Sports Medicine Policies and Procedures For Student-Athletes

2012-2013
Introduction

The objectives of DePauw University Sports Medicine Services include: (1) to work toward prevention of athletic injuries; (2) to provide health education and counseling for student-athletes as it relates to sport; (3) to effectively and expeditiously manage the athletic health care process following an injury to a student-athlete; (4) to provide the highest quality of treatment and rehabilitation techniques so the student-athlete can return safely to competition and at their pre-injury level. The above objectives are attainable with teamwork and cooperation between coaches, student-athletes, and the sports medicine staff.

Sports Medicine Personnel

**Director of Sports Medicine**  
Rex Call, LAT, ATC, Lilly Center (x4937)

**Asst. Athletic Trainer**  
Roger Doan, LAT, ATC, CSCS, Lilly Center (x4972)

**Asst. Athletic Trainer**  
Kara Campbell, LAT, ATC, Lilly Center (x4968)

**Asst. Athletic Trainer**  
Sunku Kwon, LAT, ATC, Lilly Center

**Athletic Training Graduate Assistant**  
Michael Staley, LAT, ATC Lilly Center (x4953)

**Athletic Trainers (part-time)**  
Lisa Lazar, LAT, ATC, Betsy Halwes, LAT, ATC  
Amanda Gross LAT, ATC, Kellie Weller, LAT, ATC

**Primary Care Team Physician**  
Scott Ripple, M.D., University Health Service (x4555)

**Orthopedic Team Physician**  
Mike Thieken, M.D., OrthoIndy, (317-802-2000)

Athletic Training Facilities

DePauw University is equipped with three athletic training rooms: Blackstock Stadium which serves the fall and spring sports and the Lilly Center athletic training room is used for fall and winter sports. The athletic training room in the Indoor Tennis and Track Facility is a satellite facility used for event and practice coverage only.

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<td>Blackstock Stadium Athletic Training Room</td>
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<td>Indoor Tennis/Track Athletic Training Room</td>
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Sports Medicine Web Site

Policies and procedures outlined in this handout in addition to other information related to DePauw Sports Medicine can be accessed at: http://www.depauw.edu/athletics/inside-athletics/sports-medicine/

Staff Sport Assignments

Rex Call, LAT, ATC
Football, Softball

Kara Campbell, LAT, ATC
F. Hockey, Cross Country, Women’s Basketball, Women’s Lacrosse, Women’s Tennis (Spring)

Roger Doan, LAT, ATC, CSCS
Soccer, Swimming, Track

Sunku Kwon, LAT, ATC
Assistant Football, Men’s Basketball, Men’s Lacrosse

Michael Staley, LAT, ATC
Volleyball, Men’s and Women’s Tennis Fall, Baseball, Golf, Men’s Tennis (Spring)

Team Athletic Training Room Assignments

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General Medical Policies and Procedures

1. The athletic department medical program is administrated by the Director of Sports Medicine and supervised by the Team Physician(s). They are assisted by a staff of certified athletic trainers, clinical athletic training students in the Athletic Training Education Program, and work study students.

2. In particular instances, the team physician(s) may delegate other physicians to assist or act in their stead. However, the team physician(s) should be informed of all serious injuries and will have final authority with regard to all medical disqualifications, treatment and return to competition.

3. All first year students participating in intercollegiate athletics must complete a physical examination given by their family doctor with their advisement on clearance for athletic participation. Then prior to the pre-season, Dr. Ripple will then meet at the wellness center with each team’s first year student-athletes in order to review the physical form and follow-up as needed with any additional physical examination/testing deemed necessary for Dr. Ripple to give final medical clearance to participate in athletics.

4. No DePauw student-athlete will be allowed to participate in practice until their physical form is on file at the DePauw Health Service and medical clearance has been given. First year students and transfer students who do not complete a physical at home (or fail to return the completed form) may be delayed in beginning pre-season practices and will be charged the University Health Service fee for completing the physical on campus. After the first year, upperclass student-athletes are not required to submit another completed University Physical Examination Form.

