



MSU ATHLETIC TRAINING ROOM

The goal of the athletic training room is to provide athletes with the best possible medical care at a controlled cost. Your help in making the system work is appreciated.

MEDICAL SUPPORT STAFF

The full time staff certified athletics trainers (ATCs) in the Athletics Training Room are:

Rob Higgs, Head Trainer	994-3308
Heather Elkinton, Assistant Trainer	994-6266
Dustin Enslinger, Assistant Trainer	994-4479

In addition, the training room staff uses the services of student and graduate student athletics trainers.

REPORTING AN INJURY

In most cases, the athletics trainers will know about your injuries. If, however, you arise in the morning with an injury or illness, you must contact the Athletics Trainer responsible for your sport at the training room by 9:00 AM. If the trainers do not know your status by 9:00 AM, you become part of the practice plan.

If you become seriously ill during the night, contact one of the athletics trainers at home.

If you need to see a physician, the athletics trainers must authorize the bill. **MSU ONLY PAYS FOR INJURIES RELATED TO PARTICIPATION IN YOUR SPORT.** Under no circumstances (except in the most dire of emergencies) will MSU be responsible for a bill that is not authorized by an athletics trainer. In a dire emergency, go to the emergency room at Bozeman Deaconess Hospital and have them call an Athletics Department representative (head coach, athletics director, ATC). Do not fail to seek emergency treatment if life or limb is truly in danger. However, if it turns out not to be an emergency, the athlete will be responsible for the bill.

Be prompt when you have an appointment with a physician, physical therapist, or other healthcare provider. If you cannot keep an appointment, call and cancel.

INSURANCE

By University Policy, all Montana State University-Bozeman students are required to carry medical/hospitalization insurance. Medical insurance is available for all MSU students through a health insurance program coordinated by the Student Health Service.

Students that already have adequate insurance may request a waiver of the insurance fee upon providing proof of other health insurance coverage. In addition, the MSU Athletic Department also requires the student athlete's Health Insurance information to

be on file in the training room. In the event of an athletic injury this policy is the primary insurance. The Athletic Department has an insurance policy that provides secondary coverage for **athletic injuries only**. Secondary insurance means your personal insurance is billed first and the balance for participation-related medical bills is paid by MSU's secondary insurance and/or from departmental funds.

You must cooperate in getting bills to your insurance company promptly. Because MSU pays only for participation-related medical bills, it is imperative that you get authorization for doctor visits. You need to know in advance if the deductible and balance will be charged to you or to MSU. Once your primary insurance has processed the bill, you must present an itemized bill to the Head Athletic Trainer. The itemized bill must include both the original costs and the amount paid by the insurance company, and any balance owing. You must submit this bill to the Head Trainer immediately after you receive the notification from the insurance company. The notification from the insurance company is usually in the form of an EOB(Explanation of Benefits). Getting the bill and the EOB to the athletic trainer helps the claim get paid in a timely fashion.

TREATMENT OF INJURIES

Treatments are given in the mornings, prior to taping in the afternoon, and after practice. Early, continuous treatment is tremendously important. Two treatments a day are usually expected. Do not miss treatment. Your coach will be notified of missed sessions. The Athletics Trainers and Strength and Conditioning Coach will develop a treatment plan with the athlete.

Dress appropriately for the athletic training room environment. Inappropriately dressed athletes will not be admitted. If uncertain of appropriate attire, contact the training room staff.

REHABILITATION

MSU Team Physicians and the Athletic Training Staff will coordinate the rehabilitation and treatment of injuries. A Physical Therapist and/or other health care providers may also be involved with your rehabilitation and treatment plan. In the interest of recovering as soon as possible and returning to practice and competition, you are expected to comply fully with your rehabilitation plan.

PHYSICIANS

The physicians at the Student Health Service are the general practice team physicians. They will be involved with pre-participation exams, illnesses, and general health issues, as well as some urgent care items. Dr. Selin, Dr. Flaherty, Dr. Shapiro, Dr. Killeen, and Dr. Klega are the Student Health Service physicians. Dr. Campbell, Dr. Blake, Dr. Speth, Dr. Robinson, and their staff at Bridger Orthopedic and Sports Medicine will handle orthopedic injuries. A team physician or member of Bridger Orthopedic and Sports Medicine will attend or be on call for all games and major scrimmages.

If you decide to see a health care provider (physician, physical therapist, chiropractor, dentist, acupuncturist, i.e.) of your own choice, you must pay for the service. If you have a need not described above, please discuss it with the staff Certified Athletic Trainer responsible for your sport.

