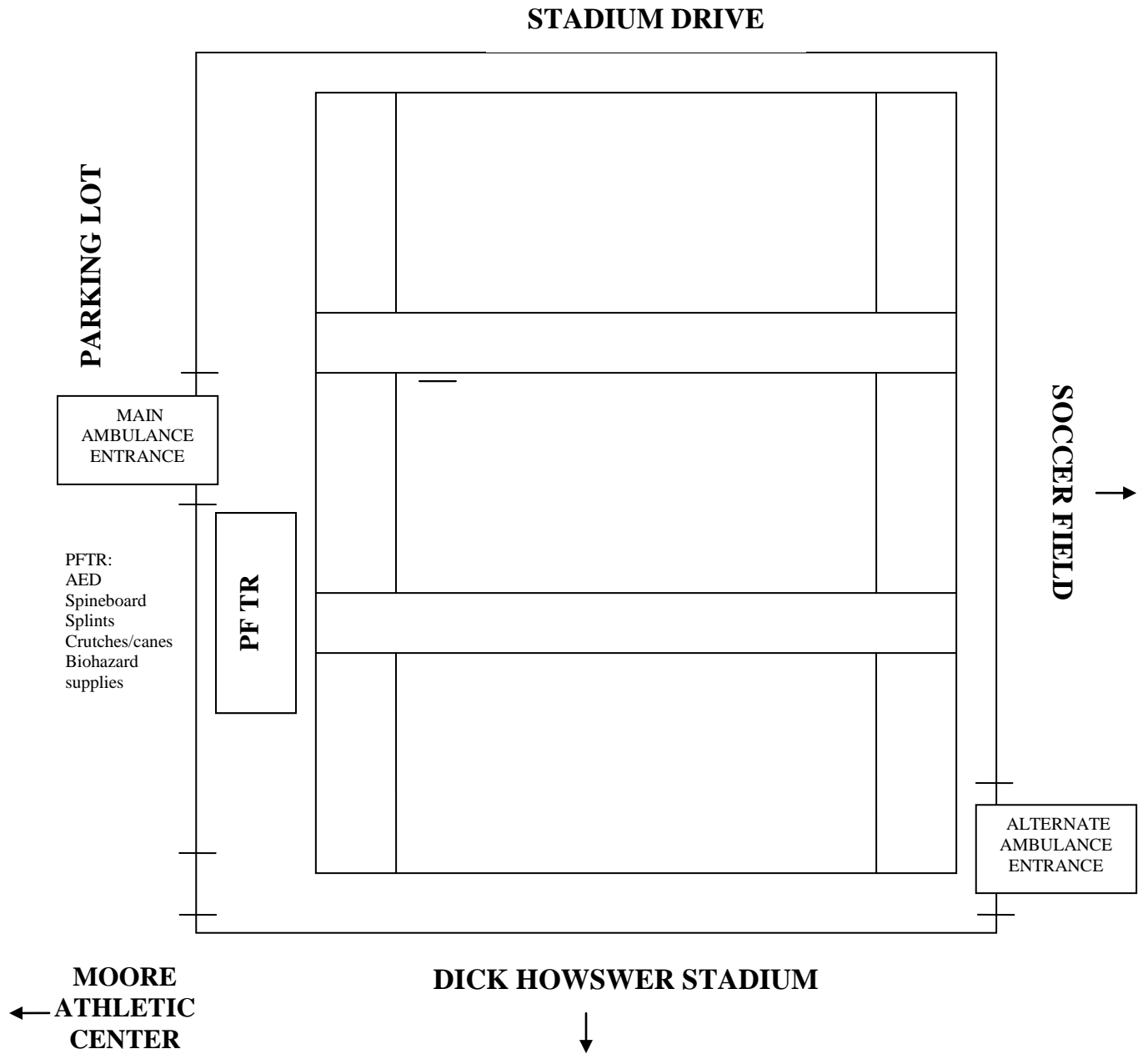
#### Emergency Equipment:

Located in the practice field training room: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## FOOTBALL PRACTICE FIELDS

### Football



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### LEON COUNTY CIVIC CENTER

#### Men's Basketball

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Check with staff athletic trainer about keys to the loading dock entrance

**Address:**

505 West Pensacola Street- SEE MAP OF LEON COUNTY CIVIC CENTER

**Venue Directions:**

Madison Street to back parking lot of Civic Center, to elephant doors by TV trucks or Pensacola Street to Macomb Street take left to Madison Street to rear entrance of Civic Center.

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

**Emergency Communication:**

Land Line Telephones- 644-1271

STAFF MEMBER	CELL	OFFICE
Leonard Hamilton- <i>head coach</i>	N/A	644-5229 ext. 7190
Stan Jones- <i>associate head coach</i>	N/A	644-1405
Jacob Ridenhour- <i>director of ops</i>	N/A	644-4613
Sam Lunt- <i>head ATC</i>	228-6850	644-6223
Dr. Thompson- <i>team physician</i>	N/A	877-8174
Kevin Terry- <i>administrator</i>	N/A	644-1457

Walkie-Talkies: If available for event- check with event management

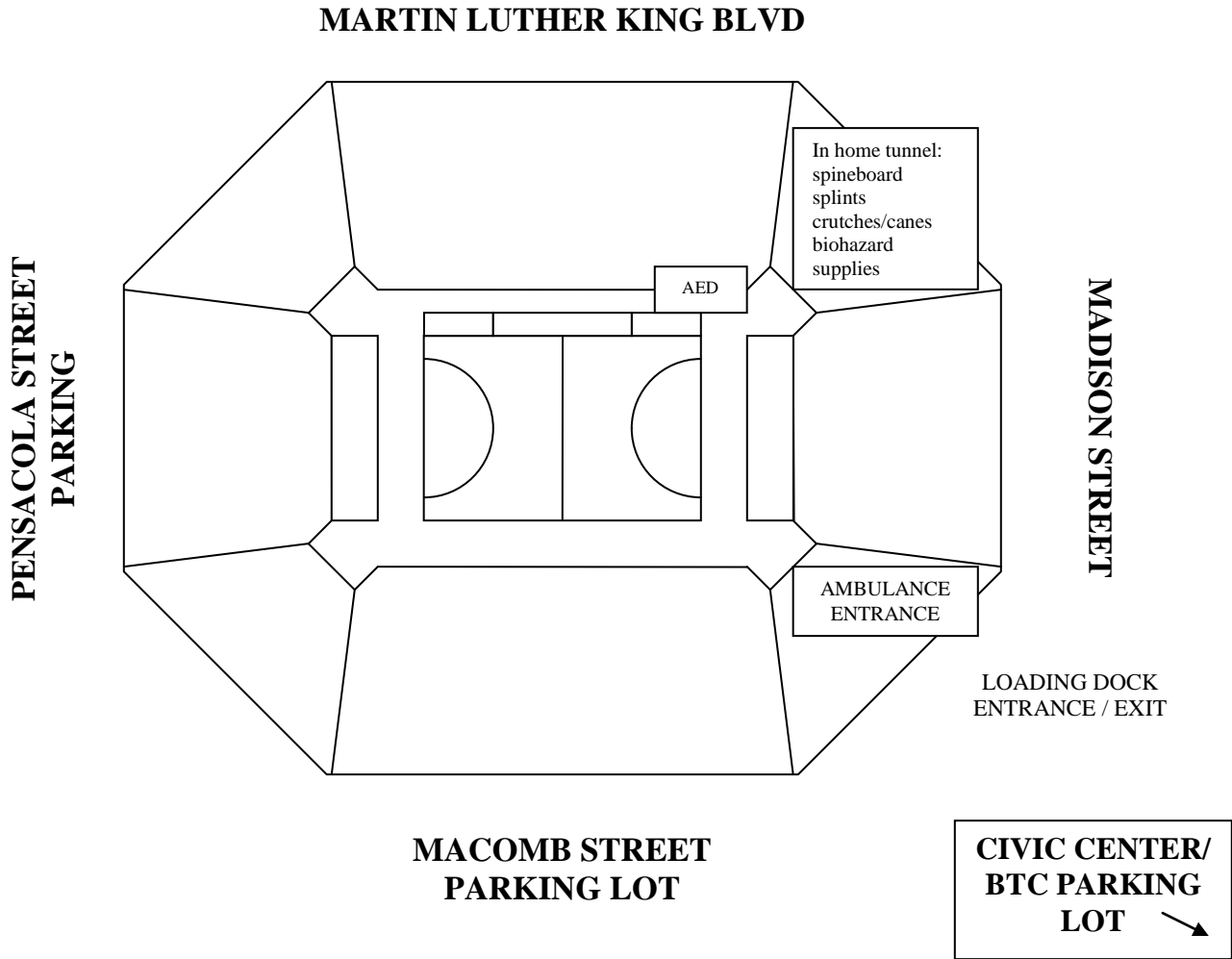
**Emergency Equipment:**

Located in home team locker room or home team tunnel: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## LEON COUNTY CIVIC CENTER

### Men's Basketball



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### LEON COUNTY CIVIC CENTER

#### Women's Basketball

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Check with staff athletic trainer about keys to the loading dock entrance

**Address:**

505 West Pensacola Street- SEE MAP OF LEON COUNTY CIVIC CENTER

**Venue Directions:**

Madison Street to back parking lot of Civic Center, to elephant doors by TV trucks or Pensacola Street to Macomb Street take left to Madison Street to rear entrance of Civic Center.

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

**Emergency Communication:**

Land Line Telephones- 644-1271

STAFF MEMBER	CELL	OFFICE
Sue Semrau- <i>head coach</i>	N/A	644-8100
Melissa Bruner- <i>director of ops</i>	N/A	644-6959
Emily Hutcherson- <i>head ATC</i>	728-4931	N/A
Dr. Oberste- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648

Walkie-Talkies: If available for event- check with event management

**Emergency Equipment:**

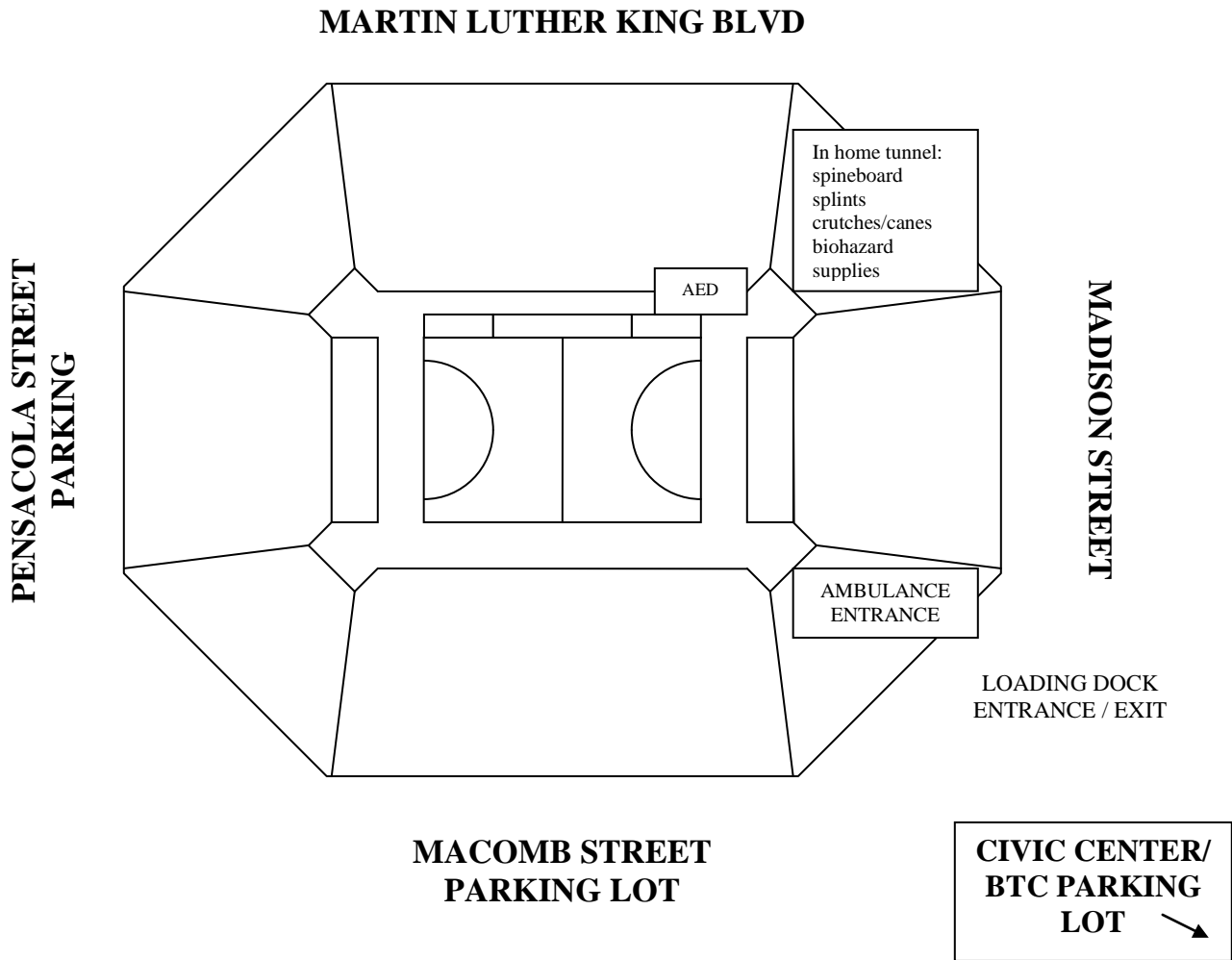
Located in home team locker room or home team tunnel: AED, spineboard, splints, crutches/cane, biohazard supplies.



# MAP

## LEON COUNTY CIVIC CENTER

### Women's Basketball



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### MICCOSUKEE GREENWAY

#### Cross Country

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics  
-Follow the Emergency Management Protocol

**Address:**

- SEE MAP OF GREENWAY

**Venue Directions:**

Miccosukee Road to Miccosukee Greenway at intersection of Miccosukee Road and Edenfield Road

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

**Emergency Communication:**

STAFF MEMBER	CELL	OFFICE
Bob Braman- <i>head TF coach</i>	N/A	645-1250
Karen Harvey- <i>head CC coach</i>	N/A	556-2018
Gwendolyn Davis- <i>head ATC</i>	228-3410	N/A
Mischa Payne- <i>GA ATC</i>	728-4972	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

Walkie-Talkies: If available for event- check with event management

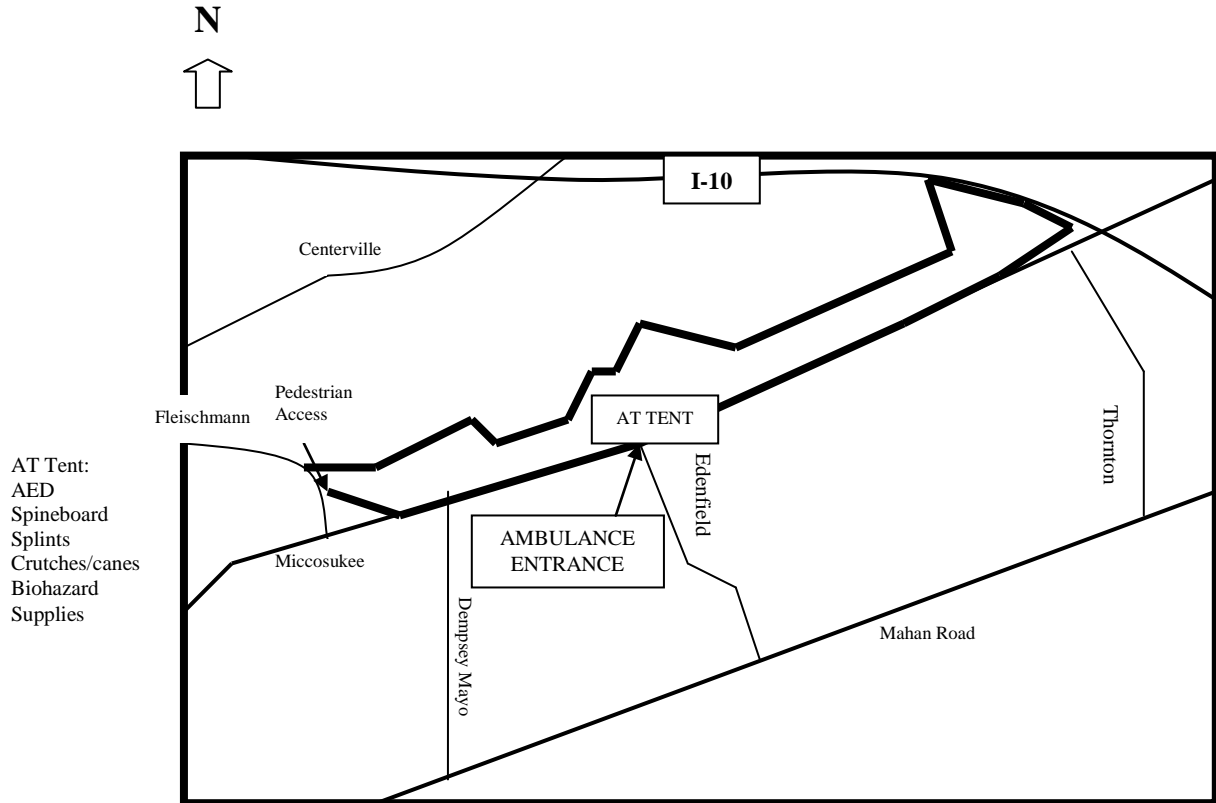
**Emergency Equipment:**

Located in athletic training tent during meet: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## MICCOSUKEE GREENWAY