5. All DePauw University athletes must annually complete the Student-Athlete Medical Information and Release Form. This form contains sections for personal and medical information, releases, and insurance information. Athletes who have not submitted or completed all sections of the form will not be allowed to participate in organized practices or pre-season testing until all sections are complete and on file with DePauw Sports Medicine.

6. Student-athletes must be covered by a primary medical insurance plan to participate in intercollegiate athletics at DePauw. The primary medical insurance coverage must be payable up to a benefit of not less than $10,000 for injuries arising out of practice for or participation in intercollegiate sports. If you do not have primary medical insurance coverage, or your current medical coverage does not cover intercollegiate athletics, or does not meet the minimal coverage requirement, you will need to purchase coverage prior to starting your intercollegiate sport participation at DePauw. No student-athlete will be allowed to participate in any organized team activity until they are covered for athletic participation by a primary medical insurance plan. Student-athletes are required to attach a copy of their insurance card to their medical information release form and to notify DePauw University of any material changes in coverage or expected expiration of coverage.
7. The Athletic Department does carry a secondary insurance policy on student-athletes. Coverage is subject to specific policy terms and conditions and includes certain restrictions and exclusions of which you should be aware. (See Secondary Insurance Coverage.)

8. When injury or illness occurs, team physicians will be initially consulted. If the student or parents desire, another physician may be consulted for further diagnosis and treatment. It is recommended that the sports medicine staff be kept informed of all appointments with physicians, or specialists other than University personnel. It is the responsibility of the athlete to supply the sports medicine staff with all diagnosis, therapy, and operative information for proper follow-up and rehabilitation.

9. Almost all sports medical services provided in the athletic training rooms by the DePauw Sports Medicine staff are at no cost to the student-athlete. Office visits to the Student Health Services are covered under the health fee assessed to each student for the School year. There are some procedures/services at the Health Services, such as x-rays, that are not covered by the fee (see Student Health Services web page). Off campus care by the team orthopedic doctor or any other medical specialist, including tests they might order, are the financial responsibility of the student-athlete. Post-concussion impact testing, customized braces, preventative knee braces, orthotics, or other individual injury support devices (whether preventative or post-injury) are examples of expenses that are also each student-athlete’s responsibility.

10. Report all injuries and illnesses that occur as soon as possible to the sports medicine staff. In cases of emergency during the night, you may contact your coach or staff athletic trainer for advice or assistance. If urgent, call 911 or go directly to Putnam County Hospital, 653-5121.

**Secondary Insurance Coverage**
The secondary athletic accident insurance at DePauw University provides coverage for student-athletes who are injured in an accident while a participant in a DePauw intercollegiate sport. Accidents which occur during participation will be considered for coverage by the secondary insurance. An accident 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. Conditions which result from participation in sports do not necessarily constitute an accident but are considered under the policy. This coverage is only for accidents occurring in official practices or games that have direct coaching supervision whether in the traditional or non-traditional seasons. This coverage is **secondary** to the student-athlete’s primary group insurance or plan, which must contribute its maximum benefit, before the secondary policy has any liability. If the claim is otherwise payable and the deductible of the student’s primary insurance has not been met, this coverage will apply. For the 2012-2013 school year, the secondary coverage has a $1000 deductible, a medical maximum of $90,000 per claim, a $1,000 Accidental Death Benefit and a $5,000 Dismemberment Schedule. Coverage is underwritten by the Guarantee Trust Life Insurance Co. of Glenview, IL.
Secondary Insurance Claim Procedure

All medical bills resulting from an accident in the intercollegiate sports program should be sent directly to your home address or primary insurance company. In some cases, the athletic office may get a copy of the bill but, in no case, will the athletic office be the primary place for the bill incurred to be sent. When filing a claim:

1. Submit the bills incurred to your family, employer group coverage or plan first. Each charge must be submitted to your insurance before it can be processed by Student Athletic Protection even if you know it will be applied to your deductible. Student Athletic Protection is unable to contact your insurance company for this information.

