



STONY BROOK UNIVERSITY DEPARTMENT OF CAMPUS RECREATION

Athletic Training Policies

This manual is for the benefit of all sports clubs to know the protocols and procedures that the Athletic Trainers (AT) at Stony Brook will be using for injuries. This is so the Sports Clubs can fully understand what a student-athlete will go through if an injury occurs. If you have any questions please contact Marie.Turchiano@stonybrook.edu for questions or concerns.

Injuries	2-5
General Information	2
Hours of Operation	2
Rules of the Athletic Training Room	2-3
Team Physician	3
Documentation Procedure	3-4
Evaluation Procedure	4
Rehabilitation Procedure	4
Return to Play.....	4
Medical Records and Release of Information.....	5
Concussions	5-8
General Information.....	5
Medical Clearance.....	5-6
On-Field Evaluation Procedure.....	6
Immediate Referral.....	6
Instructions for Homecare Post-Concussion.....	7
Post-Medical Clearance.....	7
Follow Up Evaluation.....	7-8
Concussion RTP Protocol	8

Department of Campus Recreation

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STONY BROOK UNIVERSITY

DEPARTMENT OF CAMPUS RECREATION

Injuries

General Information

This document outlines procedures for sports clubs who are advised by the Department of Stony Brook Campus Recreation to follow when managing and documenting injuries/illnesses. The Department of Campus Recreation seeks to provide a safe return to activity for all club sport athletes after injury. In order to effectively and consistently manage these injuries, procedures have been developed to aid in ensuring that injuries are identified, treated, referred, and documented appropriately.

Athletic Trainers specialize in the acute care and prevention of athletic injuries and illnesses, treatment, rehabilitation and education, as well as referral services to more specialized medical professionals. Our mission is to provide the highest possible standard of care to Stony Brook club sport athletes, regardless of race, sex or other personal differences.

The Athletic Training Room is located on the second floor of the Walter J. Hawrys Campus Recreation Center in the Wellness Resource Room.

Stony Brook, Department of Campus Recreation assumes no responsibility or liability for any consequences resulting directly or indirectly for any action or inaction you choose based on the information, or services provided.

Hours of Operation

The Campus Recreation Athletic Training Room at Stony Brook University will be open weekdays for evening evaluations and treatment appointments. Weekend hours will be based on club sport teams' game schedules. The Athletic Trainer will determine hours based on availability and weekly hours will be posted in the Walter J. Hawrys Campus Recreation Center.

Rules of the Athletic Training Room

- Treatments are conducted on first come-first serve basis; in-season athletes have priority, and will be appointment based.
- The Athletic Training Room cannot be used as an excuse for lateness to any team activities or classes. Treatments will only be given upon approval from the Sports Medicine Staff (Athletic Trainers and/or team doctors), and should be continued until determined by the Sports Medicine Staff.
- No student-athlete is to use Athletic Training Room modalities/equipment without supervision from the Athletic Trainer.
- The Athletic Training Room is a co-ed facility; student-athletes should dress appropriately at all times. This includes the need for loose fitting or athletic tops,

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DEPARTMENT OF CAMPUS RECREATION

shorts and sneakers. Student-athletes will not be permitted to change in the Athletic Training Room for any reason. No cleats, equipment, bags, food, or tobacco products are permitted at any time.

- Student-athletes must act in a respectful manner at all times. Foul or abusive language will not be tolerated and will be grounds for removal.
- Athletic Training Room phones and computers are not to be used by student-athletes at any time.
- The Athletic Training Room is a medical facility, not a hangout! Those who do not need treatment will be asked to leave.

Team Physician

The Department of Campus Recreation Club Sports Team Physician is Dr. Anthony Pesce. He is available to club sport student-athletes by appointment only, at Stony Brook University's Student Health Services. The Sports Medicine Team will make appointments and times for the clinic, as well as any necessary follow up appointments at Dr. Pesce's discretion.

The team physician is the final authority concerning when the student-athlete should be removed from participation for medical reasons, and when the student-athlete may return to partial or full participation. Only the Athletic Trainer in the absence of the team physician may clear an athlete for return to activity or restrict their participation. Athletic training students must refrain from making these decisions or from having this discussion with the athlete and/or coaches unless directly instructed to do so by the certified athletic trainer.

Documentation Procedure

All injuries/illnesses that require the attention of the athletic training staff must be properly recorded on the "injury log sheet" and an "initial injury form" must be filled out. Also, MD referrals (appointments), diagnostic test appointments, diagnostic test results, MD diagnosis, including referrals to health service must be logged promptly. Athletic training students must have **ALL** documentation signed off by an Athletic Trainer immediately.