### Cross Country



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### MIKE LONG TRACK

#### Track and Field

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Main Gate: check with coaches about keys (located at south end of track)

#### Address:

1104 Spirit Way- SEE MAP OF MIKE LONG TRACK

#### Venue Directions:

Pensacola Street to Chieftain Way to south end of track, left turn onto Spirit Way, right to gate at SW corner of track by the track building. Or Stadium Drive to Spirit Way left to gate At SW corner of track.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

#### Emergency Communication:

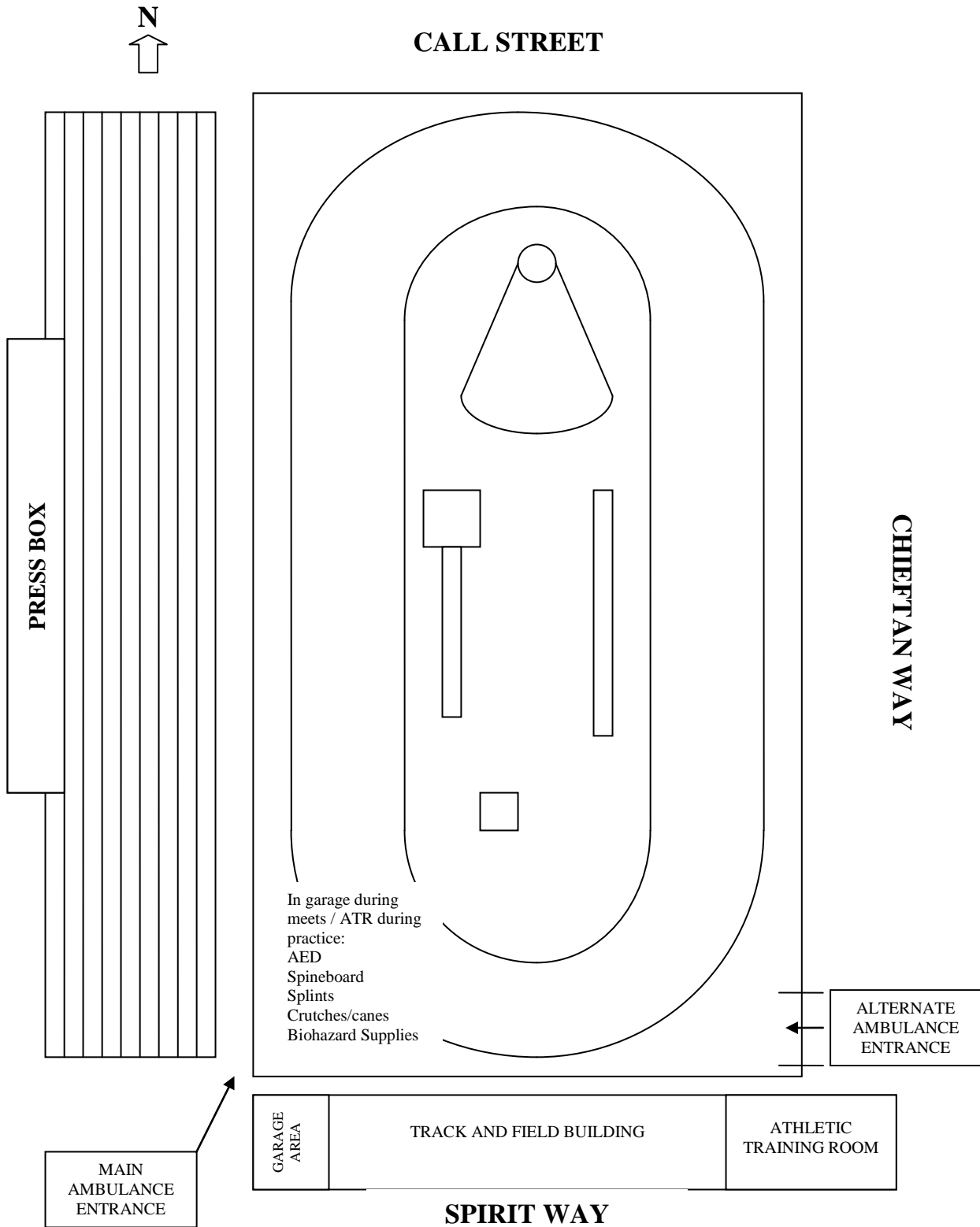
STAFF MEMBER	CELL	OFFICE
Bob Braman- <i>head coach</i>	N/A	645-1250
Harlis Meaders- <i>coach</i>	N/A	644-6186
Scott Wright- <i>director of operations</i>	N/A	645-5550
Gwendolyn Davis- <i>head ATC</i>	228-3410	N/A
Mischa Payne- <i>GA ATC</i>	728-4972	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

Walkie-Talkies: If available for event- check reception first

#### Emergency Equipment:

Located in the garage area at south end of track during home meets, and the track athletic training room storage room during practice: AED, spineboard, splints, crutches/cane, biohazard supplies. Equipment will be brought to hammer area by the first responder.

# MAP MIKE LONG TRACK Track and Field



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### MOORE ATHLETIC CENTER

#### Weight Room, Turf Room, Athletic Training Room, Locker Rooms, Administrative Offices

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete / athletics department staff
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Secured Entrances: use personnel code

#### Address:

403 Stadium Drive West- SEE MAP OF MOORE CENTER AND PARKING LOT

#### Venue Directions:

Stadium Drive to Champions Way past “Sportsmanship Statue”, go around through parking lot past front of Moore Center and Bobby Bowden Statue to loading dock and doors by Gate M or to front doors for other areas of building.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) are available in the Moore Center Athletic Training Room during the regular hours of operation. A certified athletic trainer will be available during any mandatory athletic workouts.

#### Emergency Communication:

Land Line Telephones- 644-2419

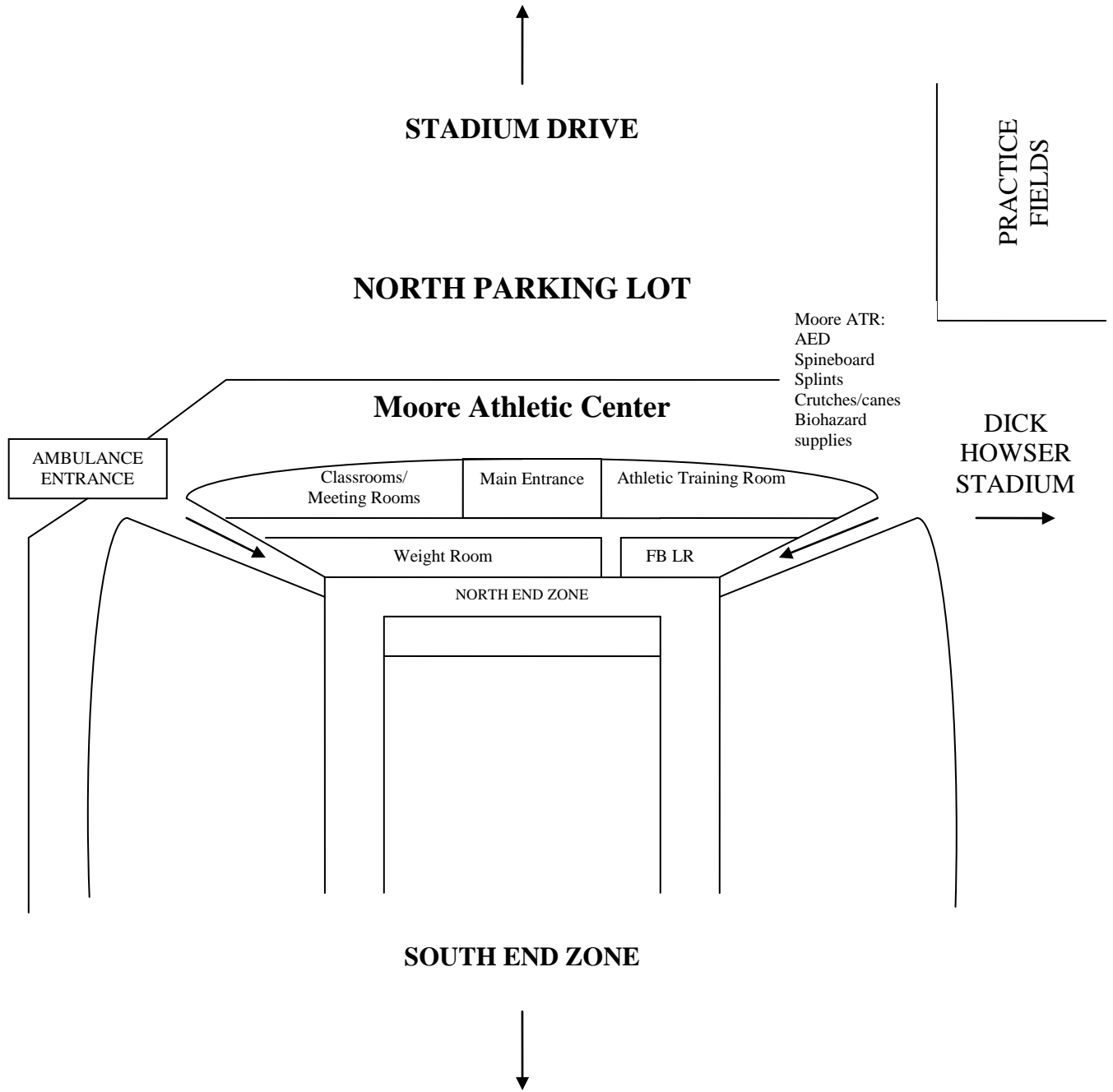
STAFF MEMBER	CELL	OFFICE
Jon Jost- <i>director of strength and conditioning</i>	N/A	644-2549
Vic Vilorio- <i>head FB SC coach</i>	N/A	644-2108
Robin Gibson- <i>director of sports medicine</i>	544-1746	644-2139
Jake Pfeil- <i>head FB ATC</i>	544-1757	644-7038
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Randy Spetman- <i>director of athletics</i>	N/A	644-1079
Monk Bonasorte- <i>administrator</i>	N/A	644-2648

Walkie-Talkies: If available for event- check with event management

#### Emergency Equipment:

Located in the Moore Center Athletic Training Room: AED , spineboard, splints, crutches/cane, biohazard supplies.

**MAP**  
**MOORE ATHLETIC CENTER**  
**Weight Room, Turf Room, Athletic Training Room,**  
**Locker Rooms, Administrative Offices**



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### MORCOM AQUATICS CENTER

#### Swimming and Diving

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
  2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
- ALL WATER RESCUES WILL BE COORDINATED WITH LIFEGUARD**

#### STAFF

#### Address:

2550 Pottsdamer Street, Tallahassee, FL 32310- SEE MAP OF MORCOM AQUATICS CENTER

#### Venue Directions:

Orange Avenue to Pottsdamer Street to aquatic center on left, designated personnel will guide ambulance to accident site.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Tully Gym Athletic Training Room or the Moore Center Athletic Training Room.

#### Emergency Communication:

Land Line Telephones- 644-7665 (lifeguard office)

STAFF MEMBER	CELL	OFFICE
Neil Harper- <i>head SW coach</i>	N/A	644-7726
Patrick Jeffrey- <i>head DV coach</i>	N/A	264-4528
Zac Adams- <i>director of ops</i>	N/A	567-2590
Eunice Hernandez- <i>staff ATC</i>	694-2086	N/A
Caleb Forehand- <i>GA ATC</i>	728-4955	N/A
Miguel Motolongo- <i>GA ATC</i>	TBA	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

Walkie-Talkies: All lifeguards are equipped with walkie-talkies.

#### Emergency Equipment:

During open hours emergency equipment is on pool deck by lifeguard stand. During closed hours equipment is lifeguard storage area.



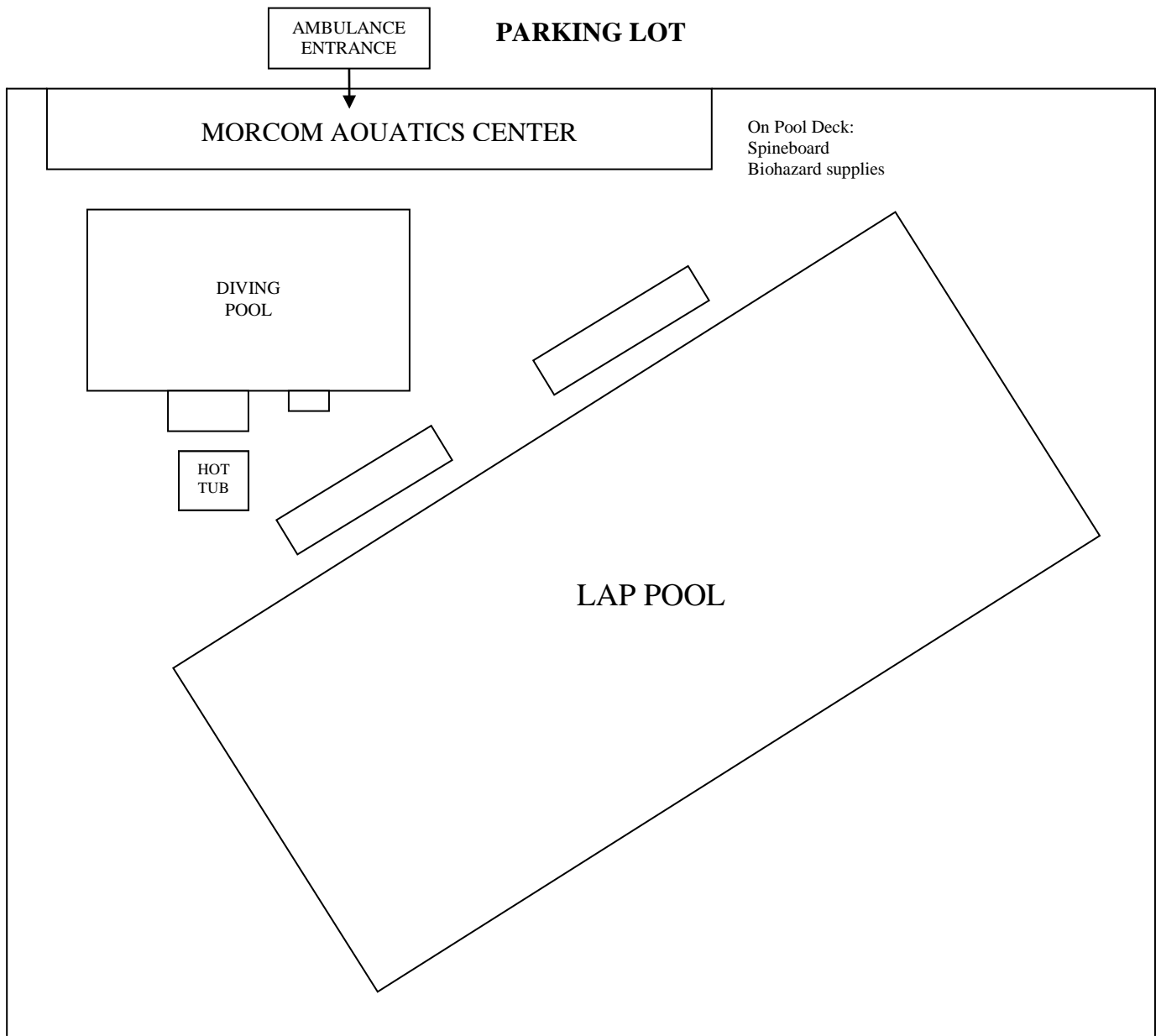
# MAP

## MORCOM AQUATICS CENTER

### Men's & Women's Swimming and Diving



POTTDAMER STREET



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### SCOTT SPEICHER TENNIS COMPLEX

#### Men's Tennis

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - End Gates: Check with the coaches about keys (located at east and west ends of complex)

#### Address:

121 Chieftan Way- SEE MAP OF TENNIS COMPLEX

#### Venue Directions:

Pensacola Street to Chieftan Way, past Bobby Leach Center to West End of Tennis Complex **OR** Varsity Drive to Wildwood Avenue to access road past Bobby Leach Center and Tully Gym to East End of Tennis Complex.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Tully Gym Athletic Training Room or the Moore Center Athletic Training Room.