2. If there remains a balance after your family, employer group insurance or plan has contributed towards the claim:
   a. You should inquire on secondary coverage and the desired intent to file should be made to the staff athletic trainer for your sport. The staff athletic trainer can then submit an accident report to Student Athletic Protection for those accidents/injuries that appear to meet the policy provisions and for further coverage consideration.
   b. You must complete and submit a Student-Athlete Claim Information Form. This form can be accessed at http://www.depauw.edu/athletics/inside-athletics/sports-medicine/insurance/ or you may request it from your staff athletic trainer. Make sure that all blanks are completed and the claim form is signed. If the whereabouts of a parent are unknown please state this rather than leave it blank.
   c. Be sure that all photocopies are legible. If a bill can't be read, it cannot be considered for payment. Also, please be sure that anything you send has your name on it.
   d. Send all claim sheets (EOB – Explanation of Benefits) from your insurance company. Be sure to provide an explanation of benefits statement for each charge which you send to be processed. You will also need to send a copy of the itemized bills incurred. Be sure to include only itemized bills. A balance forward statement is not acceptable. An itemized bill would include the following information: the patient's name, exact services performed, exact date(s) of service, itemized charges for all services, diagnosis, condition, or symptoms that required service, the provider's name, address, and federal tax ID number. All EOB's and itemized bills should be sent to: Student Athletic Protection, Inc., P.O. Box 20237, Kalamazoo, MI 49019. Phone: 800-232-1579 Fax: 269-375-3103
   e. If Student Athletic Protection needs any additional information, they will contact you. Please cooperate with them and they will review and process the claim in the least possible amount of time. It is in your best interest to have the claim settled promptly since all of the medical bills incurred are in your name.
   f. Payment of claims by Student Athletic Protection, Inc., is made at the 90th percentile. This means that the maximum benefit payable is the amount that 90% of the physicians in the geographic area accept as payment in full for the services rendered. This may result in some unpaid balances.
g. HMO or PPO. For you to have payable coverage, when a member of these organizations, proper procedures outlined by that plan must be followed, and authorized medical vendors from the list provided to you by your HMO/PPO must be used. The DePauw University coverage underwritten by Guarantee Trust Life Insurance Company and administered by Student Athletic Protection, Inc. is EXCESS coverage and does contain an exclusion for those bills incurred that were “payable” by the family insurance or plan. If you choose not to use the authorized medical vendors of your plan or you do not follow your plan’s procedures, you should be aware that Student Athletic Protection, Inc. will not be able to pay the bills incurred that would have been honored had you used the proper vendors or procedures.
h. Treatment by a licensed practitioner of medicine must begin within 180 days of the accident.
i. Only expenses incurred within 104 weeks of the original date of the accident are considered.
j. The following are policy exclusions:
   1. Suicide or a suicide attempt while sane; or self-destruction or an attempt to self-destroy while insane.
   2. Riding in a vehicle or device for aerial navigation, except as a passenger in a scheduled aircraft used for the transportation of passengers.
   3. Service provided by the policy holder’s infirmary employee’s or salaried physician.
   4. Declared or undeclared war.
   5. Expense covered by worker’s compensation or an occupational disease law.
   6. Loss covered by other valid and collectable insurance or plan.
   7. Hernia, in any form
   8. Sickness or disease, in any form
   9. Fighting, unless an innocent victim
   10. Expense incurred for the use of orthotics unless used exclusively to promote healing.
   11. Use of electric, biomechanical devices (bone growth simulation)
   12. Non-prescription drugs

**Athletic Training Room Rules**

1. Please sign-in as you enter the athletic training room and enter the date, time, problem, and check the treatment to be received if already determined by your ATC.
2. Over 500 athletes receive care in the athletic training rooms. Do not enter the athletic training rooms unless it is for a medical reason.
3. Do not wear cleated or spiked shoes in the training room.
4. The athletic training rooms are co-ed facilities. Wrapped towels should not be worn. Athletes receiving treatment/rehab must wear a t-shirt at all times while in the athletic training room.
5. Absolutely no self-treatments: all tapings, bandages, etc… will be applied by the athletic trainers.
6. Wait your turn- do not open cabinets or enter storage areas.
7. To expedite care for some minor needs, an assortment of band-aids, scrap tape, and other basic supplies are available at the self-help tables outside each Blackstock Stadium athletic training room entrance door.

