

Marion Military Institute  
Policies and Procedures 2009-2010

**I. COORDINATION OF TREATMENT FOR ATHLETIC SQUADS**

- A. Student athletes are expected to promptly report all of their injuries to the Head Athletic Trainer no later than 07:45-11:00AM.
- B. Directions of the team physicians, orthopedic surgeons and athletic trainers must be implemented without alteration.
- C. Coaches will neither require nor permit a sick or injured athlete to practice or participate in a contest without approval of the team physician, orthopedic surgeon as applicable, and head athletic trainer.
- D. All athletes at MMI will receive equal treatment regardless of race, color, creed, sex or athletic ability.
- E. Illnesses or injuries requiring attention during the school year (fall and spring semesters) must be reported to the Head Athletic Trainer in the athletic training room in accordance with the times listed in "A".
- F. Athletes with an illness or injury must report daily at the times listed above to the Cadet Health Center and Head Athletic Trainer to determine their daily practice status.

**II. MEDICAL EXPENSES**

- A. All medical and drug bills for **athletically related injuries** in excess of the student athlete's primary insurance coverage will be approved and paid by the department of athletics at MMI after action by the athlete's primary insurance is taken in accordance with the NJCAA, Alabama Community College Conference, and MMI athletic department policies and procedures. For injuries and/or illnesses which are deemed non-athletically related, the student athlete will be held responsible for all charges. In case there is a need for special services (athletes being seen outside the MMI physician staff), exceptions must be granted by the MMI Athletic Director and Head Athletic Trainer. **All** pre-existing injuries/conditions, which are found upon the athlete's pre-season physical examination, are the responsibility of the student athlete and not the MMI athletic Department.
- B. Off campus referrals for MD evaluation, emergency room evaluation and treatment, prescriptions, or diagnostic tests, for non-athletic related injury and all illnesses will be the student athlete's responsibility. It is then the student athlete's responsibility to report these to the Head Athletic Trainer and or the Cadet Health Center staff the next working day.
- C. Athletes are responsible for all medical expenses incurred, including student health services, without prior consent and knowledge of the athletic training staff. MMI reserves the right to refuse payment for unsolicited second opinions.

- D. The costs of illness care, not related to athletic participation, during the summer months will be the student athlete's responsibility.
- E. New injuries that occur during the summer will be the responsibility of the student athlete.
- F. Off campus summer ongoing injury coverage must be prearranged with the Head Athletic Trainer. Costs of the off-campus ongoing injury coverage that occurs without the knowledge and consent of the Head Athletic Trainer will be the student athletes' responsibility.

### **III. TEAM PHYSICIANS AND MEDICAL SPECIALIST**

- A. The medical staff at MMI are as follows:

Marion Clinic-Dr. Shane Lee

Team Orthopedic Surgeons-Andrews Sports Medicine and Orthopedic Clinic-Dr Lyle Cain

- B. The team physicians, orthopedic surgeons, etc. are available to examine any athlete who receives an injury during a practice session or athletic contest.
- C. If the services of the team physicians, orthopedic surgeons, outside specialists are needed, the athlete will be referred to them by the Head Athletic Trainer.
- D. No coach or athlete will call the team physicians, orthopedic surgeons, etc. to make an appointment for an athlete without prior knowledge and consent of the Head Athletic Trainer and Athletic Director.

### **IV. SECOND OPINIONS**

- A. The athlete may elect to seek a second opinion in all matters of health and injury. However, should the athlete elect to seek a second opinion on his/her own, the MMI athletic department reserves the right to refuse payment for the cost of such unsolicited second opinions. The only exceptions to this rule include cases in instance networking (such as HMO'S and PPO's where the athlete's insurance would not pay for surgery/services to be performed by the MMI team physicians whereas they are deemed as "out of network"), referral from MMI team physicians, or any other exceptions, which are granted by the MMI Athletic Director. Should the athlete elect not to follow the advice of the MMI Sports Medicine Team and its related specialists, they have effectively checked themselves out of the MMI healthcare management system. In order to return to participation, the athlete must receive clearances to participate from both their attending physician and the MMI medical specialists. It is the athlete's responsibility to obtain such clearances as well as any documents needed for rehabilitation or care. These documents must be brought for the MMI Head Athletic Trainer as well as the Athletic Director. Furthermore, MMI and its medical specialists are not bound by

said second opinions. This is especially true when considering a play vs. non-play decision.

- B. In the event an athlete opts to get a second opinion outside of the MMI healthcare management system, and receives services by the outside providers, the costs incurred above and beyond what it would cost by using the MMI healthcare management system, will be the student athlete's responsibility.
- C. If the student athlete decides to go outside the MMI healthcare management system, the student athlete will be responsible for his/her own transportation to the outside provider.