#### Emergency Communication:

Land Line Telephones- 644-3364, 644-1738, 644-1092, 644-1099

<b>STAFF MEMBER</b>	<b>CELL</b>	<b>OFFICE</b>
Dwayne Hultquist- <i>head coach</i>	N/A	644-1738
Nick Crowell- <i>assistant coach</i>	N/A	644-1739
Cheryl Pfeil- <i>staff ATC</i>	694-0130	644-1206
Clay Johnson- <i>GA ATC</i>	728-5002	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Jon Jost- <i>administrator</i>	N/A	644-2549

Walkie-Talkies: If available for event- check with event management

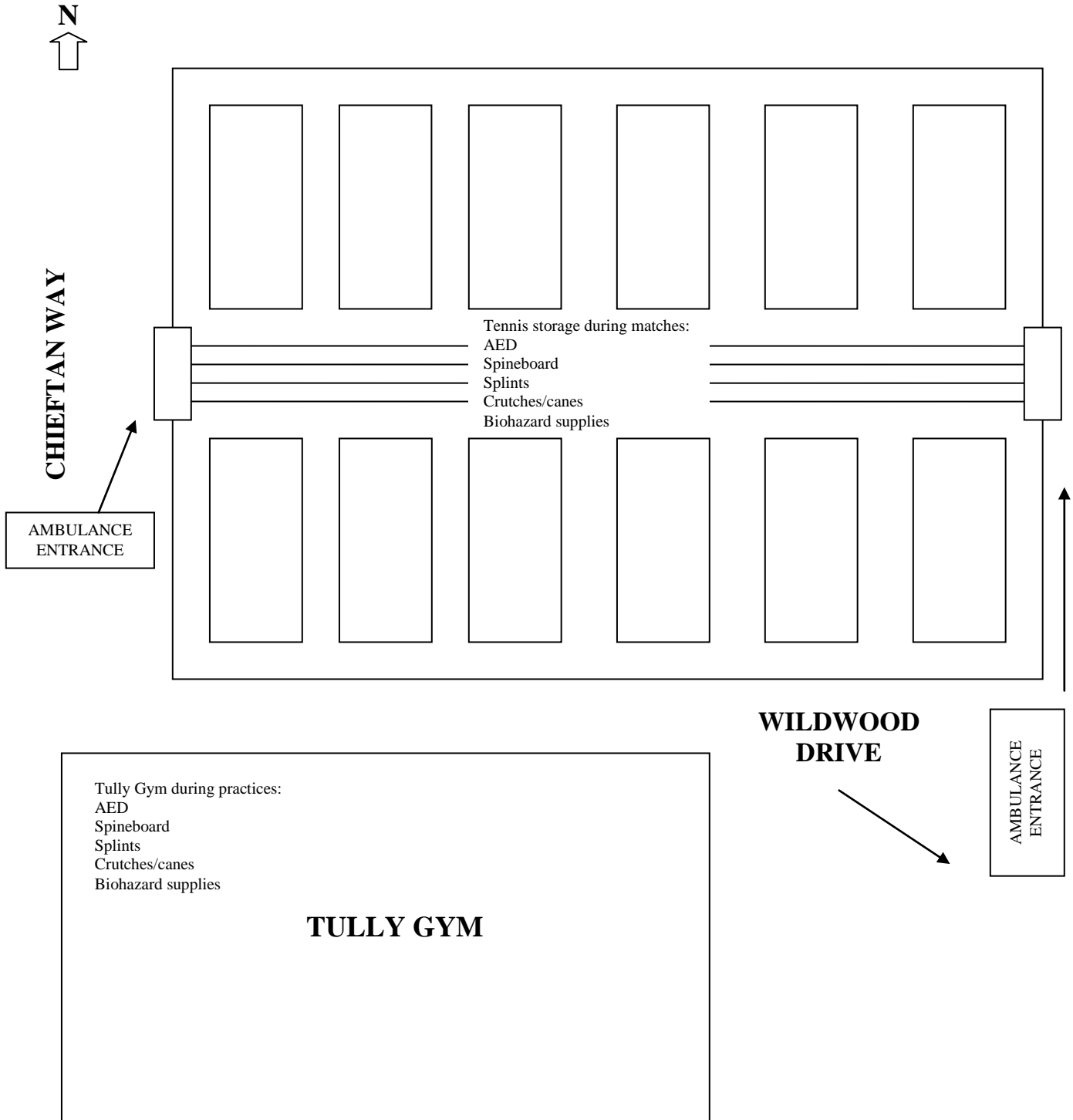
#### Emergency Equipment:

Located in tennis equipment storage area during matches and in the Tully Gym Athletic Training Room during practices: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## SCOTT SPEICHER TENNIS COMPLEX

### Men's Tennis



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### SCOTT SPEICHER TENNIS COMPLEX

#### Women's Tennis

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - End Gates: Check with the coaches about keys (located at east and west ends of complex)

#### Address:

121 Chieftan Way- SEE MAP OF TENNIS COMPLEX

#### Venue Directions:

Pensacola Street to Chieftan Way, past Bobby Leach Center to West End of Tennis Complex **OR** Varsity Drive to Wildwood Avenue to access road past Bobby Leach Center and Tully Gym to East End of Tennis Complex.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Tully Gym Athletic Training Room or the Moore Center Athletic Training Room.

#### Emergency Communication:

Land Line Telephones- 644-3364, 644-1738, 644-1092, 644-1099

<b>STAFF MEMBER</b>	<b>CELL</b>	<b>OFFICE</b>
Jennifer Hyde- <i>head coach</i>	N/A	644-1092
Oliver Foreman- <i>assistant coach</i>	N/A	644-1099
Cheryl Pfeil- <i>staff ATC</i>	694-0130	644-1206
Kaye Jaynes- <i>GA ATC</i>	228-5862	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Jon Jost- <i>administrator</i>	N/A	644-2549

Walkie-Talkies: If available for event- check with event management

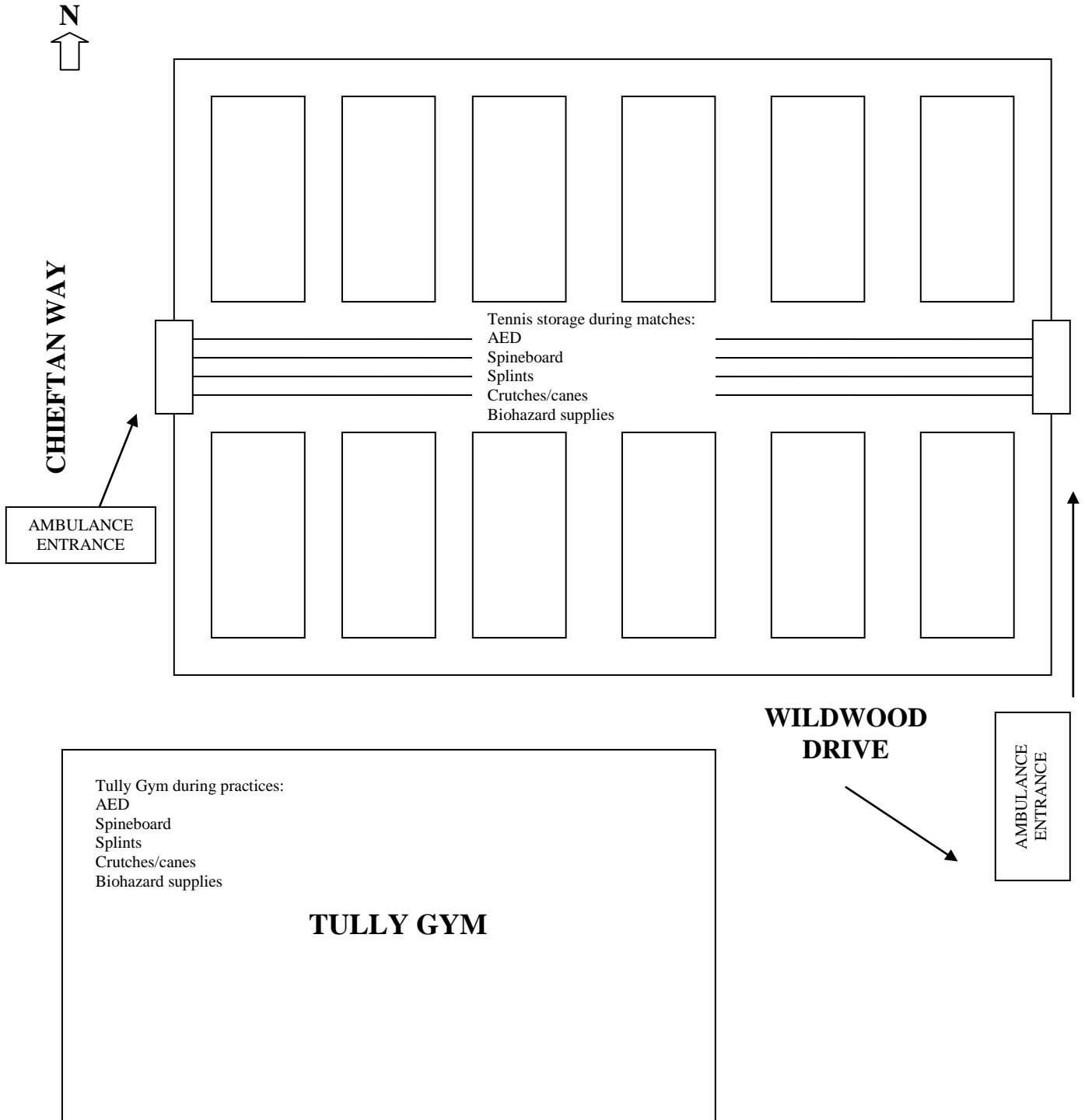
#### Emergency Equipment:

Located in tennis equipment storage area during matches, and the Tully Gym Athletic Training Room during practices: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## SCOTT SPEICHER TENNIS COMPLEX

### Women's Tennis



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### SEMINOLE GOLF COURSE

#### Men's Golf

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics  
-Follow the Emergency Management Protocol

**Address:**

2550 Pottsdamer Street, Tallahassee, FL 32310- SEE MAP OF GOLF COURSE

**Venue Directions:**

Orange Avenue to Pottsdamer Street to clubhouse on left. If victim is on course, pass golf clubhouse; an athletic trainer will guide ambulance to accident site.

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

**Emergency Communication:**

Land Line Telephones- 644-2582 (Clubhouse / Pro Shop)

<b>STAFF MEMBER</b>	<b>CELL</b>	<b>OFFICE</b>
Trey Jones- <i>head coach</i>	N/A	644-7289
Lindsay Koth- <i>assistant coach</i>	N/A	644-1120
Cory Couture- <i>head ATC</i>	591-3582	645-1968
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

Walkie-Talkies: If available for event- check with event management

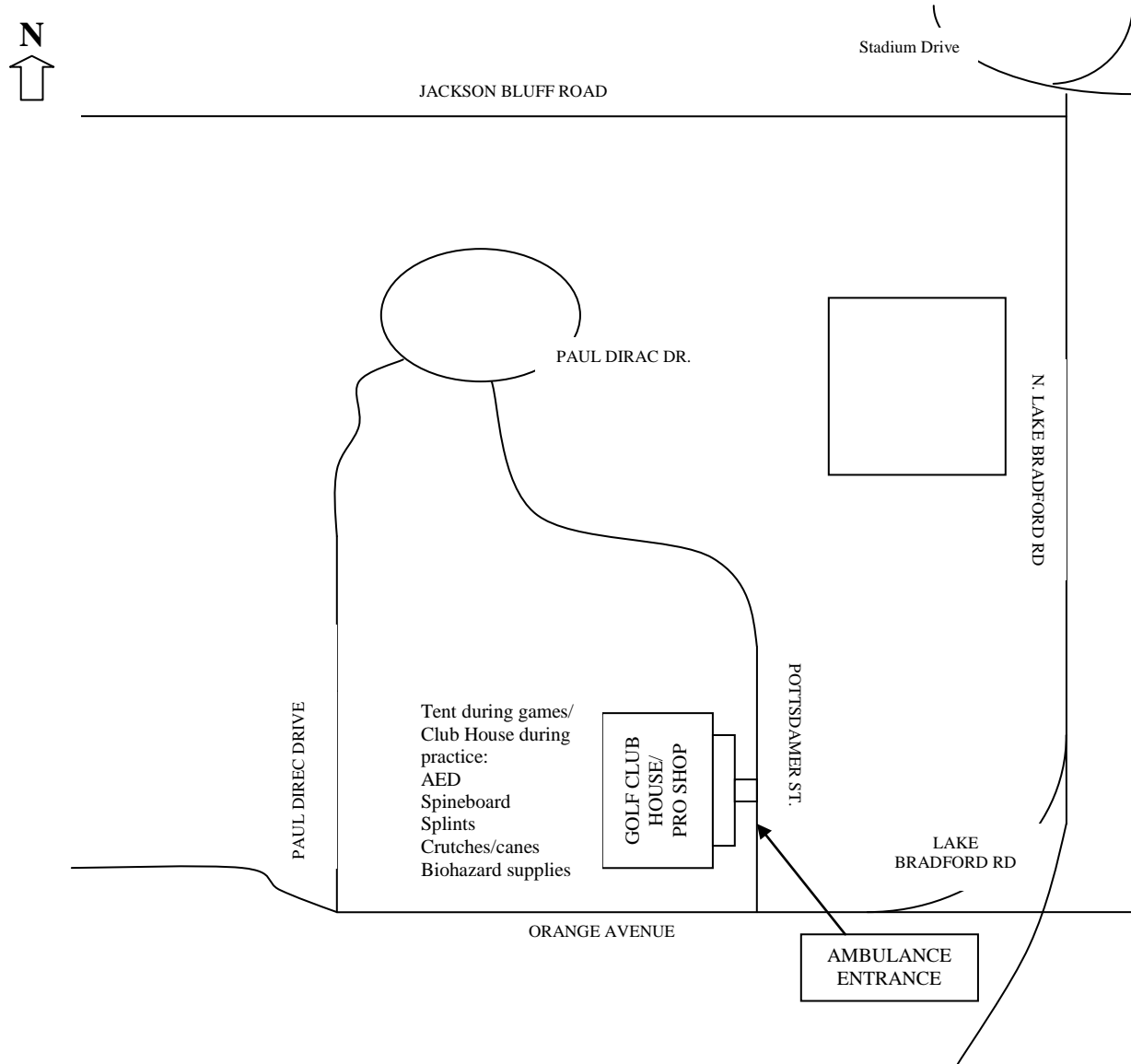
**Emergency Equipment:**

Located in medical tent during tournaments and in the clubhouse / pro shop during practices: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## SEMINOLE GOLF COURSE

### Men's Golf



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### SEMINOLE GOLF COURSE

#### Women's Golf

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics  
-Follow the Emergency Management Protocol

**Address:**

2550 Pottsdamer Street, Tallahassee, FL 32310- SEE MAP OF GOLF COURSE

**Venue Directions:**

Orange Avenue to Pottsdamer Street to clubhouse on left. If victim is on course, pass golf clubhouse; an athletic trainer will guide ambulance to accident site.