8. Do not use or remove equipment towels, or supplies without permission of sports medicine personnel. All durable equipment is issued on a check-out basis and should be returned as soon as the medical item is no longer needed. At the end of the semester, your student account will be charged for any equipment that you checked out, but did not return to the athletic training room. When the equipment item(s) is returned, make sure the checkout card is destroyed by a sports medicine staff member.

9. Horseplay, improper language, or other inappropriate behavior will not be tolerated in the athletic training room.

10. After practice: remove tape, etc… in the locker room or at the self-help table (tape cutters are provided). Ace wraps used on a daily basis should be returned after each practice/event to a laundry container.

11. No chewing or snuff tobacco in the athletic training room. Use of tobacco products is prohibited by the NCAA. The NCAA rule applies to all game personnel and all student-athletes in all sports during practice and competition.

12. While on treatment tables, please refrain from putting your feet on the wall with your shoes on.

13. Athletes will not be allowed to cut thru the athletic training rooms to access their locker rooms.

**Prevention of Injuries**

- The prevention of an injury is much better than having to treat it after it occurs. All athletes should not underestimate the importance of flexibility, strength, and conditioning exercises (both in and out of season). An athlete’s hard work and dedication to flexibility, strength and conditioning will pay big dividends in performance of your sport, decreasing the chances of injury, and achieving individual and team goals.

- All athletes are encouraged to stretch for 2-3 minutes on the Achilles slant board prior to practice to prevent ankle injuries.

- Athletes should prepare themselves for practice by completing all team pre-practice warm-up and stretching activities. Your pre-practice routine has been especially designed to prepare you for the physical demands of your sport and to reduce the incidence of player injury. Each athlete should take a serious approach and focus their efforts on correct execution of exercises.

- It is recommended that athletes wear lace-up ankle braces for both practices and games. There is Clear research showing that ankle braces decrease the occurrence of ankle sprains.

- Athletes with past severe ankle injuries or surgery may elect to both tape and brace the affected ankle.

- Scrap tape is available at the self-help table for preventative wrist taping and for equipment purposes.

- Tape should not be removed from the training room without permission. Training room tape cannot be used for “spatting” shoes.
Treatment and Practice Policies for Injured or Ill Players

Report all injuries immediately after they occur. If injured during practice, consult your staff athletic trainer for initial evaluation and treatment. Do not leave the practice area because of an injury or illness without seeing your staff athletic trainer. If you are sick during the day, make an appointment at the student health service to see Dr. Ripple. When seeing Dr. Ripple identify yourself as a student-athlete.

In some instances, injured players who are unable to practice are encouraged to report to the athletic training room twice daily for treatment. You will be expected to follow the treatment plan suggested by your Staff Athletic Trainer. When indicated, extra treatments will be given at the Lilly Center Athletic Training Room. Appointment times should be arranged with your staff athletic trainer. No treatments will be given after practice begins without permission from your staff athletic trainer. The athletic training room will open at 3:00 p.m. during the week for team practices. Injured players, unless attending class, are expected to report to the athletic training room as early as possible for pre-practice treatments. If you do not report for treatment, it will be assumed that you are fully recovered. Failure to report for treatment or failure to complete the prescribed treatment plan will be reported to the coaches. Your injury should not keep you from being on the practice field/area on time and with the rest of the team for the beginning of practice!! Everyone will dress in full gear for practice unless excused beforehand by the Head Coach or the staff athletic trainer. If you are injured to the extent that you cannot dress in full gear or will be available for only limited work, you will, nevertheless, be required to report to all practices on time and in the gear suggested by the staff athletic trainer. Injured players will be assigned special therapeutic and cardiovascular exercises, intended to speed up recovery time and maintain conditioning. Failure to complete assigned therapeutic programs, loafing, or inactivity during practice time will be reported to the coaches for appropriate discipline.

