



Upper Midwest Athletic Conference Medical Guidelines

Last Updated: August 10, 2022

I. EXPECTATIONS

- A. All UMAC athletic trainers are expected to be familiar and to adhere to the guidelines stipulated in the *NCAA Sports Medicine Handbook*, developed and distributed annually by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports.
- B. The UMAC expects athletic trainers to do their utmost to ensure the health and welfare of student-athletes, regardless of which team the student-athlete is from. The primary focus of the athletic trainer should be on injury-prevention and care of those injuries that do occur.
- C. UMAC athletic trainers are expected to keep themselves apprised of current trends and developments in sports medicine.
- D. Athletic trainers are responsible for processing of institutional medical hardship waivers. In consultation with the athletic director and/or compliance designee, athletic trainers should ensure that the necessary hardship waiver paperwork is accurate and complete prior to submission to the UMAC office.
- E. Athletic trainers are responsible for ensuring that each institution has an educational program and/or resource person in place to ensure that student-athletes can make informed medical decisions (including such areas as dietary supplements, mental health).
- F. Athletic trainers will be called Certified Athletic Trainers (ATC) as recommended by the National Athletic Trainers Association (NATA) or Athletic Trainers in all written or verbal transactions.

II. MEDICAL COVERAGE OF CONTESTS

- A. UMAC championships and end-of-season tournaments shall be covered by an ATC and/or qualified medical personnel (i.e. physician) as required by UMAC guidelines.
- B. Regular season UMAC events shall at minimum meet the following coverage requirements.
 - 1. Full contact sports (football) – An ATC and licensed EMT (MD strongly preferred) must be on site – physically present and visually watching the competition. It is required that an ambulance be available.
 - 2. Partial contact/high-risk sports (baseball, m/w basketball, indoor and outdoor track & field, m/w tennis, m/w soccer, m/w cross country, softball, volleyball) – An ATC from host institution must be on site – physically present and visually watching the competition.
 - 3. Non-contact sports (m/w golf) – An ATC must be on site or available via a communication device.
 - 4. Any non-credentialed student traveling with the intent of providing any athletic training services without a supervising certified athletic trainer on behalf of an institution is not permitted to do so at facilities, away practices, or contests.

III. JURISDICTION

- A. Matters pertaining to the treatment of injuries rest with the professional medical staff at each institution.
- B. A physician(s) designated by the institution shall have absolute and unquestioned authority on all medical decisions, including those related to a return to competition for all participants.
- C. Requests for non-emergency services (e.g., taping) by game officials surrounding contests should be accommodated by athletic trainers, provided such activities do not interfere with the duties of the athletic trainer(s) in the treatment and/or preparation of student-athletes and officials supply their own necessary tape/equipment.

IV. HOST INSTITUTION

- A. Host institution must have certified athletic training coverage for every “home” contest.
- B. Certified Athletic Trainer must be present 90 minutes prior to first competition of the day available to assist the visiting team and they must remain in the gym, on the field, etc., during the entire contest. Visiting training needs must be finished 30 minutes prior to game time. The certified athletic trainer will be at game site 30 minutes prior to start time.
- C. All injuries, including concussions, must be recorded and communicated to a member of the visiting team’s training staff and coaching staff.
- D. An Emergency Action Plan should be in place for each institution. These plans should be updated as needed and posted on the UMAC website.
- E. Water and ice will be provided by the home team. Cups will be provided by home team upon request.
- F. Visiting student-athletes are only to be treated and provided care/coverage from the certified athletic trainer covering the contest. Student trainers are not allowed to provide care for visiting student-athletes, including even the taping of ankles or similar care.

V. TRAVELING INSTITUTION

- A. It is the responsibility of each traveling institution to communicate clearly to the host institution the expectations, duties and responsibilities that can be assumed by any athletic trainers traveling with a team. Likewise, it is the responsibility of the host institution to communicate back to the traveling institution any concerns relative to the limitations and any expectations placed on the host institution to provide coverage or supervision. The method of communicating (e.g., letter, e-mail, telephone) this information is left to the discretion of each institution.
- B. The traveling institution is responsible for ensuring that the following conditions are met:
 - 1. Arrangements are made ahead of time with the host institution in the event the traveling team is not accompanied by an ATC. Please refer to and use the **UMAC Athletic Training Request for Routine Treatment form**.
 - 2. Prior arrangements are made with the host institution for any necessary modality treatments. Host institutions are not responsible for the pre-game taping, care or modality treatments of visiting teams unless prior arrangements have been made. Athletes needing pre-game training treatment (beyond basic taping) must notify the home trainer in writing on hard copy or e-mail in advance of the contest.
 - 3. All teams are responsible for having their own water bottles.