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

**Emergency Communication:**

Land Line Telephones- 644-2582 (Clubhouse / Pro Shop)

<b>STAFF MEMBER</b>	<b>CELL</b>	<b>OFFICE</b>
Amy Bond- <i>head coach</i>	N/A	645-7290
Lindsay Koth- <i>assistant coach</i>	N/A	644-1120
Eunice Hernandez- <i>head ATC</i>	694-2086	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

Walkie-Talkies: If available for event- check with event management

**Emergency Equipment:**

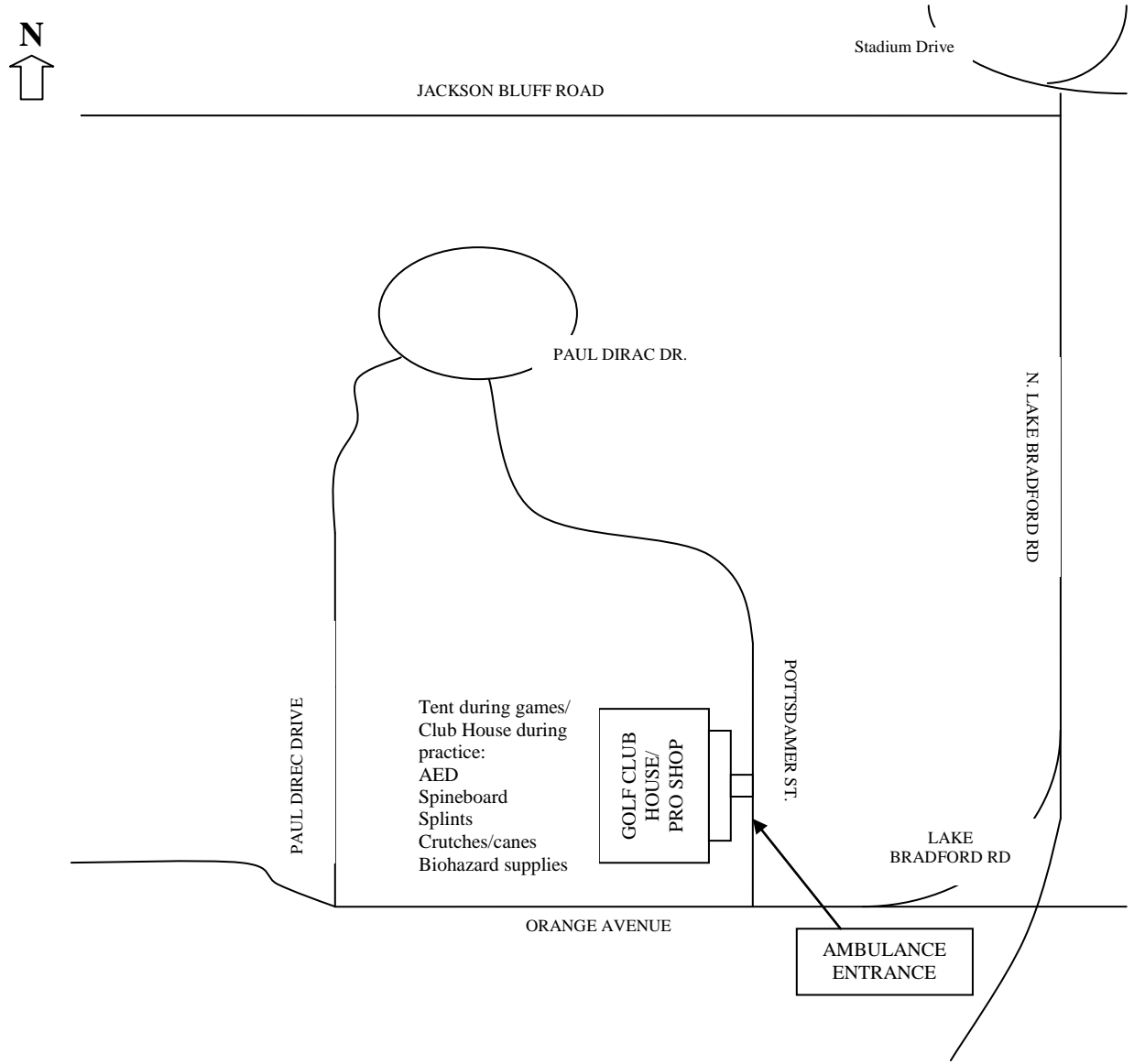
Located in medical tent during tournaments and in the clubhouse / pro shop during practices: AED, spineboard, splints, crutches/cane, biohazard supplies.



# MAP

## SEMINOLE GOLF COURSE

### Women's Golf



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### SEMINOLE GOLF COURSE

#### Cross Country

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics  
-Follow the Emergency Management Protocol

**Address:**

2550 Pottsdamer Street, Tallahassee, FL 32310- SEE MAP OF GOLF COURSE

**Venue Directions:**

Orange Avenue to Pottsdamer Street to clubhouse on left. If victim is on course, pass golf clubhouse; an athletic trainer will guide ambulance to accident site.

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

**Emergency Communication:**

Land Line Telephones- 644-2582 (Clubhouse / Pro Shop)

STAFF MEMBER	CELL	OFFICE
Bob Braman- <i>head TF coach</i>	N/A	645-1250
Karen Harvey- <i>head CC coach</i>	N/A	556-2018
Gwendolyn Davis- <i>head ATC</i>	228-3410	N/A
Mischa Payne- <i>GA ATC</i>	728-4972	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Monk Bonasorte- <i>administrator</i>	N/A	644-2648
Bernie Waxman- <i>administrator</i>	N/A	644-9940

Walkie-Talkies: If available for event- check with event management

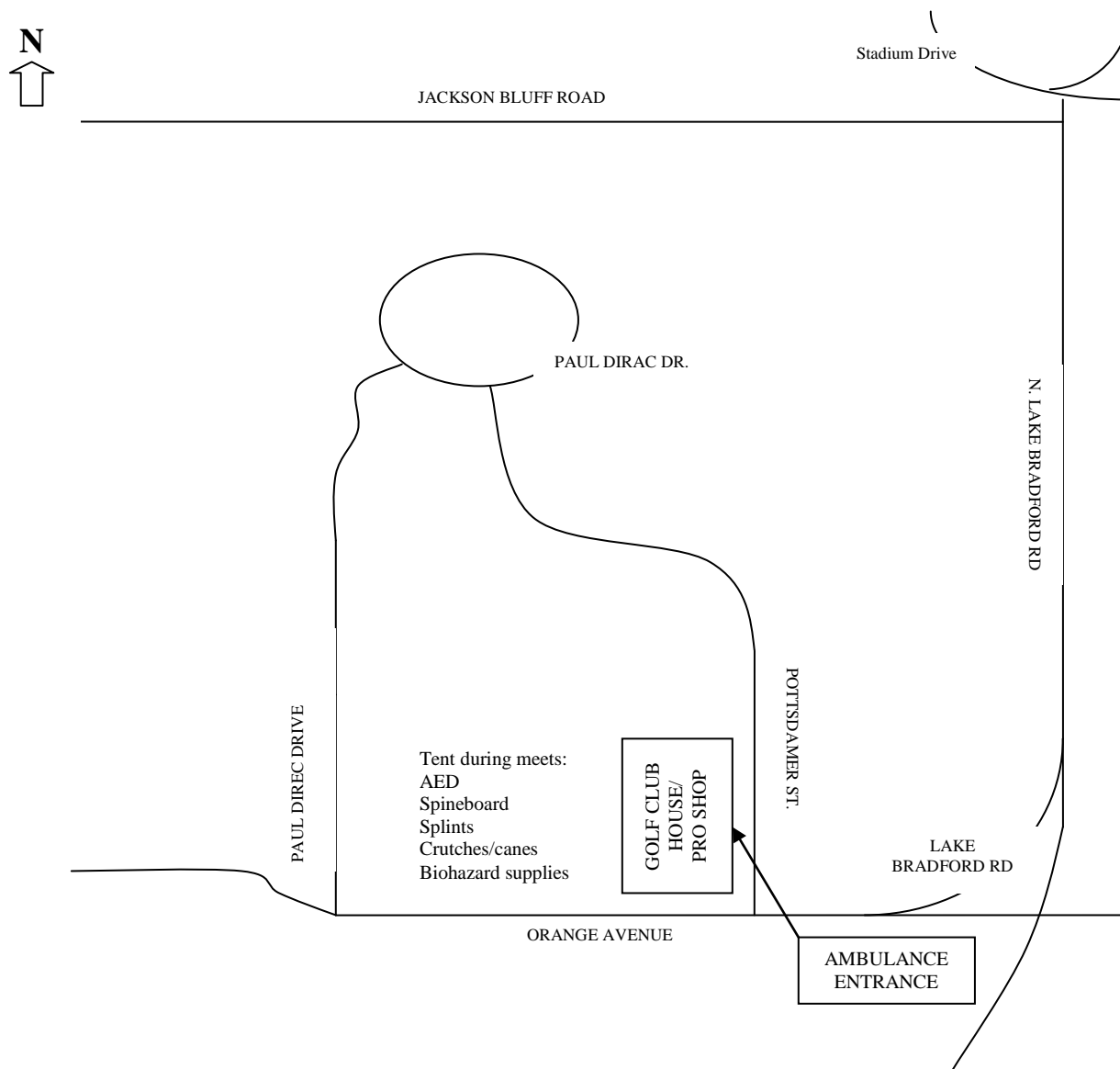
**Emergency Equipment:**

Located in medical tent during meets and in the clubhouse / pro shop during practices:  
AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## SEMINOLE GOLF COURSE

### Cross Country



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### LADY SEMINOLE SOFTBALL COMPLEX

#### Softball

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Gates: check with softball coaches and/or grounds crew

#### Address:

1119 Spirit Way - SEE MAP OF SOFTBALL COMPLEX

#### Venue Directions:

Pensacola Street to Chieftain Way to parking lot just past baseball field on left, enter lot and head straight to softball complex (for field and/or medical prep area) or continue to Spirit Way between softball complex and track, make left and proceed to front of the Complex, Stadium Drive to Spirit Way and proceed to front of Complex (for fans). Ambulance will enter at the right field gate.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Tully Gym Athletic Training Room or the Moore Center Athletic Training Room.

#### Emergency Communication:

STAFF MEMBER	CELL	OFFICE
Lonnie Alameda- <i>head coach</i>	N/A	644-9594
Travis Wilson- <i>assistant coach</i>	N/A	644-9594
Craig Snider- <i>assistant coach</i>	N/A	644-9594
Eunice Hernandez- <i>head ATC</i>	694-2086	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Bernie Waxman- <i>administrator</i>	N/A	644-9940

Walkie-Talkies: If available for event- check with event management

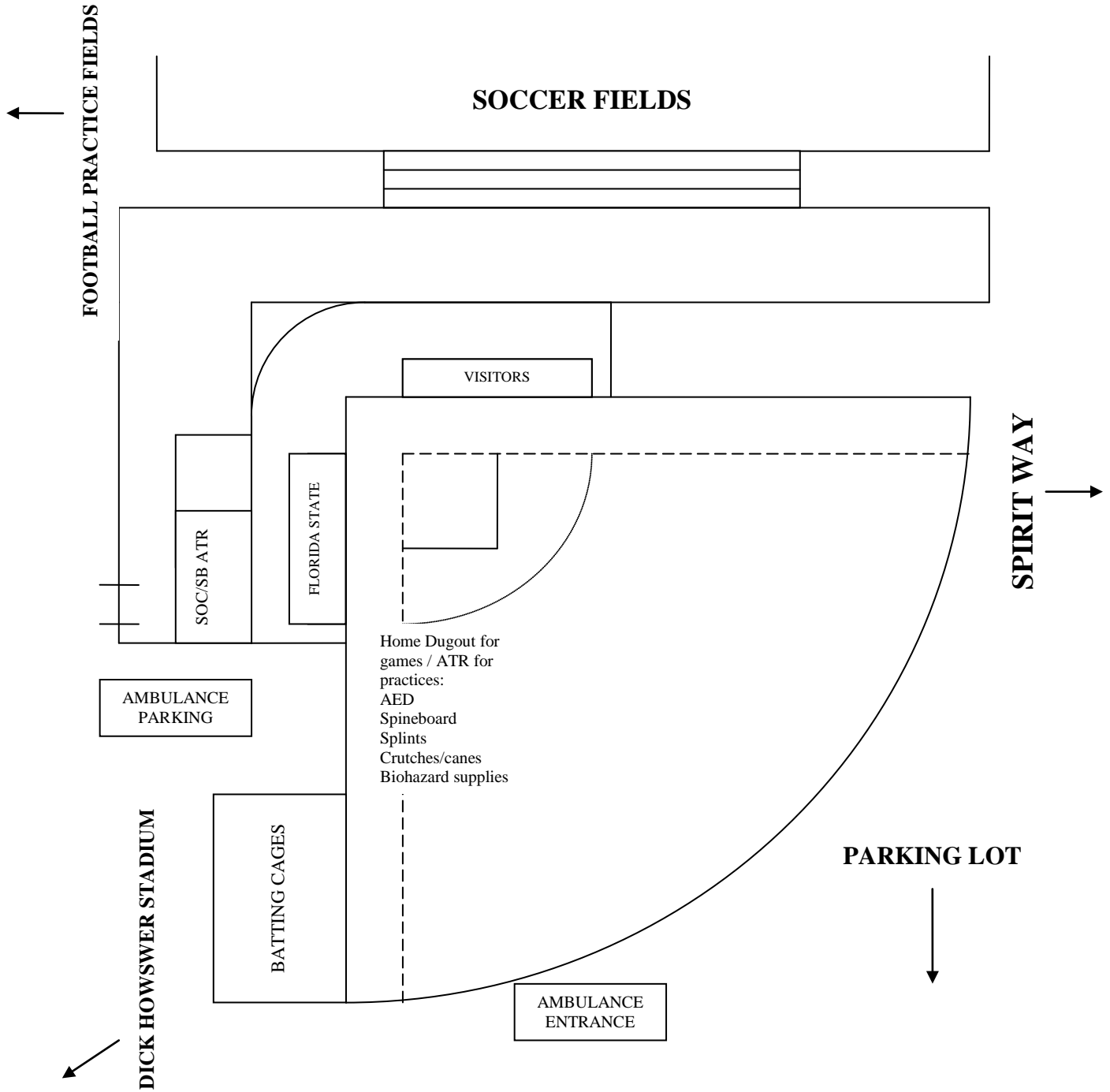
#### Emergency Equipment:

Located in soccer/softball complex prep room and in first base dugout with the other athletic training supplies: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## LADY SEMINOLE SOFTBALL COMPLEX

### Softball



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### LADY SEMINOLE SOCCER COMPLEX

#### Soccer

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Gates: check with softball coaches and/or grounds crew

#### Address:

1119 Spirit Way- SEE MAP OF SOCCER COMPLEX

#### Venue Directions:

Pensacola Street to Chieftain Way to parking lot just past baseball field on left, enter lot and head straight to soccer complex (for field and/or medical prep area) or continue to Spirit Way between soccer Complex and track, make left and proceed to front of the Complex, Stadium Drive to Spirit Way and proceed to front of Complex (for fans). Ambulance will enter at the north gate.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Tully Gym Athletic Training Room or the Moore Center Athletic Training Room.