When an Injury Occurs and a Player is Down

These guidelines were developed for the National Football League officials and have been shared with the NCAA. DePauw Sports Medicine has adopted these guidelines to assure that an athlete's immediate care is not impeded or interrupted by non-medical individuals:

1. Players and coaches should go to and remain in the bench area once medical assistance arrives. Adequate lines of vision between the medical staffs and all available emergency personnel should be established and maintained.
2. Players, parents and non-authorized personnel should be kept a significant distance away from the seriously injured player or players.
3. Players or non-medical personnel should not touch, move or roll an injured player.
4. Players should not try to assist a teammate who is lying on the field (i.e. removing the helmet or chin strap, or attempting to assist breathing by elevating the waist).
5. Players should not pull an injured teammate or opponent from a pile-up.
6. Once the medical staff begins to work on an injured player, they should be allowed to perform services without interruption or interference.
7. When an athlete is down, players and coaches should avoid suggesting medical care or medical procedures to staff athletic trainers or team physicians.
Concussions

Students-athletes must take direct responsibility for reporting concussions that may occur to themselves or to a teammate. Each student-athlete will sign a statement agreeing to take responsibility. If you think you have a concussion tell your athletic trainer and/or coach. Never ignore a blow to the head. Do not return to participation in a game, practice or other activity with symptoms. Your team physician, athletic trainer, or healthcare 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. 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. It’s better to miss one game than the whole season. When in doubt, get checked out. Teams at high risk for concussions will watch an NCAA information video on concussions. All teams will receive educational material on concussions. If you miss this team session, contact your staff athletic trainer. Know the signs and symptoms of concussion. They can include:

- Confusion or Amnesia
- Loss of Consciousness
- Dizziness
- Double or Fuzzy Vision
- Feeling unusually irritable
- Nausea
- Concentration or Memory Problems
- Headache
- Feeling Sluggish, Foggy, or Groggy
- Balance Problems
- Slowed Reaction Time
- Sensitivity to Light or Noise

MRSA

Athletes should be aware of MRSA which is a staph infection that is becoming increasingly more common in the athletic environment and is contagious. MRSA may first have the appearance of a spider bite, abnormal pimple, or scab-like area on the skin and can progress to a boil that produces pus drainage. Individuals with suspected MRSA infection need to notify their staff athletic trainer (and coach) and see the team doctor (or other doctor) as soon as possible. The doctor will be able to diagnose and make the best treatment recommendations.

Preventative measures include:

- Not sharing towels, clothing, equipment, razors or other hygiene products
- Showering and washing with soap shortly after practices and competitions
- Sanitize hands frequently using the hand sanitizer dispensers in facility
- Washing athletic gear daily
- Keeping cuts and abrasions treated, covered and clean during and after practice
- Avoid picking, squeezing, or scratching scabs, abrasions, bumps or rashes
- Keep nail tips less that one-quarter inch long
- Do not wear jewelry during competition to avoid scratches
- Spray down workout surfaces and exercise equipment in the fitness center after use
Sickle Cell Trait

Sickle cell trait is an inherited disorder that may cause red blood cells to change shape or “sickle” during intense exercise. This sickling has resulted in death in some athletes. In the US, newborns are normally screened at birth for this disorder. If you are unsure if you have been screened for sickle trait, you should contact your physician or the Wellness Center who can order a blood test to rule out sickle trait.

If you have sickle cell trait, you must meet with the team physician, your staff athletic trainer, and coach to discuss precautions and guidelines for participation. You will be given educational information about sickle cell trait. Additional information is also available at these websites:  
http://www.cdc.gov/ncbddd/sicklecell/faq_traits.htm  

An athlete with sickle cell trait who experiences symptoms should stop activity immediately and report their symptoms to their athletic trainer or coach. Signs and symptoms may include fatigue, difficulty breathing, leg or low back pain, leg or low back cramping.