An "initial injury form" must be completed on the field or at the time of injury. A more detailed evaluation will be conducted giving detailed information regarding the history, evaluation and treatment plan. It should be documented in SOAP note format, and filed in the Athlete's chart.

- All injuries/illnesses must be recorded on proper "injury log sheet" and "initial injury form" immediately post practice or game.
- All injuries must have an "initial injury" evaluation form completed.

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STONY BROOK UNIVERSITY

DEPARTMENT OF CAMPUS RECREATION

- Intramural and Athletic Training Room injuries are recorded on a specific injury sheet that can be found behind the CRC front desk. No follow up evaluation or SOAP note is required for non-club sport athletes.
- Be sure the Athletic Trainer has been consulted with for all injuries recorded.
- Instruct the athlete to report to the Athletic Training Room the next morning for re-evaluation, treatments or referral.
- Non-club sport athletes should be advised to make an appointment with Health Services if the injury warrants referral.
- Athletic training students who believe that an athlete should be medically referred **must consult with Athletic Trainer** prior to suggesting medical referral to the athlete.
- Injuries taking place at the practice field or at an away competition must be documented with the Department of Campus Recreation within 24 hours. **Failure to report an injury could result in club sanction.**

E-mail the Injury Report to Rose Faber at rose.faber@stonybrook.edu

Evaluation Procedure

Evaluations will be conducted in the Walter J. Hawrys Campus Recreation Center Athletic Training Room and must be made via appointment with the Athletic Trainer. The Walter J. Hawrys Campus Recreation Center Athletic Training Room is located on the second floor in the Wellness resource room. It is the athlete's responsibility to schedule the follow up evaluation after the initial injury.

An athletic training student who conducts an evaluation should complete the initial injury form immediately, with consultation with an Athletic Trainer regarding the evaluation findings and complete the necessary documentation for the Athletic Trainer signature.

Rehabilitation Procedure

The Athletic Trainer will hold weekly treatment hours. Treatments will be provided under the Athletic Trainer's discretion. Club sport athletes must contact the Athletic Trainer to schedule time slots for treatment sessions.

Athletes who have had an initial injury evaluation and have been placed on a rehabilitation protocol must have documentation of their program. The completed initial injury evaluation must be attached to the rehabilitation chart. The athlete's chart is to be kept in alphabetical order and filed in the appropriate team folder located in the file cabinet drawer. Athletic training students, in consultation with the supervising Athletic Trainer, may progress the athlete's rehabilitation program accordingly, but must record the SOAP notes daily.

Return to Play

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STONY BROOK UNIVERSITY

DEPARTMENT OF CAMPUS RECREATION

If you sustain any injuries, you must see the Athletic Trainer, and get cleared by him/her before returning to play!-If a club member returns to play without clearance, the club will be sanctioned.

Medical Records and Release of Information

The Department of Stony Brook Campus Recreation, Athletic Training program operates under all applicable FERPA (Family Educational Rights and Privacy Act of 1974) and HIPAA (Health Insurance Portability and Accountability Act) laws. All medical and insurance records are kept strictly confidential, and can be issued to third parties only under direct permission from the student-athlete. All student-athletes are required to sign a HIPAA Release Form prior to participating. This form is used to educate the student-athletes and ensure that they understand all appropriate privacy laws. Following New York State law, all medical and insurance records are kept for a minimum of seven years after a student-athlete's graduation, at which time they are shredded and discarded in an appropriate fashion.

Concussions

General Information

This protocol outlines procedures for the Stony Brook Campus Recreation Staff to follow, when managing head injuries, and outlines policy as it pertains to return to play (RTP) issues after concussions. The Department of Campus Recreation seeks to provide a safe return to activity for all club sport athletes after injury, particularly after a concussion. In order to effectively and consistently manage these injuries, procedures have been developed to aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care, and are fully recovered prior to returning to activity.

Medical Clearance

Any athlete suspected of having a concussion or removed from participation must first have medical clearance from a physician or appropriate healthcare provider before beginning the RTP protocol.

The health care provider may or may not order a CT scan or MRI. However, if these tests are performed, and are normal, that does not rule out the presence of a mild traumatic brain injury commonly known as a concussion.

Ideally, all high risk contact club sport athletes should be baseline tested before the season begins in the SAC and/or BESS tests. It is the individual club sport teams' responsibility to make an appointment with the Athletic Trainer to schedule baseline

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STONY BROOK UNIVERSITY

DEPARTMENT OF CAMPUS RECREATION

tests. Attached are copies of the SAC – Standardized Assessment of Concussion and BESS- Balance Error Scoring System.