#### Emergency Communication:

STAFF MEMBER	CELL	OFFICE
Mark Krikorian- <i>head coach</i>	N/A	644-7724
Mike Bristol- <i>assistant coach</i>	N/A	644-7725
Robin Gibson- <i>head ATC</i>	544-1746	644-2139
Miguel Motolongo- <i>GA ATC</i>	TBA	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Brandi Stuart- <i>administrator</i>	N/A	644-3049

Walkie-Talkies: If available for event- check with event management

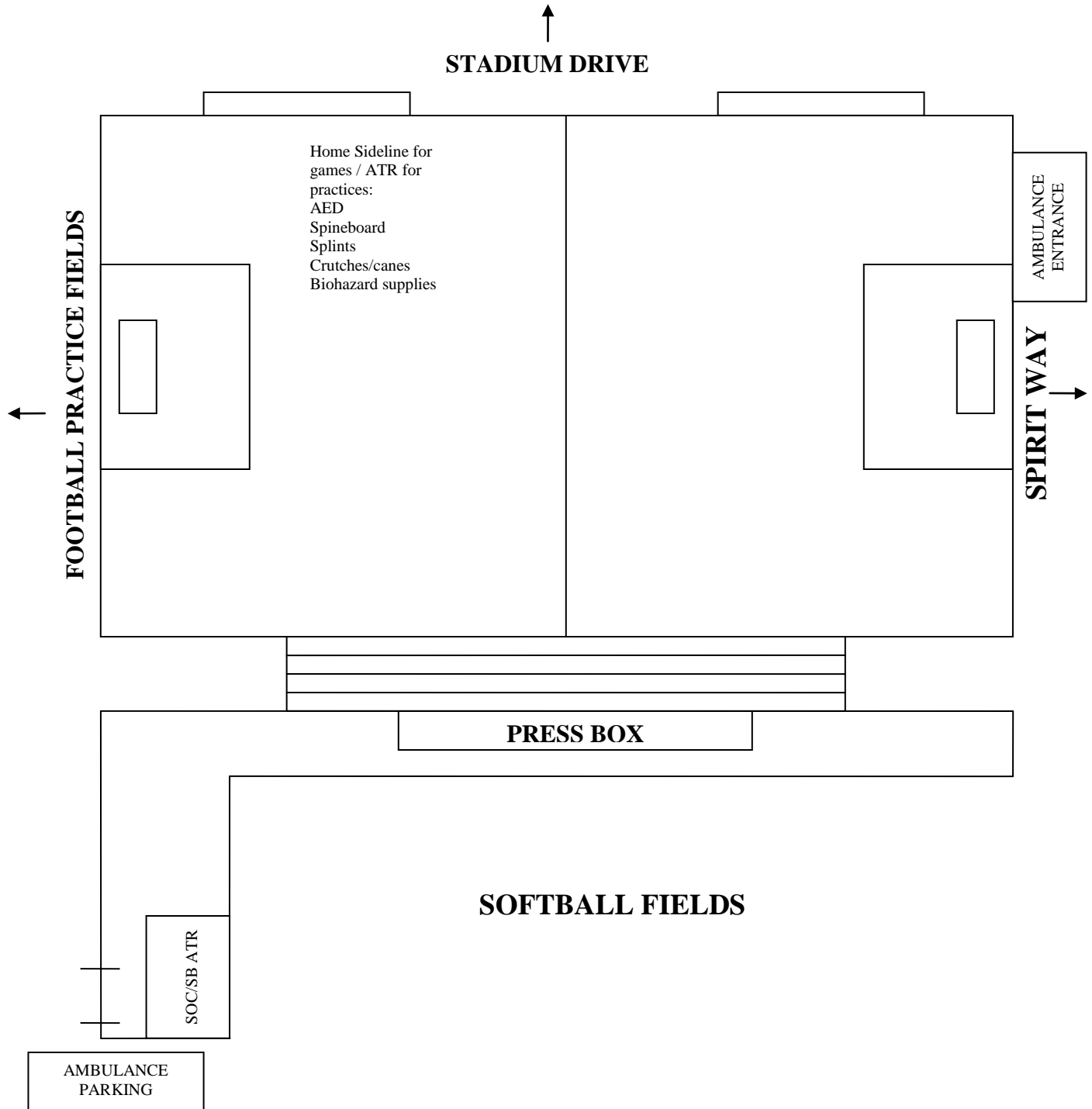
#### Emergency Equipment:

Located in soccer/softball complex prep room and on sideline with the other athletic training supplies: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## LADY SEMINOLE SOCCER COMPLEX

### Soccer



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### TULLY GYMNASIUM

#### Volleyball

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Doors: check with staff athletic trainers or maintenance for door keys

#### Address:

139 Chieftan Way- SEE MAP OF TULLY GYMNASIUM

#### Venue Directions:

Pensacola Street to Chieftan Way to West doors of Tully Gym **OR** Varsity Drive to Wildwood Avenue to access road leading to Bobby Leach Center to East Doors of Tully Gym.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

#### Emergency Communication:

Land Line Telephones- 644-2139 (athletic training room) ; 644-1091 (switchboard)

STAFF MEMBER	CELL	OFFICE
Chris Poole- <i>head coach</i>	N/A	644-3796
Holly Watts- <i>assistant coach</i>	N/A	644-1895
Gokhan Yilmaz- <i>assistant coach</i>	N/A	644-1896
Emily Hutcherson- <i>Staff ATC</i>	728-4931	N/A
Volleyball- <i>GA ATC</i>	N/A	645-1939
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Brandi Stuart- <i>administrator</i>	N/A	644-3049

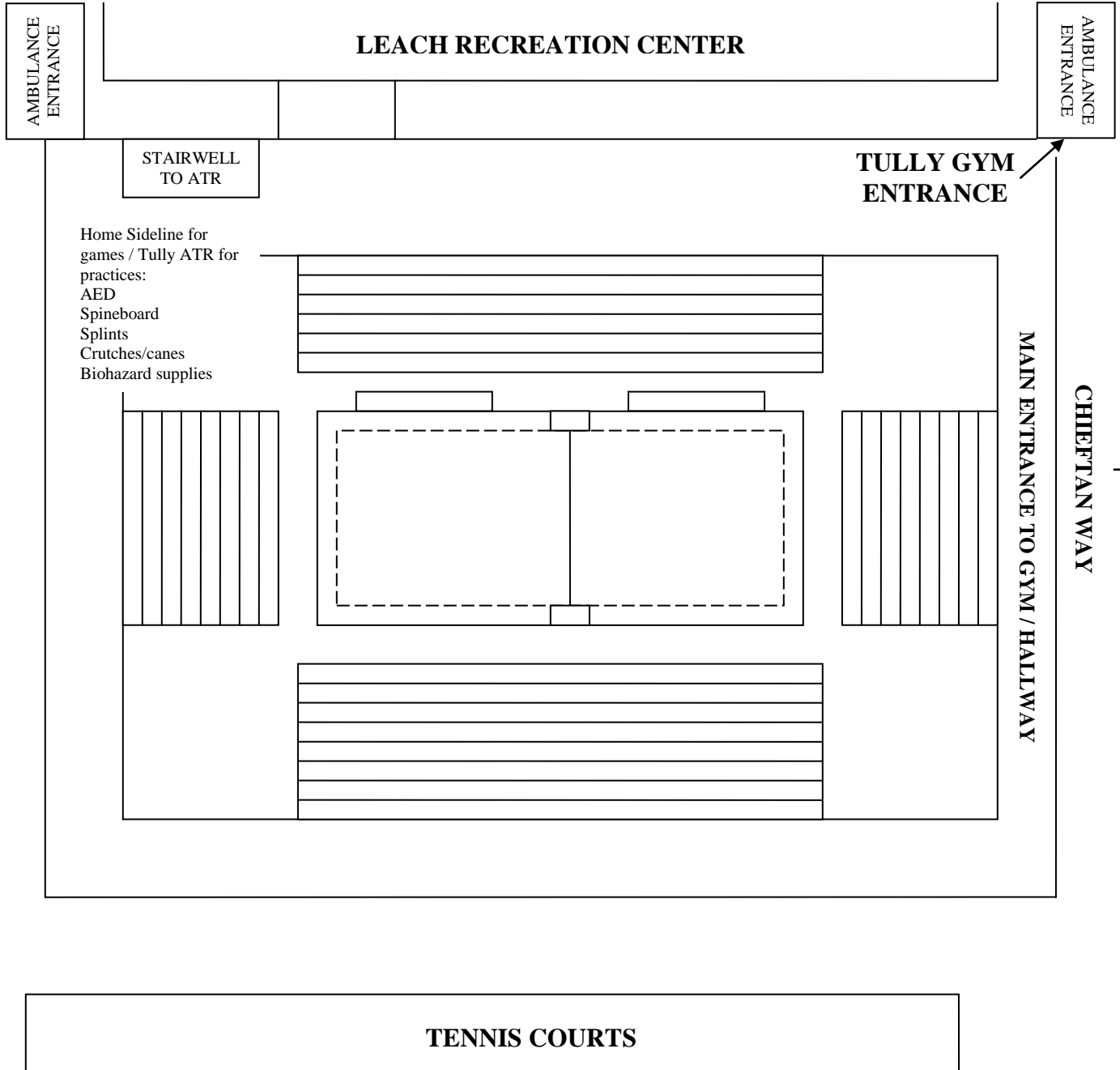
Walkie-Talkies: If available for event- check with event management

#### Emergency Equipment:

Located in the Tully Gym Athletic Training Room and on gym floor: AED, spineboard, splints, crutches/cane, biohazard supplies.



# MAP TULLY GYMNASIUM Volleyball



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### TULLY GYMNASIUM

#### Weight Room

**Role of First Responders:**

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Doors: check with staff athletic trainers or maintenance for door keys

**Address:**

139 Chieftan Way- SEE MAP OF TULLY GYNMASIUM

**Venue Directions:**

Pensacola Street to Chieftan Way to West doors of Tully Gym **OR** Varsity Drive to Wildwood Avenue to access road leading to Bobby Leach Center to East Doors of Tully Gym.

**Emergency Personnel:**

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Moore Center Athletic Training Room.

**Emergency Communication:**

Land Line Telephones- 644-2139 (athletic training room) ; 644-1091 (switchboard)

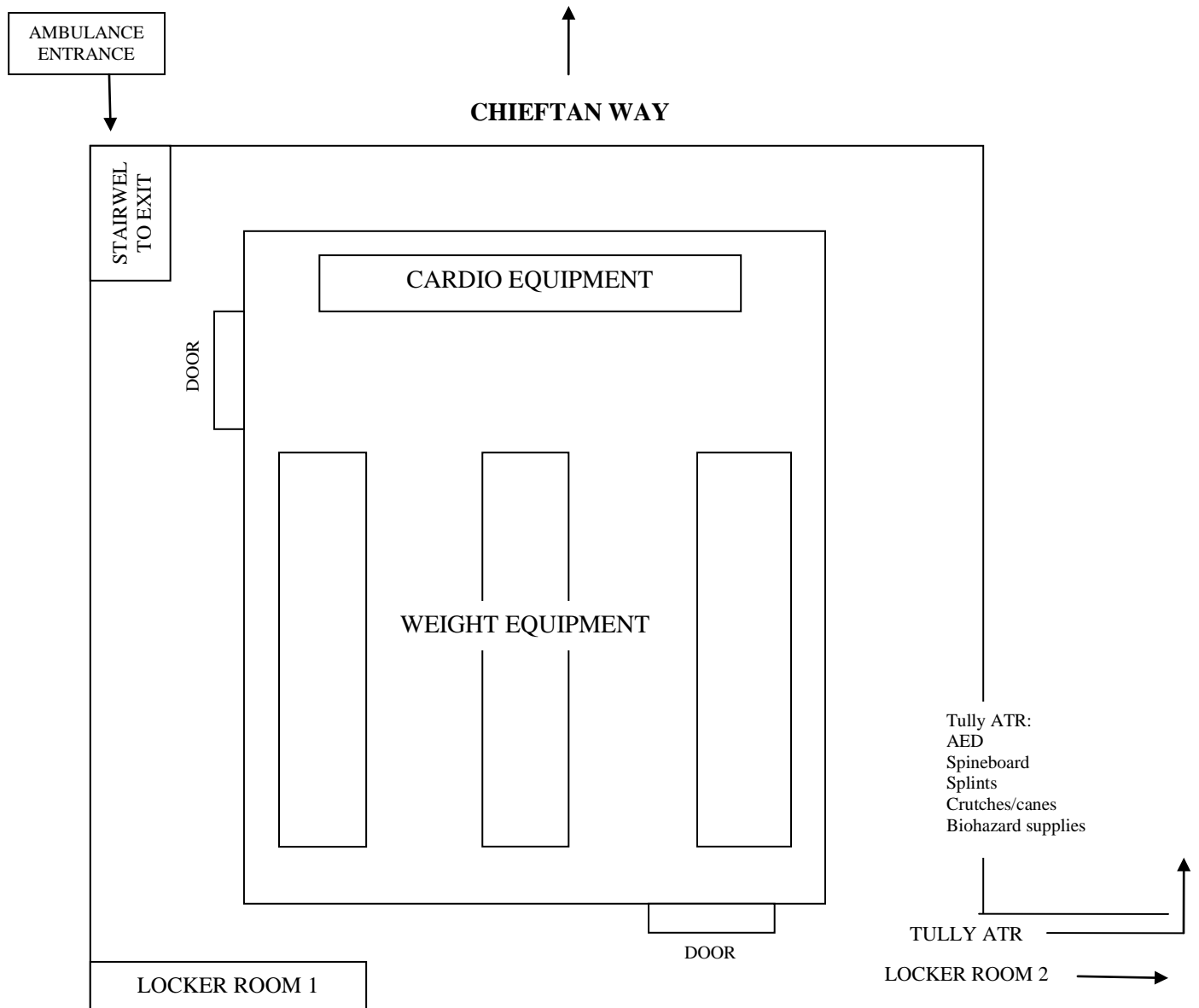
STAFF MEMBER	CELL	OFFICE
Jon Jost- <i>director of strength and conditioning</i>	N/A	644-2549
Caitlin Quinn- <i>SC coach</i>	N/A	274-8789
Renee Hirsbrunner- <i>SVB GA ATC</i>	559-8568	N/A
Amanda Robinson- <i>VB GA ATC</i>	TBA	N/A
Clay Johnson- <i>MTN GA ATC</i>	728-5002	N/A
Kaye Jaynes- <i>WTN GA ATC</i>	228-5862	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Brandi Stuart- <i>administrator</i>	N/A	644-3049

Walkie-Talkies: If available for event- check with event management

**Emergency Equipment:**

Located in the Tully Gym Athletic Training Room and on gym floor: AED, spineboard, splints, crutches/cane, biohazard supplies.

# MAP TULLY GYMNASIUM Weight Room



# EMERGENCY MANAGEMENT PLAN

## VENUE PLAN

### SAND VOLLEYBALL COURTS

#### Sand Volleyball

#### Role of First Responders:

1. Immediate care of the injured or ill student-athlete
2. Activate the emergency medical system (EMS) or communicate with on-site paramedics
  - Follow the Emergency Management Protocol
  - Gates: check with sand volleyball coaches and/or grounds crew

#### Address:

Directly next to 1104 Spirit Way- SEE MAP OF SAND VOLLEYBALL COURTS

#### Venue Directions:

Pensacola Street to Chieftain Way to Spirit Way take left, courts are on right side across from softball/soccer complex and next to track **OR** from Stadium Drive turn on Spirit Way and proceed to front of Complex.

#### Emergency Personnel:

Certified athletic trainers and athletic training student(s) should be on site for practice and competition. Additional sports medicine staff are available at the Tully Gym Athletic Training Room and the Moore Center Athletic Training Room.

