

## CONTACT INFORMATION

Athletic Training Facility ..... 847.735.5296  
Athletic Training Emergency ..... 847.951.2885

## Athletic Training Policies and Insurance Brochure

### Athletic Training Room Hours of Operation

Monday, Tuesday, Wednesday, and Friday  
9:30a.m. – 7:00p.m.  
(Closed from 12-1pm for Lunch)

Thursdays: 1:30p.m. – 7:00p.m.

Weekend Coverage varies pending intercollegiate athletic contest schedules.

Please note that beginning at 2:30p.m. daily, including all weekend hours, practice preparation and contest coverage for in-season varsity intercollegiate athletics takes precedent over all other treatments beyond emergencies and pressing first aid care. Please make every attempt to visit the athletic training room prior to this time.

**Appointments are strongly encouraged.**

### **Athletic Training Facility Locations:**

Sports and Recreation Center  
Hals Hall - Fall Season Only

All policies are found at <http://www.goforesters.com/>  
under the Athletic Training tab.



**Athletic Training  
Athletic Department  
555 N. Sheridan Rd.  
Lake Forest, IL 60045  
847.735.5296 F 847.735.6057**

## EXCESS INSURANCE POLICY

It is important to know that athletic insurance provided by Lake Forest College is offered on an “excess” basis only; meaning expenses must first be submitted to the student’s or parents’ insurance policy. The athletic insurance policy provides coverage for injuries incurred while participating in official team play or practice of intercollegiate sports, including sponsored and authorized team travel. **The coverage applies only to “in season” varsity athletic-related injuries sustained during supervised off-season strength and conditioning workouts and is considered to be excess to all other valid and collectible medical insurance policies.** An athletic injury is defined as an unexpected, sudden and definable event, which is the direct cause of a bodily injury, independent of any illness, prior injury, or congenital predisposition.

It is important that both student-athletes and parents understand the basic procedures necessary in facilitating insurance coverage and payment of athletic injury bills.

When a student is injured in a varsity athletic activity, it is the responsibility of the student-athlete to report the injury to the coach or ATC immediately, but no later than 14 days from the date of injury.. Treatment must start within 180 days from the date of the injury. Expenses must be incurred within 52 weeks from the date of injury.

The injured student-athlete must then file his/her claim with his/her insurance carrier. **Remember: the first line of coverage for all varsity athletic injuries is the student and/or parents’ insurance carrier.**

If the student-athlete’s insurance does not cover the entire amount of the bill, the College’s athletic insurance will offset the billing difference on athletic injuries as long as the appropriate procedures and time limits are followed. However, there will be a **\$2,500 deductible** for each injury. If the student-athlete has the Lake Forest College Health Insurance, this deductible is waived and covers 80% of benefits.

## INJURY AND ILLNESS POLICY

### INJURY:

- Any injury must be reported to a staff athletic trainer immediately.
- Treatments are before, between and after classes, and before and after practice.
- You must be on time for all classes, meetings, weights, conditioning and practices. (DO NOT use treatments as an excuse).
- If you are unable to fully participate in all of practice, weights or conditioning, you must receive treatment following the workout.

### ILLNESS:

- If you are sick (vomiting, diarrhea, sore throat, fever, etc.), you may contact the Student Health Center (847-735-5050) to schedule an appointment.
- If you have been excused from the workout by the staff athletic trainer or coach because of an illness, you must stay confined to your room. If missing class notify your professor by email and let them know you are ill. Daily follow up on your condition with your coach is recommended.

### SURGICAL / LONG TERM REHABILITATION:

- If you have had surgery or are participating in long-term rehabilitation, as determined by the Lake Forest College Team Physician, you need to report to the athletic trainer to arrange rehabilitation times.
- Rehabilitation will be conducted by the Athletic Trainer, Strength and Conditioning Coach or by off campus physical therapist. This decision will be made in conjunction with the Student-athlete, Athletic Trainer and attending Physician as for the best possible outcome for the student-athlete prognosis.