Participating before clearance will result in club sanctioning.

On-Field Evaluation Procedure

1. The SAC Test should be implemented by the Athletic Trainer immediately after a concussion is suspected to provide a brief, objective tool for assessing the injured athlete's cognitive status during the acute period post-concussion.
2. Symptoms Evaluation
3. Neurologic Exam
4. Mental Status Testing

√ Orientation

√ Concentration

√ Anterograde /Retrograde Amnesia

Athletes Status will be monitored every 5 min

Immediate Referral

The following requires that the athlete be **transported immediately** to the SBUMC emergency department:

- Loss of consciousness on the field
- Deterioration of neurologic function
- Decreasing level of consciousness
- Decrease or irregularity in respirations
- Decrease or irregularity in pulse
- Unequal, dilated, or unreactive pupils
- Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding
- Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation
- Seizure activity

Instructions for Homecare Post-Concussion

An athlete with a concussion should be instructed to avoid taking medications after the injury. Acetaminophen and other medications should be given only at the recommendation of a physician. Additionally, the athlete should be instructed to avoid ingesting alcohol, illicit drugs, or other substances that might interfere with cognitive function and neurological recovery.

Any athlete with a concussion should be instructed to rest, but complete bed rest is not recommended. The athlete should resume normal activities of daily living as tolerated while avoiding activities that potentially increase symptoms. An athlete with a concussion should be instructed to eat a well-balanced diet that is nutritious in both quality and quantity.

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DEPARTMENT OF CAMPUS RECREATION

An athlete should be awakened during the night to check on deteriorating signs and symptoms only if he or she experienced Loss of Consciousness, had prolonged periods of amnesia, or was still experiencing significant symptoms at bedtime. The purpose of the wake-ups is to check for deteriorating signs and symptoms, such as decreased levels of consciousness or increasing headache, which could indicate a more serious head injury or a late-onset complication, such as an intracranial bleed. If such conditions are noted the athlete should be transported to the nearest emergency department immediately.

Post-Medical Clearance

Once the athlete has received full medical clearance by his/her physician, or healthcare provider, the next step is to schedule an appointment with the Sport Clubs' Athletic Trainer for a follow-up evaluation. After successful completion of each stage of the RTP protocol both the athlete and the Athletic Trainer conducting the test will sign the form provided. **The athlete is not to return to practice and/or team events until meeting with the Athletic Trainer and successfully completing the RTP protocol as outlined. The Athlete is not permitted to return to any club sport activity until cleared by the Athletic Trainer.**

Stony Brook Campus Recreation Concussion Return to Play (RTP) Protocol

BELOW IS A SAMPLE SEQUENCE A STUDENT ATHLETE WILL FOLLOW AFTER A CONCUSSION HAS BEEN DIAGNOSED. THE ATHLETIC TRAINER WILL FOLLOW A SIMILAR PROTOCOL TO THE ONE BELOW.

Follow Up Evaluation

- Rest until Asymptomatic – once subjectively Asymptomatic implement the BESS Test
- Proceed to RTP Protocol if test is within normal limits
- Start RTP Protocol

Day 1 → Fast Walk/Stationary Bike 15-20 minutes with supervision

- Any return in symptoms stop
- When Asymptomatic for 24 hours proceed to Day 2
- If Symptomatic post exertion within 24 hours, rest until asymptomatic Start with Day 1 again

Day 2 → Jogging/Running 20 minutes @ 70% Max Heart rate

- Any return in symptoms stop
- When Asymptomatic for 24 hours proceed to Day 3
- If Symptomatic post exertion within 24 hours, rest until asymptomatic start again with Day 2

Day 3 → Non-Contact Sports Drills for 30-45 minutes

- Any return in symptoms stop
- If athlete is Asymptomatic for 24 hours proceed to Day 4
- If Symptomatic post exertion within 24 hours, rest until asymptomatic start again with Day 3

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STONY BROOK UNIVERSITY

DEPARTMENT OF CAMPUS RECREATION

Day 4 → Full Participation in practice without contact

- Any return in symptoms stop
- When Asymptomatic for 24 hours proceed to Day 5
- If Symptomatic post exertion within 24 hours, rest until asymptomatic start again with Day 4

Day 5 → Full Practice No Restrictions

- Any return in symptoms stop
- When Asymptomatic for 24 hours proceed to Day 6
- If Symptomatic post exertion within 24 hours, rest until asymptomatic start again with Day 5

Day 6 → Cleared for RTP No Restrictions

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