#### Emergency Communication:

STAFF MEMBER	CELL	OFFICE
Danalee Corso- <i>head coach</i>	N/A	228-8160
Taylor Irwin- <i>assistant coach</i>	N/A	228-8160
Emily Hutcherson- <i>Interim ATC</i>	728-4931	N/A
Renee Hirsbrunner- <i>GA ATC</i>	559-8568	N/A
Dr. Stowers- <i>team physician</i>	N/A	877-8174
Brandi Stuart- <i>administrator</i>	N/A	644-3049

Walkie-Talkies: If available for event- check reception first

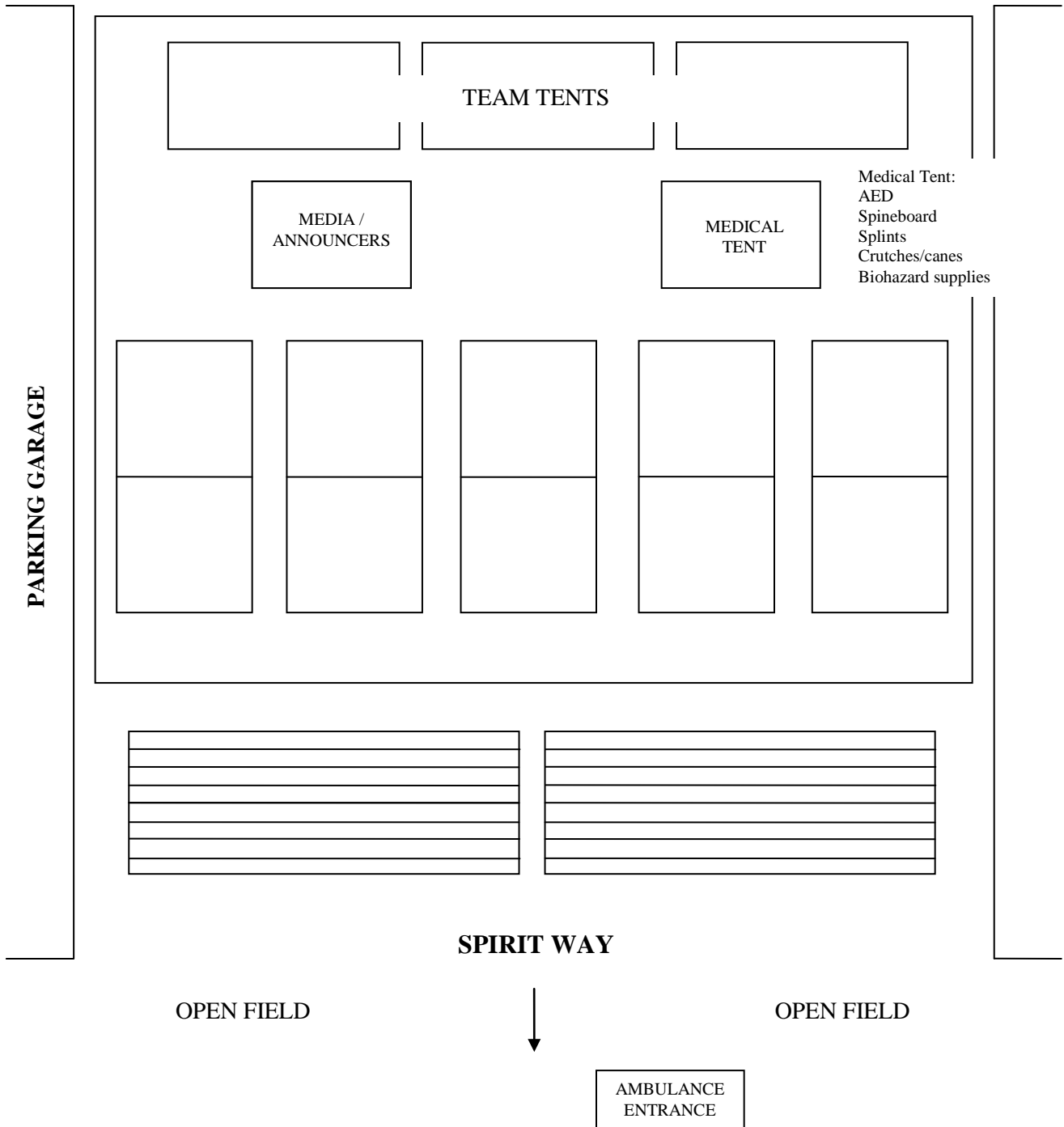
#### Emergency Equipment:

Located in the prep room and under the medical tent at the sand volleyball courts with other athletic training supplies: spineboard, splints, crutches/cane, biohazard supplies.

# MAP

## SAND VOLLEYBALL COURTS

### Sand Volleyball



# **MEDICAL SITUATIONS/ CONDITIONS**

## **COLD STRESS AND COLD EXPOSURE**

### **POLICY**

The Florida State University Sport Medicine department aligns itself with the position statement published by the National Athletic Trainer's Association in 2008. The position statement makes it clear that it is the exposure to cold environments and physical activity that lead to cold temperature injuries. It is the low air or low water temperatures mixed with wind that really decreases the body's ability to maintain homeostatic body temperatures.

### **PROCEDURE**

#### **Recommendations**

The Sports Medicine Staff, coaches and student-athletes should:

- Will be educated in the recognition and treatment of cold stress and cold exposure
- Wear proper layered clothing around the core
- Wear pants and sleeves designed to insulate and break the wind
- Gloves, ear protection, and face protection are also to be worn
- Socks should wick moisture away.

#### **Recognition of Cold Stress**

Sports Medicine Staff, coaches, and student-athletes need to be educated and recognize environmental factors:

- Windchill
- Frostbite
- Hypothermia

#### **Signs**

Sports Medicine Staff, coaches, and student-athletes must also recognize SIGNS of cold stress:

- Shivering
- Numbness
- Tingling
- Burning sensation of exposed flesh
- Fatigue
- Confusion
- Slurred speech
- Red or painful extremities
- Swollen extremities
- Clumsy movements

#### **Guidelines for Cold Temperature Participation:**

- 30°F and below: potential for cold stress injuries
- 15°F or windchill: limit outside exposure
- 0°F or windchill: Terminate outside activities

## **HEAT ILLNESSES**

### **POLICY**

In 2002 the National Athletic Trainer's Association published its Heat Illness position statement. It states that athletic participation in hot and/or humid climates increases the likelihood of student-athletes suffering a heat illness. The Florida State University Sports Medicine Department follows the NATA's position statement and guidelines in education of parties involved, identification of those predisposed to heat illness, acclimatization, and education on rehydration and recovery between exercise bouts of student-athletes.

### **PROCEDURE**

#### **Guidelines for Participation in Heat & Humidity**

Wet-bulb globe temperature (WBGT) higher than 75°F or humidity above 90% may be dangerous. Above 82°F indicates that preventative measures should be applied. Preparticipation physical exam medical histories should give insight as to which individuals will be predisposed to heat illness.

Including factors like the following:

- Previous history of heat illness
- Poor physical conditioning
- Obesity
- Unacclimatized individuals
- Prescription drugs or supplements being used

Acclimatization period should be 10-14 days in length: intensity & duration increasing gradually over that period of time. Rehydration should be encouraged during practices and between practice sessions; coaches and student-athletes should be encouraged to replenish their fluids and also be educated on the rehydration policy.

#### **Signs of Heat Illness**

Signs of heat illness are visible changes that may occur to a student-athlete who is suffering from heat illness.

- Muscle cramping
- Decreased performance
- Unsteadiness
- Confusion
- Vomiting
- Irritability
- Pale or flushed skin
- Rapid weak pulse

#### **Symptoms of Heat Illness**

Symptoms of heat illness are physical changes that the student-athlete may describe. They are characterized as being feelings more than anything else. The Sports Medicine Staff should educate the coaches and student-athletes in them so they can recognize when a student-athlete is in trouble.

- High Body temp
- Nausea
- Headache
- Dizziness
- Unusual fatigue
- Lack of sweat
- Blurred vision/blacking out
- Fainting



### **Treatment of Heat Illness**

Heat cramps, heat syncope, heat exhaustion, heat stroke and exertional hyponatremia are some of the more severe kinds of heat illness. Several of these conditions have signs and symptoms that are very similar and it is often that one condition progresses into the next. This is the reason why identification of heat illnesses early in their onset is critical. Heat exhaustion is often a precursor to the more severe heat stroke. Heat exhaustion is characterized by symptoms like weakness, dizziness and nausea. It will present with signs like syncope, muscle cramps, profuse sweating and cool, clammy skin. The treatment rendered should include removal from participation to a cool shaded area, preferably indoors. Oral fluids should be pushed in order to replenish electrolytes lost. The team physician will be notified by the team athletic trainer and he shall determine if further medical care is needed. The student-athlete suffering from heat exhaustion is not to return to practice that day. Heat stroke is a medical emergency and should be treated as such. Emergency medical personnel should be summoned at once by following the emergency action plan for the venue. Individual suffering from heat stroke will present with very high body temperatures, usually hot, dry skin that has ceased sweating. While waiting for EMS the goal should be to lower the core body temperature of the individual. Acceptable ways of doing this include cold water immersion, wetting the body with running cold water and fanning vigorously, and by using ice. The team physician will also be notified of this medical emergency.

## **REHYDRATION**

### **POLICY**

In 2000, the National Athletic Trainer's Association (NATA) released its position statement in regards to dehydration and the proper actions to take in the prevention of dehydration. The Florida State University Sports Medicine Department understands that Florida poses several environmental challenges to the physically active outdoors. It is with this understanding and careful planning that we look to prevent dehydration of student-athletes. Education of all parties involved (coaches, strength and conditioning staff and student athletic trainers), careful monitoring of environmental factors, practice dynamics, monitoring of student-athletes are some key issues that will be targeted. Each FSU sports team has its own rehydration policy which takes into account exercise intensity, frequency and duration.

### **PROCEDURE**

It has been shown that a fluid loss of 1-2% of body weight is enough to alter physiological function and adversely affect performance. Preventing dehydration is key in the prevention of heat illnesses like heat cramps, heat exhaustion and heat stroke.

#### **Symptoms of Dehydration:**

- Thirst
- General discomfort and complaints
- Weariness
- Apathy
- Dizziness
- Headache
- Nausea

#### **Signs of Dehydration:**

- Flushed skin
- Cramps
- Vomiting
- Chills
- Decreased performance

#### **Recommendations for Decreasing Weight Loss during Participation**

FSU student-athletes participating outside in the hot and humid environment are to be monitored for body weight loss. They are to be weighed-in pre and post activity, including practice and competitions. The aim of this practice is to monitor those who are very productive sweaters and may become at risk of dehydration which may lead to heat illness.

#### **Guidelines for Weigh-Ins:**

- Entire team must weigh-in
- Student-athletes are to weigh-in before and post-practice wearing the same amount of clothing
- Weigh-ins and weigh-outs must be monitored to make sure that student-athletes write in correct values
- Percentage of body weight lost during practice is then to be calculated
- This calculation will factor in on the decision to allow student-athletes to participate on the following practice bout

- The staff athletic trainer will make note of any body weight loss of **2%** and monitor that student-athlete for signs and symptoms of dehydration
- Recommendation: Any student-athlete who undergoes a body weight loss of  $\geq 3\%$  shall not be allowed to return to play until proper fluid replacement has taken place

### **Guidelines for Rehydration**

Student-athletes are encouraged to drink before, during and after each practice bout and competition. They are to drink prior to activity in order to be well hydrated at the start of activity. Student-athletes should drink early and often during activity in order to combat the amounts of water and electrolytes lost in their sweat. Student-athletes should replace fluids lost in sweat within 2-hours of the cessation of activity. For every pound of body weight lost 20-24oz of fluids should be ingested. Student-athletes are encouraged to drink water as their main beverage to replace fluids lost. Student-athletes are encouraged to drink sports drinks containing no more than 8% carbohydrates to replace the electrolytes (Na, K, Cl, Mg, Ca) lost in sweat.

## **EATING DISORDERS**

### **POLICY**

The Department of Athletics is dedicated to ensuring the safety and good health of each and every student-athlete at Florida State University. Since eating disorders are a serious health risk which requires prompt medical attention, a plan has been developed to educate staff in recognizing signs and symptoms of eating disorders to enable staff to respond to at risk individuals. A treatment plan is in place for intervention and referral for a student-athlete who displays signs or symptoms of disordered eating behavior. Florida State University has established a multidisciplinary team to recommend intervention and treatment of disordered eating. This team will also consider requests for body or weight modification.

### **Education**

All Department of Athletics staff will be required to notify the member(s) of the Multidisciplinary team of any at risk individuals that may come in contact with on a daily basis.

Team weigh-ins or body composition measurements performed by coaching or training staff will be performed for reasons of safety, hydration or other medical reasons deemed necessary by the multidisciplinary team. Confidentiality concerning a student-athlete's body weight, body composition and eating behaviors must be maintained. Comments concerning body weight, body composition or diet of a student-athlete will be avoided.

All incoming freshmen will receive education, information and referral sources for eating disorders.

### **Identification**

Student-athletes should be referred to the Sports Nutritionist(s) for an assessment if one or more of the following symptoms of disordered eating are present:

- Body weight below 85% IBW, BMI under 18.5 and/or % body fat under 18% (females only)
- Amenorrhea or oligomenorrhea
- Stress fracture, repeated stress fractures or multiple stress fractures
- Slow healing time for injuries, repetitive injuries
- Physical signs and symptoms including: obvious decrease in body weight or body fat, extremely low body weight, thinning of hair, dental problems, swollen glands, etc.
- Admits to bingeing, purging (excessive exercise, laxatives, vomiting) using diet pills or diuretics, strict dieting, restrictive eating, vegetarian, chewing and spitting out food or other unusual dieting practices.
- Participating in additional exercise, in addition to regular workouts or practices, not heeding advice from coach or trainer concerning injury, recovery time, etc
- Unwilling to meet with Sports Nutritionist or other health professional for body weight or nutrition concerns
- Non-compliant during consultation sessions with medical staff or nutritionist (Refusing to be weighed, refusing to allow help/assistance, etc)
- Appears depressed and unwilling to participate in social events, team dinners, etc.
- Distorted body image, makes comments concerning body weight, body fat, etc.
- Weighing frequently, denying hunger, preoccupied with food, calories, nutrition or cooking

Student-athletes who have shown concerns for developing or having an eating disorder will be referred to a multidisciplinary eating disorder treatment team.

## **PROCEDURE**

1. The student-athlete is referred to the multidisciplinary team by a certified athletic trainer, the coach, the sports dietitian, psychologist, counselor, and other sports medicine staff or by the student-athlete (or teammate).
  - a. The person who refers the student-athlete should gather specific information regarding their behavior, eating habits, etc. and then make the referral.
  - b. Also, the person who wants to make the referral can contact any member of the team to talk about the concerns of the student-athlete who is suspected of disordered eating behavior.
2. If an eating disorder is identified or suspected, the student-athlete may be referred further to:
  - a. Department of Athletics Counseling Service
  - b. Sports Dietitian
  - c. In-patient hospitalization
3. The multidisciplinary treatment team will be utilized in the evaluation and management of student-athletes with eating disorders.

## **Diagnosis and Treatment**

A sports medicine multidisciplinary team including the Director of Sports Medicine, team physician, sports dietitian, clinical psychologist, Director of Strength and Conditioning- Olympic Sports, and Associate Athletic Director for Student Services will consider requests for body or weight modification of a student-athlete. An administrator will be an ex-officio member of the team as well. The team will meet monthly to review cases.

The athletic trainer, sports nutritionist, team physician, psychologist or administrator will arrange to meet with the student-athlete to discuss the concerns raised regarding his/her disordered eating behavior. The following steps may be taken:

1. Monitor, with no direct intervention
2. Refer for psychological counseling
3. Refer for nutrition counseling
4. Request that the team physician evaluate the student-athlete for full physical including blood work, EKG and DEXA (if necessary)
5. Require student-athlete maintain minimal bodyweight as determined by physician (dropping below recommended body weight will result in dismissal from participation for one week)

Each member of the team is potentially the starting point for any referral and then the student-athlete will be referred to each member of the team.

The team physician may warrant further intervention or medical clearance for the student-athlete to return to full participation in intercollegiate athletics. If medical clearance is recommended for the student-athlete the staff athletic trainer will be notified immediately by the team physician.

If further intervention is necessary, the team physician in conjunction with the staff athletic trainer, sports dietitian and the psychologist will devise a treatment plan for the student-athlete. Treatment of at least individual therapy consultations, individual nutrition consultations and periodic medical evaluations will be provided to the student-athlete with an eating disorder. Appropriate referrals will be made for individual counseling and in cases where more intense treatment is deemed necessary. The team physician, staff athletic trainer and other staff shall act in the best interest of the student-athlete.