## HEAT ILLNESS

Intense exercise, hot and humid weather, and dehydration can seriously compromise athlete performance and increase the risk of exertional heat injury. Report problems to medical staff immediately.

<i>Report your Symptoms</i>	<i>Know the Signs</i>
High body temperature	Muscle Cramping
Nausea	Decreased Performance
Headache	Unsteadiness
Dizziness	Confusion
Unusual Fatigue	Vomiting
Sweating has stopped	Irritability
Vision Problems	Pale/Flush Skin
Fainting	Rapid/Weak Pulse

## SICKLE CELL TRAIT

Sickle Cell Trait is not a disease. Sickle Cell Trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle Cell Trait will not turn into the disease. Sickle Cell Trait is a life-long condition that will not change over time.

- During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or "sickle."
- Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
- During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- Heat, dehydration, altitude and asthma can increase the risk for, and worsen complications associated with, sickle cell trait, even when exercise is not intense.
- Athletes with Sickle Cell Trait should not be excluded from participation; precautions can be put into place.

## CONCUSSIONS

### WHAT IS A CONCUSSION?

A concussion is a brain injury with:

- Is caused by a blow to the head or body
- From contact with another player; hitting a hard surface such as the ground, ice or floor or being hit by a piece of equipment such as a bat, lacrosse stick or ball;
- Can change the way your brain normally works;
- Presents itself differently for each athlete;
- Can occur during practice or competition in ANY Sport;
- Can happen even if you don't lose consciousness.

### HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can appear hours or days after the injury.

Concussion symptoms include:

- Amnesia
- Confusion
- Headache
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea (feeling that you might vomit)
- Feeling sluggish, foggy or groggy
- Feeling unusually irritable
- Concentration or memory problems (forgetting game plays, facts, meeting times)
- Slowed reaction time

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

**Don't hide it.** Tell your athletic trainer and coach. Never ignore a blow to the head. In addition, tell your athletic trainer and coach if one of your teammates might have a concussion.

**Report it.** Do not return to participation in a game, practice or other activity with symptoms. The sooner you get examined, the sooner you may be able to return to play.

**Get checked out.** Your team physician, athletic trainer or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

**Take time to recover.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage and even death. Severe brain injury can change your whole life.

## MENTAL HEALTH

Mental health problems affect a wide variety of individuals. If you have, or believe you may have, a mental health problem, it can be helpful to talk about these issues with others.

Some mental health problems include:

- Mood disorders
- Anxiety disorders
- Eating disorders
- Substance-related disorders

If you believe you are experiencing any mental health problems, *please notify a member of the athletics department staff or contact Counseling Services at 847.735.5240*

## NCAA-BANNED DRUGS

The NCAA bans the following classes of drugs:

1. Stimulants
2. Anabolic agents
3. Alcohol and beta blockers (rifle only)
4. Diuretics and other masking agents
5. Street Drugs
6. Peptide Hormones and analogs
7. Beta-2 agonists

Examples in each banned drug class can be found at [NCAA.org/DrugTesting](http://NCAA.org/DrugTesting)

## SUPPLEMENTS

Before consuming any nutritional/dietary supplement product, review the product with your sports medicine staff. Any product containing a dietary supplement ingredient is taken at your own risk.



The Resource Exchange Center (REC) exists to provide information on the banned status of substances including dietary supplements.

[DrugFreeSport.com/Rec](http://DrugFreeSport.com/Rec)

Password: ncaa3

## ADHD MEDICAL EXCEPTIONS

All students diagnosed and receiving treatment for Attention Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD) are required to submit written documentation from their prescribing physician to the Lake Forest College Athletic Training Staff. Please go to this link for paperwork.

[http://www.goforesters.com/information/athletic\\_training/Attention\\_Deficit\\_Hyperactivity\\_Disorder.pdf](http://www.goforesters.com/information/athletic_training/Attention_Deficit_Hyperactivity_Disorder.pdf)