

SPORTS MEDICINE: Student-Athlete Policy and Procedures



Student-Athlete P&P
Revised: 8/15/2023
Reviewed: 8/15/2023

- New student-athlete physicals and select returning student-athlete physicals must be completed by ERAU Team Physician prior to participation in any practice or competition
- The ICI Athletic Training room is open for treatment at 6:00 am, closed for and closes at 6:00pm. The Baseball / Softball Athletic Training room will be open in the fall 8:00 am. – 6:00 pm.
- Work with an athletic trainer for an acceptable time to make an effort to complete any extensive treatment or rehabs during the day.
- The Athletic Training room may not be staffed at times due to sport coverage. Refer to the white board on the door for the location of the nearest athletic trainer.
- Athletic trainers are here for your injuries, but not all injuries or soreness require treatment. Injuries will be thoroughly evaluated. A decision will be made on treatments or if the injury needs further evaluation by Team Physicians.
- Athletes must wear proper athletic attire for treatment. This includes proper shorts, shirt, and shoes; jeans are **not** permitted!
- All athletes must shower before receiving treatment and using hot tub or cold tubs
- Injuries must be reported to the Sports Medicine staff as soon as possible. Reporting promptly allows the staff to properly log all information and make decisions regarding your athletic injury.
- ERAU Team Physicians will visit the training room twice a week (Monday and Wednesday afternoons). The Sports Medicine staff will determine if you need to be seen during doctor rounds. In-season sports will be seen first if team is practicing during training room rounds.
- After appropriate evaluation, the Sports Medicine staff will decide on the need for scans such as X-Rays and MRIs.
- If the Sports Medicine staff or Team Physicians recommend that you do not participate in athletic activities, you will be held out of participation until clearance is granted by Team Physician.
- If you come to the Sports Medicine staff with an illness or non-athletic related injury, a referral will be given for you to go to health services. We will follow the recommendation of health services on your return to sport participation.
- Athletes receiving treatment for injuries or surgery must attend any and all treatment sessions until they are cleared by Team Physicians or Sports Medicine staff. Student-athletes that fail to show up or complete their rehabilitation program may be held out of participation in future athletic practices and competitions.
- Student-athletes may go for a second opinion. The Sports Medicine staff must be contacted prior to the appointment so that proper insurance procedures are followed. If ERAU Sports Medicine is not contacted prior to seeking a second opinion, **all expenses will be at the cost of the student-athlete, not ERAU Sports Medicine.**
- Sports Medicine does not provide towels for the weight room or for showers.
- Items should not be taken from the Athletic Training rooms without asking Sports Medicine staff. Any item taken should be returned and cleaned in a timely manner to its proper location.
- Student-athletes are not permitted to touch the electric modalities during treatments.
- No bags, drinks, food, or tobacco in the Athletic Training rooms.
- Student-athletes have one (1) week from the date of their last practice or competition to inform Sports Medicine staff about any athletic-related injury. This includes student-athletes who quit or are dismissed from the team. After that date, the student-athlete will be responsible for any and all charges incurred.