The student-athlete may or may not be cleared for athletic participation following review from the sports medicine team. All decisions related to athletic participation are made by the team physician.

The plan and compliance contract developed by the sports medicine team will include a process for determining the student-athlete's compliance with the contract and the consequences if the student-athlete should not keep the contract. The plan and compliance contract will be developed on an individual basis and will require approval of the Director of Sports Medicine and the team physician prior to discussion with the student-athlete.

**Waivers**

All student-athletes sign a waiver at the beginning of each year when they have their physicals done and this allows us to release information to any member of the sports medicine team. Confidentiality is maintained within the athletic medicine team. Also, a release must be signed by the student-athlete to allow the release of information to those outside the team, such as a coach or a parent. Coaches are informed of medical restriction/clearance by the team physician.

## **GENDER SPECIFIC ISSUES**

### **POLICY**

Florida State University will not be financially responsible for women's wellness exams. Any female student athlete who is experiencing menstrual dysfunction should contact her athletic trainer or the team doctor. Dysfunction that can be attributed to training will be investigated by the Sports Medicine Staff and appropriately taken care of. Forms of birth control will be prescribed and covered only if the team physician deems that a student athlete requires the method to participate.

Any expenses incurred from the diagnosis of any sexually transmitted infection (STI) will be at the student-athlete's expense. Florida State University does not cover the diagnosis of any STI or maintenance medications. Prescriptions for these medications can, however, be written by the team physician. Any STI that poses a threat of transmission to other student athletes or a possible limitation of athletic participation must be disclosed to either the team physician or the athletic trainer. The athlete must sign a release of information from the health center in order for results to be given to the athletic trainer and team physician. A diagnosis of a STI does not immediately disqualify a student athlete from participating.

### **PROCEDURE**

If a student-athlete has questions about birth control or menstrual cycle dysfunction, she should contact her athletic trainer as soon as possible. The student-athlete will be referred to the team physician or University Health Services women's clinic for examination.

If a student-athlete would like to get a women's wellness examine, she will be referred to the University Health Services women's clinic for examination. Their insurance will be applied and any residual expense will be at the athlete's expense.

A student-athlete who suspects they have contracted an STI may be referred to University Health Services or the team physician. Any expenses incurred will be the student-athletes' responsibility.

## **SKIN DISORDERS**

### **POLICY**

The Florida State University Athletics Department has taken many steps to help prevent the spread of contagious skin disorders.

The Sports Medicine Department will encourage following NCAA recommendations:

- A. Keep hands clean by washing thoroughly with soap and warm water or using an alcohol-based sanitizer routinely
- B. Encourage good hygiene
  - Immediate showering after activity
  - Ensure availability of adequate soap and water
  - Pump soap dispensers are preferred over bar soap
- C. Avoid whirlpools or common tubs
  - Individuals with active infections, open wounds, scrapes or scratches could infect others or become infected in this environment
- D. Avoid sharing towels, razors, and daily athletic gear
  - Avoid contact with other people's wounds or material contaminated from wounds
- E. Maintain clean facilities and equipment
  - Wash athletic gear and towels after each use
  - Establish routine cleaning schedules for shared equipment
- F. Inform or refer to appropriate health care personnel for all active skin lesions and lesions that do not respond to initial therapy
  - Train student-athletes and coaches to recognize potentially infected wounds and seek first aid
  - Encourage coaches and sports medicine staff to assess regularly for skin lesions
  - Encourage health care personnel to seek bacterial cultures to establish a diagnosis
- G. Care and cover skin lesions appropriately before participation
  - Keep properly covered with a proper dressing until healed
  - "properly covered" means that the skin infection is covered by a securely attached bandage or dressing that will contain all drainage and will remain intact throughout the sport activity
  - If wounds can be properly covered, good hygiene measures should be stressed to the student athlete such as performing hand hygiene before and after changing bandages and throwing used bandages in the trash
  - If wound cannot be properly covered, consider excluding players with potentially infectious skin lesions from practice and/or competition until lesions are healed or can be covered adequately

### **PROCEDURE**

In order to aide in this, student-athletes are asked to immediately report any suspicious skin conditions to their team athletic trainer. If deemed appropriate, the team physician will be notified and will take appropriate steps to assure that the condition is treated promptly and appropriately. In addition, all common areas may require cleaning and disinfection in order to control the spread of the condition.



## **MENTAL HEALTH ISSUES**

### **POLICY**

Florida State University has two classifications for mental health: acute and chronic. Acute emergencies are defined as sudden changes in mental conditions i.e. perceived suicide attempt or changes in mental status; these conditions often require hospitalization. Chronic conditions include: depression, anxiety disorders, or other previously diagnosed mental conditions.

A psychiatrist is a medical doctor who can prescribe medications, along with the treatment of mental disorders. A psychologist can do similar treatments but cannot prescribe medications. Psychologists can make suggestions regarding the medications that would help a condition but any prescriptions must be written by a licensed physician. In both cases, insurance will be applied initially and any subsequent bills or copays will be the student-athlete's responsibility.

If a student-athlete needs a medication in order to perform, and the student-athlete is receiving scholarship funding, and the student-athlete complies with all mandated counseling the Sports Medicine Department will cover the costs of these medications. If it is determined that the student-athlete is not continuing with the suggested counseling schedule, the Sports Medicine Department reserves the right to suspend payment of medications.

### **PROCEDURE**

In the event of an acute emergency (i.e. threat or perceived suicide attempt, changes in mental status, or other destructive behaviors) the student-athlete's parents/guardians, Director of Sports Medicine, team psychologist, sport administrator and Director of Athletics will be notified immediately. The student-athlete will be directed to either an emergency facility or to the team psychologists' office for diagnosis and initial treatment. The team psychologist will coordinate further treatment, and along the team physician and Director of Sports Medicine, they will determine proper return to athletic participation.

In the event of a chronic mental health condition (i.e. depression, bipolar disorder, anxiety), a student-athlete may request or be referred to our team psychologist or referred to University Health Services for treatment.

The Director of Sports Medicine and staff athletic trainer will be notified of any student-athlete whom is under the care of the team psychologist or psychiatrist. Other personal will be told if deemed necessary by the Director of Sports Medicine.

## **ATTENTION DEFICIT DISORDER /** **ATTENTION DEFICIT HYPERACTIVITY DISORDER**

### **POLICY**

Attention Deficit/Hyperactivity Disorder is one of the most common neurobehavioral disorders of childhood and can persist through adolescence and into adulthood. For this reason, the NCAA has published its guidelines for the regulation of stimulant medications to treat ADD/ADHD in student-athletes (SA). The Florida State University Sport Medicine Department adheres to those guidelines published by the NCAA in March 2008. The aim is to follow the guidelines set forth by the NCAA so that the student-athletes are capable of competing, and more importantly, use the medications needed to support their academics, general health, and well-being.

### **PROCEDURE**

#### **Reporting of ADD/ADHD Medications**

Each student-athlete will undergo a pre-participation physical (PPE) upon arrival at FSU prior to beginning their athletic career. Included in the PPE will be a medical history form that asks for all current medications. The student-athlete is encouraged to list all stimulants or pharmacological agents used in the treating of an attention deficit disorder. Previously diagnosed individuals must present the Sports Medicine Department with the following documentation:

- Description of evaluation process that identifies assessment tools utilized
- Statement of diagnosis with date of confirmation
- History of ADD/ADHD treatment (previous/ongoing)
- Statement that non-banned ADD/ADHD alternatives were considered if the current medication prescribed is a stimulant
- A copy of recent prescription
- Written documentation of annual follow-up by prescribing physician should be available if needed
- If a student-athlete has been undergoing treatment for ADD/ADHD prior to their arrival at FSU but was never tested and has no documentation available to justify the usage of the stimulant medication, then the student-athlete must undergo proper testing that will meet all the criteria listed above.

#### **Testing**

Student-athletes may undergo testing for ADD/ADHD upon arrival at FSU if any of the following occur:

- Admissions officer in compliance sees trends in academic progress that hints at an attention deficit disorder
- Discrepancies between GPA and standardized test scores
- Academic advisors or tutors see signs of attention deficit disorders
- A coach may request for a student-athlete to be tested

#### **Test Verification**

The Sports Medicine Department and the Student Academic Support Services (SASS) will work together to verify proper diagnosis and to make sure that both departments know and understand who is to be taking medication for their ADD/ADHD. This should be communicated between the team certified athletic trainer and the learning specialist in charge of working with the student-athlete.

### **ADD/ADHD Education of Student-Athlete**

When a student-athlete is diagnosed with AD/HD they will meet with the team physician and team certified athletic trainer to discuss the plan of care. The team physician will provide the student-athlete with the “ADD/ADHD information sheet” and provide answers to any questions the student-athlete may have. The team physician will explain some of the possible side effects of taking stimulants for the treatment of ADD/ADHD. They include but not limited to:

- Dizziness
- Hyper
- Nervousness
- Feeling like your heart is racing
- Shakiness
- Difficulty sleeping
- Lack of appetite

### **Mental Health Professional**

Once the student-athlete has met with the team physician, an appointment will be made with a psychologist (Dr. Isabel Alfonso) for ADD/ADHD coaching in regards to the diagnosis of the student-athlete. Together, the student-athlete and the psychologist will devise a plan based on the need for follow-up care. At the discretion of the student-athlete, the psychologist will provide feedback to the team certified athletic trainer regarding medication, academics, athletic performance, etc.

### **Follow-up**

The team certified athletic trainer is in charge of requesting any medical documentation in regards to treatment of the student-athletes' condition from previous physicians. The student-athlete will follow-up with the team physician when a prescription needs to be refilled. This will allow the physician and the student-athlete to discuss how the medication is working and if either party feels the need to make adjustments to the dosage or frequency.

### **Documentation**

The team athletic trainer will keep records of ADD/ADHD diagnostic test performed, results of those tests, prescriptions written and filled, and records regarding follow-up and monitoring visits. All these documents must be kept confidential in student-athletes' chart.

## **CONCUSSION & MILD TRAUMATIC BRAIN INJURY (mTBI)** **MANAGEMENT PLAN**

### **POLICY**

To provide a stepwise process to evaluate and manage a sports-related head injury from an athletic trainers and team physician's perspective.

### **Reason**

The Florida State University is committed to the identification, evaluation, and management of concussions. All concussion and management procedures will be in accordance with the NCAA Concussion Management Plan, set forth by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS).

### **PROCEDURE**

Each incoming student-athlete will undergo **baseline neurocognitive function and balance testing** prior to the beginning of their eligibility at Florida State University.

1. Each year every student-athlete will be educated with the NCAA "Concussion Fact Sheet for Student-Athletes." Each student-athlete will read this fact sheet and sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions.
2. Each year every coach will be educated with the NCAA "Concussion Fact Sheet for Coaches" and the Florida State University Emergency Response Plan (ERP.) Each coach will read the fact sheet and ERP and will sign confirming that the information on concussions and ERP was presented and they understand their role in these policies and procedures.
3. All baseline values will be given to the respective athletic trainer in charge of that sport. Baseline results are to be kept on file as well as in a travel folder for away competition. Once an injury occurs, a predetermined set of events will take place.
4. The tools utilized by the Florida State University Sports Medicine department to assess neurocognitive function will be the ImPACT test (ImPACT Applications, Inc., Pittsburgh, PA) and the SCAT2 test for further neurocognitive and balance function.
5. If a sports-related head injury (concussion) has been deemed by the certified athletic trainer, team physician, or designee the following events will occur.
  - a. If the student-athlete is showing signs and symptoms of a concussion, they will be removed from practice/play for the remainder of the day and evaluated by a physician or his designee.
  - b. The student-athlete will be monitored for signs and symptoms of head trauma. During post practice/game, the student-athlete will be evaluated by the ATC, team physician or designee.
  - c. The student-athlete and an individual that lives with the student-athlete will be given specific instructions in the care of their injury. If the student-athlete lives alone there will be a staff athletic trainer, graduate assistant athletic trainer, and/or another teammate assigned to monitor the student athlete's status overnight. The person responsible for the student-athlete will be given a concussion take home sheet with directions to follow.

- d. If indicated, the Athletic Trainer assigned to that sport is responsible for contacting “Student Academic Services” and notifying them that the student-athlete may have trouble with reading, concentrating, focusing, and that attending classes may be contraindicated.
  - e. The day (1) following the injury, the student-athlete will be evaluated by the team physician or ATC. Symptoms, balance testing, and cognitive function will be evaluated by the athletic trainer, team physician or his designee as symptoms permit.
  - f. ImPACT test will be administered within a timeframe of 48-72hrs post-injury, symptoms permitting. If student-athlete does not score within 90% of baseline scores they will not be allowed to progress into return to play.
  - g. SCAT2 will be administered in order to monitor the severity of the injury to the athlete. If the student-athlete is not within 90% of his baseline scores, he/she will be monitored daily. The symptom questionnaire portion of the SCAT2 will be administered daily until student-athlete is within 90% of baseline scores. Then a repeat ImPACT test will be performed.
  - h. If the student-athlete has returned to within 90% of baseline values and is asymptomatic (without pharmacological assistance), he/she will be considered to enter the return to play protocol (Table 1. Exertional Testing Protocol) devised between the athletic trainer and the team physician. Ultimately, the student-athlete will need to be cleared by a team physician or his designee.
6. All of these steps need to be properly documented and stored into Injury Zone. All papers need to be signed by the student-athlete and the certified athletic trainer.
  7. Guidelines and clinical experience by the team physician or ATC will be considered when making a decision.
  8. The aim in managing student-athletes that have endured a concussion is to prevent a catastrophic outcome and to return the athlete to competition in a manner that minimizes both the possibility of second-impact syndrome or more severe head injury while minimizing the amount of time lost from competition.

***Table 1. Exertional Testing Protocol***

Student-athlete reports to athletic trainer symptom free

**Step 1**

Student-athlete performs 15 minute cardiovascular workout with interval sprinting, stopping if symptoms return. Also, perform push-ups, squats, and crunches. If no symptoms:

**Step 2**

Student-athlete performs individual sport skills without threat of contact. If symptoms return, student-athlete must stop and revert to step 1 the following day. If no symptoms:

**Step 3**

Student-athlete may return to practice with limited contact. Level of involvement depends on the sport and position of the student-athlete. If symptoms return, student-athlete must stop. If no symptoms, student-athlete should be seen by physician for clearance to participate in all activities

**FLORIDA STATE UNIVERSITY  
SPORTS MEDICINE DEPARTMENT  
HEAD INJURY/CONCUSSION  
CARE OF PATIENT NOT REQUIRING HOSPITALIZATION**

**GENERAL INFORMATION**

1. Any head injury is potentially dangerous, whether or not the injured person becomes unconscious.
2. The presence or absence of swelling at the site of the injury has no bearing on its seriousness. For example, there may be a “bruise” on the brain but no external findings.
3. The real extent of injury can be determined only after careful examination and observation of the patient over a period of time. The first week, especially the first 24-48 hours following the injury are the most important.

**IMPORTANT POINTS**

1. During this period of time it is important that a responsible person to be in close contact with the patient and watch carefully for the appearance of possible serious symptoms.
2. \_\_\_\_\_ is responsible for watching the patient and reporting to the doctor if any of the following symptoms appear:
  - A. Inability to awaken or arouse the patient or a change in the level of consciousness or personality (most important).**
  - B. Vomiting**
  - C. Restlessness**
  - D. Mental confusion**
  - E. Severe headache that does not go away**
  - F. Temperature above 100 degrees Fahrenheit, with or without a stiff neck**
  - G. Clear drainage from the ears or nose**
  - H. Inability to move arms and legs equally well on both sides**
  - I. Convulsion**

**INSTRUCTIONS**

1. Awaken the injured patient every \_\_\_\_ hours for the first 24 hours. This includes throughout the night.
2. Do not give any medication unless cleared by the doctor as this can alter the level of consciousness!!!
3. Place an ice pack directly over the injured area to help reduce swelling. You may use an ice pack for 24 to 48 hours for 15-20min.
4. The patient should eat lightly for a day or two. If the patient eats heavily or eats something that doesn't agree the patient might vomit and that could be mistaken as a head injury symptom.
5. The athlete is not to take narcotics, drink alcohol or use mind-altering substances for several days as this will change the level of consciousness.
6. If any of the above listed symptoms are noted (they may occur months later) immediately call or report to your doctor or the Emergency Room for follow-up and examination.
7. No loud music/headphones or loud venues
8. No bright lights or extended periods of time in bright sunshine
9. No television or video games
10. Limit telephone use as much as possible.
11. No computer work
12. No activities that require focus and concentration (e.g. team meetings, watching film, reading)
13. The team physician will use his expertise and knowledge in order to excuse student-athlete from classes.