4. Visiting team must bring their own medical supplies including but not limited to specifically crutches, immobilizer, ace wraps and taping supplies. Following a contest, if the visiting team must take any type of supplies or equipment that belongs to the home team, the visiting team is responsible for returning such supplies or equipment within seven days and the visiting team is responsible for covering any related expenses in returning such supplies or equipment.
- C. It is the responsibility of the visiting team's coaching staff/administration to notify the parent/guardian of the injured athlete.
- D. The visiting team must have a plan in place in the event an athlete needs to be held overnight at a local hospital.
- E. Sports that require travel from the visiting team: Varsity and JV Football
 1. Sports that are Institutional decisions
 - i. Soccer
 - ii. Volleyball
 - iii. Cross Country
 - iv. Basketball
 - v. Softball
 - vi. Baseball
 - vii. Track and Field
 - viii. Tennis
 2. Sports where no travel is needed
 - i. Golf
- F. Host schools should be made aware of traveling student-athletes that are high risk for emergencies (asthma, allergies, diabetes, etc.). These athletes can be noted on the standard **UMAC Athletic Training Request for Routine Treatment form** for traveling teams.

VI. CONCUSSION GUIDELINES

- A. **NCAA Guidelines:** The NCAA Sports Medicine Handbook will be followed and adhered to by all conference schools and will govern this code item.
- B. **Signs and Symptoms of a Concussion**
 1. **Signs:** Appears dazed or stunned, displays confusion, forgets assignments, unsure of game, score or opponent, moves lethargically or clumsily, answers questions slowly, shows any loss of consciousness, behavior or personality changes, unable to recall events prior to or after injury.
 2. **Symptoms:** Amnesia, confusion, headache or pressure in the head, loss of consciousness, balance problems or dizziness, double or fuzzy vision, sensitivity to light or noise, nausea, feeling sluggish, foggy, or groggy, unusually irritable, concentration or memory problems, slowed reaction time.
 3. **Evaluation:** Any student athlete exhibiting any of the above signs or symptoms must be evaluated by a licensed medical staff member (i.e. a Certified Athletic Trainer either from your institution or from the host school) prior to being allowed to return to activity. If a licensed medical staff member is not available the student athlete may not return to activity.
 4. **Disqualifying Factors:** Any athlete diagnosed with a concussion as deemed by the evaluating medical professional will be withheld from activity for a minimum of two days. In the absence of a licensed medical staff member employed by the institution, the host licensed medical staff member has the unchallengeable authority to determine management and return to play status of any injured

athlete.

5. **Injury Reporting:** Coaches and student athletes accept the responsibility for immediately reporting injury and illness to the medical staff including the signs and symptoms of concussion. An injury report should be completed when assessing a visiting athlete using SCAT5. This assessment information should be then sent to the athletic training staff from the injured athlete's institution (via e-mail or hand carried by the coach in a sealed envelope to the athletes ATC w/a phone call or e-mail to advise them that the documents are on their way). The documents should be sent to the athlete's ATC within 24 hours.
6. **Return to Play:** If a visiting team's student-athlete is diagnosed as to have a concussion, the student-athlete is not eligible to return to competition until the student-athlete is cleared in accordance with the student-athlete's institutional policy on concussion management.
7. **Education:** Each host institution agrees to educate each of its student athletes and coaches about the above criteria for evaluation and disqualification for travel in the UMAC.
8. The assessment and treatment of concussions by athletic trainers in the UMAC will mirror the NCAA policy regarding concussion management. It is the responsibility of each student-athlete to be honest and prompt in reporting any possible injury, including a concussion, to his/her coach or athletic trainer in order that he/she be properly evaluated and treated. It is the responsibility of the athletic training staff and physicians to evaluate athletes without regard to providing either team with a competitive advantage or disadvantage. It will be the role of the host athletic trainer to provide appropriate medical care to the visiting school to have an athlete evaluated and treated. Athletic trainers will assess an athlete as having a concussion per the fact that he/she has signs and symptoms of a concussion. The host athletic trainer would disqualify the athlete with a concussion from competition for the remainder of that day. The athlete will have to be cleared by his/her own school's team physician or physician's designee in order to return to competition per his/her school's concussion management plan.

VII. INFECTIOUS DISEASES

- A. UMAC member schools shall be required to formally disclose to competing schools any outbreak or cluster of any infectious diseases or conditions that, in the member school's discretion, pose a serious risk to the health or safety of students, student athletes and/or staff. These possible diseases include but are not limited to staphylococcal infections, Methicillin-resistant Staphylococcus Aureus (MRSA), herpes simplex, herpes zoster, impetigo, influenza, mononucleosis, roto virus, noro virus, pertussis, etc.
- B. In accordance with the Center for Disease Control (CDC) guidelines, "A disease outbreak is a greater-than-expected number of cases that occurs in a group of people in a geographic area over a period of time". If an outbreak or cluster occurs involving students, student-athletes and/or staff over a 14-day period, the involved school's Director of Athletics (or someone designated by the Director of Athletics) shall notify in writing the UMAC office. At the time of disclosure, the involved school shall also provide basic guidelines for the prevention of the involved disease that are being carried out for all students, student-athletes and staff involved.
- C. The involved school's Athletic Training and/or Medical Staffs are encouraged to communicate with each other to share diagnostic, treatment, and education plans. Sharing of information such as the number of cases, the frequency at which those cases

developed, and if new cases have occurred since the possible exposure may be helpful information in the treatment and prevention process.