## V. **INJURIES AND ILLNESSES-PROCEDURES**

- A. If injured during a practice or game, the student athlete must follow the instructions of the team physicians, orthopedic MD's, or head athletic trainer as applicable.
- B. All student athletes who are injured or ill and cannot compete will be placed on the head athletic trainer's daily injury report. A copy of this report will be given to the director of athletics, cadet health center staff, and the athletes' respective coaches.
- C. If ill or injured, the final decision as to whether or not the student athlete may participate is left up to the team physicians and orthopedic MD's as applicable the head athletic trainer.
- D. If you are injured or ill, you must still report to all designated times for practices, treatments, and meetings unless specifically excused by your coach or confined to bed by the MMI athletic department medical team.
- E. The student athlete must follow all instructions of the MMI athletic training staff and its medical specialists. The head athletic trainer, cadet health center staff and team physicians will decide upon change of initiative of care, treatment, or rehabilitation programs.
- F. The student athlete will be returned to the active list only upon the direct advice or consent of the team physicians, orthopedic MD's or medical specialists.

## VI. **PHYSICAL EXAMINATIONS**

- A. The NJCAA and Marion Military Institute require an initial complete physical examination. All athletes must have this examination before participation or practicing.
- B. No student athlete will be allowed to practice or participate in an intercollegiate sport until a completed and proper physical examination has occurred. This includes the use of weight room facilities, conditioning and individual workouts.
- C. MMI, its physicians and medical specialists reserve the right to refuse payment for any diagnostic testing required to determine a student athlete's eligibility for participation in intercollegiate athletics due to any

pre-existing medical condition. In addition, MMI may have the student-athlete and his/her parents sign a waiver releasing MMI of its obligations for pre-existing conditions.

- D. Based on the physical exam and medical history, MMI and its physicians and specialists reserve the right to disqualify a student athlete from athletic participation at MMI.

## VII. **MEDICATIONS**

- A. All prescriptions needed for an athletic injury/illness will be dispensed by an MD with a written prescription.
- B. No prescriptions will be dispensed by the athletic trainers, but may be administered per a doctor's order.
- C. It is mandatory that all student athletes advise the head athletic trainer and cadet health center staff of all prescriptions they are presently taking.

## VIII. **DENTAL CARE**

- A. The student athlete is responsible for reporting any injury to his/her teeth. It must be reported immediately after it occurs.
- B. In sports that require mouth protection for all participants, the athletic department will provide mouth guards. It is the student athlete's responsibility to make sure they maintain and wear such mouth guards during both practice and competition. If the athlete sustains any injury (to head/mouth) and is ordered to wear a mouth guard by the team dentists and/or physicians, and later sustains a re-occurrence injury without wearing the prescribed mouth guard, it will be the athlete's responsibility of all repairs needed.
- C. The athletic department is not responsible for routine dental care such as having cavities repaired or dental problems not related to athletic injury.

## IX. **ATHLETIC TRAINING ROOM**

- A. General rules:
  - 1. In order to have an efficiently operated athletic training room, cooperation and help is of utmost importance.
  - 2. MMI athletic training room is coeducational; as such, appropriate attire is expected at all times. All staff, and athletes should be treated with respect at all times. Profanity, inappropriate jokes, pranks, horseplay or behavior that may be offensive to others will not be tolerated. It is against department policy to participate in or condone such behavior.
  - 3. Priority for taping and treatment will be give to the athlete whose sport is in season.

4. The athletic training room will be open at 07:45 on weekdays  
All student athletes must report injuries or illnesses by 07:45 unless they have an 08:00am class, or otherwise directed by the head athletic trainer. Student athletes with injuries will receive additional mandatory treatments before and after their practices per the head athletic trainer.
6. Athletes with illnesses must report daily at the times listed above to determine their daily practice status.
7. There is no reason for anyone to be late to practice because of needing care or taping in the athletic training room. The training room will not be tolerated as an excuse to be late to team meetings or practices.
8. If a student athlete is experiencing any kind of eating or diet difficulties, it is the student athlete's obligation to bring this situation to the athletic trainer's attention. All of these situations will be treated with confidentiality. Only the head athletic trainer is authorized to direct the student athlete to the appropriate professional medical assistance in these cases. Coaches and other staff are prohibited from making recommendations for products, supplements, and for professional assistance in matters regarding eating and diet for the student athlete.  
**Only the head athletic trainer** may provide nonmuscle-building nutritional supplements to a student athlete at any time for the purpose of providing additional calories and electrolytes, provided the substance fall within the guidelines of the NJCAA rules and regulations.

B. Specific Rules:

1. CLEATED SHOES are NOT allowed in the athletic training room except on game day.
2. Take nothing from the athletic training room without permission.
3. No horseplay or rough housing
4. **No cell phones are allowed to be used in the training room.**
5. Shorts and t-shirts are required for effective treatment of most body parts. Student athletes with inappropriate attire will be asked to leave the athletic training room.
6. Shorts or bathing suits must be worn when receiving a whirlpool treatment.
6. It is an NJCAA violation to chew or use tobacco products in athletic facilities. The athletic training room is considered a medical health care facility.
7. No food or drink is allowed in the athletic training room.
8. Behavior that exhibits a lack or respect for staff and other student athletes will result in disciplinary action.

MARION MILITARY INSTITUTE  
ACKNOWLEDGEMENT OF ATHLETIC TRAINING POLICIES AND  
PROCEDURES

I do hereby signify by my signature below that I have received and read the Marion Military Institute Athletic Training and Sports Medicine Policy statement for 2009-2010.

NAME (print): \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

SPORT: \_\_\_\_\_