**FLORIDA STATE UNIVERSITY SPORTS MEDICINE DEPARTMENT  
STUDENT-ATHLETE CONCUSSION STATEMENT**

**Please initial at each line after reading.**

\_\_\_\_\_ 1. I have read and understand the *NCAA Concussion Fact Sheet*.

\_\_\_\_\_ 2. I understand that it is my responsibility to report all signs and symptoms of a possible concussion to my athletic trainer and/or team physician.

After reading the *NCAA Concussion Fact Sheet*, I am aware of the following information:

\_\_\_\_\_ A concussion is a brain injury, which I am responsible for reporting all signs and symptoms of a possible concussion to my team physician or athletic trainer.

\_\_\_\_\_ A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep and classroom performance.

\_\_\_\_\_ You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

\_\_\_\_\_ If I suspect a teammate has a concussion, I am responsible for reporting the injury to my team physician or athletic trainer.

\_\_\_\_\_ I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.

\_\_\_\_\_ Following concussion the brain needs time to heal. You are more likely to have a repeat concussion if you return to play before your symptoms resolve.

\_\_\_\_\_ In rare cases, repeat concussions can cause permanent brain damage and even death.

\_\_\_\_\_  
**Signature of Student-Athlete**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Printed Name of Student-Athlete**



**FLORIDA STATE UNIVERSITY SPORTS MEDICINE DEPARTMENT  
COACH/GRADUATE ASSISTANT CONCUSSION STATEMENT**

**Please initial at each line after reading.**

\_\_\_\_\_ 1. I have read and understand the *NCAA Concussion Fact Sheet*.

\_\_\_\_\_ 2. I understand that it is my responsibility to report all signs and symptoms of a possible concussion that occurs to any of my student-athletes to my athletic trainer and/or team physician.

After reading the *NCAA Concussion Fact Sheet*, I am aware of the following information:

\_\_\_\_\_ A concussion is a brain injury, for which I am responsible for reporting all signs and symptoms of a possible concussion that occurs to my student-athletes to my team physician or athletic trainer.

\_\_\_\_\_ A concussion can affect my student-athlete's ability to perform everyday activities, and affect reaction time, balance, sleep and classroom performance.

\_\_\_\_\_ I cannot see a concussion, but I may notice some of the symptoms that affect my student-athletes right away. Other symptoms can show up in my student-athletes hours or days after the injury and I will report them to the team physician and/or athletic trainer immediately as they appear.

\_\_\_\_\_ If I suspect that any of my student-athletes has a concussion I am responsible for reporting the injury to my team physician or athletic trainer.

\_\_\_\_\_ I will not return my student-athlete to play in a game or practice if they have received a blow to the head or body that results in any concussion-related symptoms until they are cleared medically.

\_\_\_\_\_ Following concussion the brain needs time to heal. A student-athlete can be more likely to have a repeat concussion if they return to play before their symptoms resolve. Resolution of these symptoms may take days and even weeks.

\_\_\_\_\_ In rare cases, repeat concussions can cause permanent brain damage and even death.

\_\_\_\_\_  
**Signature of Coach/Graduate Assistant**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Printed Name of Coach/Graduate Assistant**



## SPORTS-RELATED HEAD INJURY/MILD TRAUMATIC BRAIN INJURY (mTBI) INCIDENT REPORT SHEET

Name _____	Sport _____	Date of Injury _____
Number of Previous Head Injuries _____	RTP Date _____	Date of Last Head Injury _____

TESTS	DOI	D1	D2	D3	D4	D5	D6	D7	WK2	WK3	WK4	BASELINE
CN TEST												
SX CHECK												
SCAT 2												
COMP(VERB)												
COMP(VIS)												
REACT TIME												
MOTOR SPEED												

## **SICKLE CELL TRAIT**

### **POLICY**

The sickle cell trait is present in individuals who only carry one chromosome of the disease. This is identified so that the student-athlete is aware that if they were to have a child with another individual with the trait the child would carry the disease. The disease occurs when an individual has both chromosomes. In compliance with the NCAA sickle cell policy, the Florida State University Department of Athletics will test each student athlete for the sickle cell trait. A blood sample will be taken during the pre-participation physical and tested to determine every student-athlete's status regardless of ethnicity.

### **PROCEDURE**

In the event a student-athlete tests positive for the trait or disease, the student-athlete will meet with the team physician and their staff athletic trainer. The meeting and education will be properly documented. They will be educated on their condition and will sign an acknowledgement letter. The student-athlete will be provided with the NCAA Sickle Cell Trait Fact Sheet for Student-Athletes. All coaches and staff athletic trainer(s) will be notified of a student-athlete who tests positive for either the trait or disease. All coaches and Sports Medicine Staff have received education on how to manage student-athletes with either condition. The coaches will be provided the NCAA Sickle Cell Trait Fact Sheet for Coaches. No student-athlete will be disqualified from participating as long as their condition is well controlled.

According to the NCAA, student-athletes with sickle cell trait are suggested to take the following precautions:

- Set his/her own pace.
- Engage in a slow and gradual preseason conditioning regimen to be prepared for sports-specific performance testing and the rigors of competitive intercollegiate athletics.
- Build up slowly while training (e.g., paced progressions).
- Use adequate rest and recovery between repetitions, especially intense drills.
- Not be urged to perform all-out exertion of any kind beyond two to three minutes without a breather.
- Be excused from performance tests such as serial sprints or timed mile runs, especially if these are not normal sport activities.
- Stop activity immediately upon struggling or experiencing symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Maintain proper asthma management.
- Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- Access supplemental oxygen at altitude as needed.
- Seek prompt medical care when experiencing unusual distress.

## **SICKLE CELL TRAIT ACKNOWLEDGEMENT LETTER**

I, \_\_\_\_\_, understand that I am sickle cell trait positive and have been instructed on the proper management of this condition. I have read and understand the “Sickle Cell Trait Educational Information Sheet” provided by the Florida State University Sports Medicine Staff. I have also met with a team physician and a certified athletic trainer regarding my sickle cell trait, and I agree to comply with the plan and guidelines set during this consultation.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Witness \_\_\_\_\_

Date \_\_\_\_\_

## **CONDITIONS OF IMPAIRMENT**

### **POLICY**

A student-athlete with impairment is defined as a person who only has one organ that was originally a pair, I.e. lungs, eyes, kidney, etc. A person with a pre-existing loss of a paired organ is an individual whom lost said organ prior to becoming a student-athlete at Florida State University. Both, individuals whom have pre-existing impairment and an impairment that was sustained while participating in intercollegiate athletics will have to sign a letter of acknowledgement stating that they understand the risk of competing with only one organ.

### **PROCEDURE**

Any student-athlete choosing to participate in Florida State University's intercollegiate athletics whom has lost or incurs a loss of any paired organ (eye, kidney, etc.) must meet with the team physician to determine the appropriate plan. Each situation will be handled on an individual basis. If a student-athlete is permitted to participate in their designated athletics program, a waiver will be drafted and approved by the Florida State University Department of Athletics legal counsel.

## **PREGNANCY**

### **POLICY**

If a student-athlete suspects she is pregnant and she contacts her athletic trainer, coach, or department personnel, diagnostic testing must be done to confirm or rule out a pregnancy. The student-athlete must sign a release of information from the health center in order for results to be given to the staff athletic trainer and team physician. Florida State University will pay for diagnostic testing. All further medical costs due to pregnancy will be incurred by the student-athlete. Each female student-athlete must comply with Florida State University rules and regulations regarding the occurrence of a pregnancy.

Once a pregnancy is confirmed, the student-athlete must have a gynecological exam and a determination must be made as to the stage of the pregnancy. This information will be given to the team physician so that a determination can be made of the student-athlete's ability to continue their sport. The Director of Sports Medicine will also be notified.

### **PROCEDURE**

If the student-athlete states that she believes she is pregnant or the athletic trainer believes the student-athlete is pregnant due to signs and symptoms (and the coaching staff is unaware), the student-athlete must have a pregnancy test at University Health Services or the Mahan Medical Clinic. Student-athletes with confirmed pregnancy will be encouraged to let her coach know about the situation. If the student-athlete declines to allow information to be released to their coach, any withholding from practice will be explained as an undisclosed illness. The Director of Sports Medicine and team physician will be given information regarding the pregnancy and the future course of action. The team physician will then make a decision regarding the student-athlete's ability to continue play, weighing the risk for both the student-athlete's health and ability to maintain the pregnancy. If a student-athlete is permitted to participate in their designated athletics program, a waiver will be drafted and approved by the Florida State University Department of Athletics legal counsel. The team physician will also make any decisions regarding activity status during pregnancy and return to activity following pregnancy outcomes on an individual basis.

Student-athletes participating in athletics during pregnancy can be medically disqualified by their obstetrician and team physician due to the risk of sport participation for the student-athlete and the integrity of the pregnancy. Student-athletes may return to full-activity post-delivery.

It is the policy of the NCAA and Florida State University that no student-athlete's scholarship status be affected by pregnancy.

### **Our referring obstetrician:**

Gynecology and Obstetrics Associates  
Dr. Jana Foresthofel  
1402 Centerville Rd.  
Suite 4200 Professional Office Building  
(850)877-3549

**Student-Athlete Pregnancy Policy**  
**Student-Athlete Acknowledgement Signature**  
**(to be turned in and kept on file in the athletic training room)**

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I, \_\_\_\_\_ have read, understand and will abide by the above pregnancy policy.

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Student-Athlete Signature

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Date

## **TYPE 1 DIABETES**

### **POLICY**

The Florida State University will act in accordance with the position statement published by the National Athletic Trainer's Association (NATA) in 2007. The goal we hope to achieve in the treatment of Type I Diabetes is to maintain blood-glucose levels within a normal range without inducing an unnecessary hypoglycemic event.

### **PROCEDURE**

#### **Preparticipation Physical Exam**

Prior to beginning their athletic careers at Florida State University, all student-athletes will undergo a thorough physical exam with a team physician.

- If a student-athlete exhibits signs or symptoms of diabetes he/she will be required to follow the instructions of the team physician and/or team athletic trainer.
- The team physician and the team athletic trainer will develop a plan for the treatment of care. The plan may include referral to an endocrinologist, the sports dietitian; additional testing deemed necessary, practice limitations and possible nutritional restrictions.
- If the incoming student-athlete has previously been diagnosed with Type I diabetes, the team athletic trainer will gather previous medical records to present to the team physician for their evaluation. At this time, the team physician may develop a plan of how often they are going to meet with the student-athlete for follow-up.

#### **Diabetic Plan of Care**

Upon successful completion of the preparticipation physical, each student-athlete diagnosed with Type I diabetes will have a plan of care devised for practice, home, and away competitions. This plan of care will have input from the team physician, the team athletic trainer and the sports dietitian. The plan will encompass but not limited to the following:

- Glucose monitoring guidelines and recommendations
- Insulin therapy guidelines
- A thorough understanding of any other medications that aid in glycemic control.
- A thorough understanding of signs and symptoms of hyper-/hypo- glycemia for all involved with the student-athlete (i.e., coaches, athletic training students, strength and conditioning staff, etc.)
- Emergency contact information
- It is recommended that a medical alert tag be worn at all times

#### **Athletic Training Kits**

The student-athlete is responsible for providing his athletic trainer all the necessary supplies to treat a diabetic emergency. The supplies are to be present at each practice and competition. The supplies should include all but are not limited to the following:

- Plan of care
- Blood monitoring equipment and supplies (glucose meter, testing strips and insulin)
- Supplies to treat hypoglycemia (i.e. orange juice, non-diet soda, glucose tablets, etc.)
- Sharps container to discard lancelets or syringes adequately
- Extra batteries for glucose meter or insulin pump

#### **Recognition, Treatment, and Prevention of Hyperglycemic Events**

The team athletic trainer and the athletic training students responsible for the care of the student-athlete with Type I diabetes shall be aware and have the responsibility and ability to prevent, recognize and treat episodes of hyperglycemia and hypoglycemia. If exercise or any other activity is



seen to elevate the risk or frequency of hyperglycemic events it is recommended that the student-athlete follow-up with the team physician.

**Athletic Injury and Glycemic Control**

Athletic injuries are an inherent risk to sport. The body responds to such injuries by secreting stress hormones to aid in the healing process. Some of these hormones are the culprits of hyperglycemic states. For student-athletes with Type I diabetes, this can actually hinder the healing process because their hyperglycemic response is an exaggerated one. Diabetic student-athletes should strive to maintain normal glucose levels by constant monitoring and adequate insulin administration. When a student-athlete with Type I diabetes suffers an injury, he/she and the team athletic trainer should develop a plan for the care of the injury which includes glucose level monitoring.

## **ASTHMA**

### **POLICY**

Asthma is a disorder of the airway characterized by chronic hyper-responsiveness of the bronchi. According to the CDC, 24.6 million Americans or 8.2% of them suffer from Asthma in 2009. In 2007 the World Health Organization reported that 300 million people suffer from asthma worldwide and 250 thousand deaths had been attributed to asthma. The Florida State University Sports Medicine Department aligns itself with the position statement published by the National Athletic Trainer's Association (NATA) in 2005 in regards to the identification, treatment and follow-up care of student-athletes with asthma.

If a student-athlete has been diagnosed as an asthmatic prior to their arrival at Florida State University, further medical exams will be performed if necessary to make sure that the symptoms are under control and that the medication is correct for that student-athlete. All first-year student-athletes will undergo a thorough pre-participation exam. If signs or symptoms of asthma are found, a more in-depth work-up will be performed to find out the extent of asthma symptoms. Every student-athlete will undergo a physical exam with the team physician on each year of participation. If signs or symptoms of asthma become evident during the academic year, the team athletic trainer will refer the student-athlete to the team physician for follow-up.

### **Signs and Symptoms:**

- Chest tightness (or chest pain in children)
- Coughing
- Prolonged shortness of breath (dyspnea)
- Wheezing (especially after exercise bouts)
- Performance affected by breathing difficulty
- Use of accessory muscles to breathe
- Dyspnea when exposed to allergens or irritants
- Exercise-induced symptoms
- A well-conditioned athlete who has trouble completing tasks
- Family history of asthma
- Personal history of atopic dermatitis/eczema or hay fever

### **PROCEDURE**

#### **Treatment**

After a student-athlete is diagnosed as an asthmatic, an individualized plan of care will be developed by the team physician, team athletic trainer and student-athlete. The plan should include preventative components and asthmatic episode treatment protocols. The treatment plan should also include the following:

- Scheduled pulmonary spirometry testing
- Periodic pulmonary function test (as needed)
- List of prescriptions used by student-athlete
- Directions for each prescription for asthma
- Plan that takes into account practice dynamics and how to prevent asthmatic episodes during practice and competition
- Plan of attack should an emergency arise

#### **Education**

Each student-athlete who is diagnosed with asthma will be educated on the extent of their condition and have an opportunity to ask questions in regard to the condition. The team athletic trainer and

the team physician will educate the student athlete in the proper usage of any medication that is prescribed to them for the control of asthma and how they may interact with other prescriptions they may be on.

**Follow-up**

Student-athletes that are diagnosed with asthma, and it is being managed properly with infrequent, minor episodes shall follow-up with the team physician at least once a year during the annual pre-participation physical exam. Any student-athlete whose asthma is not under control, having frequent episodes or worsening signs and symptoms shall be referred to the team physician for further examination as soon as possible.