SUBSTANCE ABUSE

MSU strongly opposes the use of illegal drugs, tobacco products, and excessive alcohol. The NCAA requires you to sign a drug testing consent form every year agreeing to be tested during year round testing or at any NCAA post-season event if selected. You do not have to sign this form. However, if you do not you are not eligible to participate. Random NCAA drug testing is done throughout the year in ALL sports. This includes the summer months. **The NCAA also requires you to be declared immediately ineligible if you are caught using tobacco products, including smokeless tobacco, during practice or competition. The rule also applies to coaches and officials.** Your coach may issue additional team rules regarding conduct. Policies about drugs, alcohol, and tobacco will be included in those rules.

The Athletics Department has a policy of drug testing in any sport "for cause." This is for your protection and for the safety of your teammates. If you have questions about what constitutes "cause," please see the head or the assistant athletics trainers.

THE RESOURCE EXCHANGE CENTER (REC)

The REC is a free, confidential source of information available to all involved with NCAA athletics to inquire whether specific dietary supplements or other substances contain NCAA banned ingredients.

The REC may be accessed @ www.drugfreesport.com/rec.

On the drop-down menu select: Division I

Password: ncaa1

EATING DISORDERS

MSU is concerned about eating disorders. Disorders such as anorexia nervosa and bulimia have received considerable publicity in the past few years, as body and performance oriented people, including athletes, strive for improvement. The effects of these disorders on a young person's nutrition and overall health can be extremely serious and the coaches and athletic training staff remain vigilant in trying to prevent such problems from developing in our student-athletes.

If you or a teammate is having difficulty with drugs, alcohol, or an eating disorder, please go to your coach or the athletics trainers for help. Sometimes these problems become so serious that athletic performance, academics, and even a person's life are threatened. You would be doing yourself or a friend a favor to intervene. Confidentiality will be maintained.

PREGNANCY - PREGNANT ATHLETE INFORMATION

The following information is being made available for student-athletes who are or believe they may be pregnant.

1. It is the philosophy of Montana State University Athletics that pregnancy will be regarded as a temporary medical condition, similar to an injury, which may result in the student-athlete's inability to participate in athletics.

2. Any student-athlete who believes she is pregnant is encouraged to report the pregnancy to the Athletic Training staff.
3. In the event the student-athlete wishes to participate in intercollegiate athletics while pregnant, the athletic training staff will work with the student-athlete's physician to monitor participation.
4. A reduction or cancellation of scholarship is not permitted during the term of the award for the reason of pregnancy. Renewal and non-renewal of financial aid for a pregnant or postpartum student-athlete will be handled by the coach and the athletic department. All action will be in accordance with the NCAA and Big Sky regulations.

COUNSELING AND PSYCHOLOGICAL SERVICES

Counseling and Psychological services are available through the Student Health Service at MSU. As a student at MSU you have access to several sessions free of charge each year. The Counseling Center at MSU is located above the Student Health Service. You can contact the Counseling Center by calling 994-4531.

NUTRITIONAL SERVICES

Nutritional services are available to all MSU students through the Student Health Service. Linda Hogg R.D., LN is a Register Dietitian on staff at the Student Health Service. You can set up an appointment with Linda by calling 994-4380.

What can the dietitian DO for YOU?

- 1) DIET ASSESSMENTS
 - You keep a detailed food log for 3-7 days – recording accurate measurements of foods & fluids consumed and Linda will analyze your intake for calories, protein, carbohydrates, fats and vitamin & mineral excesses or deficiencies.
- 2) MEAL PLANNING
 - Given your usual intake and lifestyle, Linda can help you plan meals to optimize your nutrition and/or budget.
 - Need to gain or lose weight to improve your performance? Linda can help you design a meal plan that will optimize your calorie intake without compromising nutrition.
- 3) ANSWER QUESTIONS
 - Got a question about the latest fad diet, supplements, vitamins/minerals, herbal remedies, fluid replacement, etc? Bring it to Linda. If she doesn't have the answer, she'll find it for you.

ATHLETIC TRAINING ROOM RULES

- No shoes on tables (treatment and taping);

- No access to the Athletic Training Room without the presence of a certified athletic trainer or supervising student athletic trainer;
- All student-athletes must sign in/or be signed into the book when receiving treatment;
- There will be no "self-treatment" by the student-athlete; everything must be cleared by a certified or supervised student athletic trainer;
- All student-athletes should shower prior to receiving treatment;
- No tobacco products of any kind are allowed in Athletic Training Room (including chewing tobacco);
- No horseplay in Athletic Training Room;
- All student-athletes must dress appropriately;
- All student-athletes and staff will use appropriate language at all times;
- Equipment must not be taken from the Athletic Training Room without consent from a certified staff member;
- No cleats/spikes are to be worn in the Athletic Training Room;
- No loitering; only those receiving treatment will be allowed in the Athletic Training Room; and
- Bags and equipment must be left in the locker room or placed in the hallway to avoid crowding.