- D. Any schools disclosing the outbreak or cluster of the involved disease are not required to identify individual cases (i.e. names of the individuals involved) but must identify the involved disease, the involved sport or sports and the date(s) of the confirmed diagnosis.

VIII. SPORT SPECIFIC REQUIREMENTS

A. FOOTBALL

1. Licensed EMT must be on the sidelines for all home games with the ability to transport (i.e. ambulance). Medical Doctor (MD) still strongly encouraged and highly recommended as well.
2. A certified athletic trainer must travel with each football team.
3. On-field
 - a) Water (Two 10 gallon coolers with cups/water bottles)
 - b) Ice (1 chest with bags)
 - c) Ambulance
 - d) Splints (1 set)
 - e) Crutches (1 set of each size)
 - f) Table (1 taping/treatment)
 - g) Radio or cell phone
 - h) Physician
 - i) Biohazard
 - j) AED available
4. Locker Room
 - a) Water (One 10 gallon with cups/water bottles)
 - b) Ice (1 chest with ice bags)
 - c) Tables (2 taping/treatment)
 - d) AED available with host athletic trainer
 - e) Cell phone of host athletic trainer provide to coaches if needed
 - f) Host athletic trainer will be on site or at one of the sites

B. GOLF (M/W)

1. The conference office shall arrange for the services of an ATC to staff the UMAC Golf Championships when they are conducted on a neutral course
2. Host athletic trainer available with basic supplies
3. AED available (either supplied by the course or host school)

C. SOCCER (M/W)

1. Water (One 10 gallon cooler on each sideline with cups/water bottles)
2. Ice with bags
3. Towels (2)
4. Splints (1 set of each size)
5. Crutches (1 set of each size)
6. AED available
7. Biohazard container
8. Garbage receptacle
9. Table (1 taping/treatment)
10. Blood kit (home side)

D. VOLLEYBALL

1. Water (One 10 gallon cooler on each sideline with cups/water bottles)
2. Ice with bags
3. Towels (2)
4. Splints (1 set of each size)
5. Crutches (1 set of each size)
6. AED available
7. Biohazard container
8. Garbage receptacle
9. Table (1 taping/treatment)
10. Blood kit (home side)

E. CROSS COUNTRY (UMAC Championship Event Coverage)

2 covering ATCs required

1. Water (One 10 gallon cooler on each sideline with cups/water bottles)
2. Ice with bags
3. Towels (2)
4. Splints (1 set of each size)
5. Crutches (1 set of each size)
6. AED available
7. Biohazard container
8. Garbage receptacle
9. Table (1 taping/treatment)
10. Blood kit

F. BASKETBALL (M/W)

1. Water (One 10 gallon cooler on each sideline with cups/water bottles)
2. Ice with bags
3. Towels (2)
4. Splints (1 set of each size)
5. Crutches (1 set of each size)
6. AED available
7. Biohazard container
8. Garbage receptacle
9. Table (1 taping/treatment)
10. Blood kit (home side)

G. BASEBALL/SOFTBALL

1. Water (One 10 gallon cooler on each sideline with cups/water bottles)
2. Ice with bags
3. Towels (2)
4. Splints (1 set of each size)
5. Crutches (1 set of each size)
6. AED available
7. Biohazard container
8. Garbage receptacle
9. Table (1 taping/treatment)

10. Blood kit (home side)
11. Institution radio or host athletic trainer's cell phone number available in the visiting team's dugout

H. TRACK AND FIELD (UMAC Championship Event Coverage)

2 covering ATCs required

1. Water (One 10 gallon cooler on each sideline with cups/water bottles)
2. Ice with bags
3. Towels (2)
4. Splints (1 set of each size)
5. Crutches (1 set of each size)
6. AED available
7. Biohazard container
8. Garbage receptacle
9. Table (1 taping/treatment)
10. Blood kit

I. TENNIS (M/W) (UMAC Championship Event Coverage)

1. Water (One 10 gallon cooler on each sideline with cups/water bottles)
2. Ice with bags
3. Towels (2)
4. Splints (1 set of each size)
5. Crutches (1 set of each size)
6. AED available
7. Biohazard container
8. Garbage receptacle
9. Table (1 taping/treatment)
10. Blood kit (home side)
11. Cell phone of host athletic trainer provided to coaches if needed

IX. WEATHER - See UMAC severe weather policy.

- A. The UMAC and its full members will contract with a weather service/alert vendor to provide weather information and alert capabilities/information. UMAC full members and its game-management and ATC staff members must use this system and vendor in accordance with the UMAC Severe Weather Policy.

X. UMAC SPORTS MEDICINE COMMITTEE

- A. The UMAC Sports Medicine Committee shall be comprised of the head athletic trainer at each UMAC institution.
- B. The Certified Athletic Trainers will meet annually in May. Note: All members need to be prepared for the potential of an in-person meeting.