Fluid Replacement and Heat Illness Prevention Guidelines  
(AFCA/NATA HEAT Statement)

Hydration is the best safeguard against heat illness. Athletes should drink before, during and after training or competition. Cool beverages at temperatures of 50-59 degrees are recommended. Beverages containing caffeine, alcohol and carbonation are discouraged before, during or after exercise because they can dehydrate the body by stimulating excess urine production, or decrease voluntary fluid intake.

Before exercise:
- 2 to 3 hours before exercise drink at least 17 to 20 oz of water or a sports drink
- 10 to 20 minutes before exercise drink another 7 to 10 oz of water or a sports drink

During exercise:
- Drink often and beyond thirst - even minimal dehydration compromises performance. In general, every 10 to 20 minutes drink at least 7 to 10 oz of water

After exercise:
- Rest in a cool environment.
- Check for significant weight loss (4-5% or more of body weight)
- Immediately after training or competition is the key time to replace fluids. Research indicates that for every pound of weight lost, athletes should drink at least 20 oz of fluid to optimize rehydration. Sports beverages are an excellent choice.

Additional:
- Antihistamines, pseudoephedrine, and creatine may increase the risk of heat illness.
- Excessive tape and outer clothing, such as bandanas and high socks, should be avoided.

Signs of dehydration and heat illness:
- Let your coach or athletic trainer know at the onset of any of these symptoms:
- Headache, weakness, dizziness, cramps, nausea, vomiting or decreased performance

Athletes should be concerned about “nutritional” supplements. Many compounds obtained from specialty “nutrition” stores and from mail-order businesses may not be subject to the strict regulations set by the United States Food and Drug Administration. Therefore, contents of these compounds may not be represented accurately on the list of ingredients and may contain impurities or banned substances. It is not worth risking your eligibility or health for products that have not been scientifically proven to improve performance and may contain banned substances. Therefore, student-athletes should consult with the University’s sports medicine staff or other knowledgeable professionals before taking ANY nutritional supplement. The use of supplements is at the student-athlete’s own risk. In the NCAA drug testing program, appeals of positive tests involving a nutritional supplement have not been successful. In addition to pills and powders, “Energy” drinks can contain large amounts of caffeine or other stimulants, both of which can result in a positive drug test. Be wary of drinks that promise an “energy boost” because they may contain banned stimulants. Additionally stimulants can be detrimental to an athlete’s health by predisposing an athlete to heat illness and increasing the demand on their cardio-vascular system.

The National Center for Drug Free Sport, Inc., an NCAA consultant, provides a dietary supplement Resource Exchange Center (REC) as a source for institutions. The REC is a confidential resource for student-athletes. You may inquire on any supplement or ergogenic aid with the REC and they will respond promptly to your request for information. The REC can be accessed at www.drugfreesport.com or by calling 877-202-0769. The password needed for Division III student-athletes to use the web site is ncaa3. You are encouraged to access and review the complete list of NCAA Banned-Drugs for 2012-2013 on the DePauw Sports Medicine website at http://www.depauw.edu/athletics/inside-athletics/sports-medicine/safeguards/.

NCAA Documentation Requirements for Student-Athletes Taking a Prescribed Medication Containing a Banned Substance

Any student-athlete, who for legitimate medical reasons, might be taking a prescribed medication containing a banned substance in one of the categories below should review medical exception procedures to see what supporting medical documentation should be submitted to their DePauw Sports medicine file. Refer to the DePauw Sports Medicine website http://www.depauw.edu/athletics/inside-athletics/sports-medicine/forms/ for information and procedures for student-athletes who for medical reasons are taking a medication with a banned substance. We realize that the majority of student-athletes are not affected by the medical exception policy but awareness is important and we ask that you accurately report all medications and supplements you are taking.

Applicable Drug Classes where Exceptions may be Granted for a Prescribed Medication Containing a Banned Substance

- stimulants (most ADD/ADHD medications contain a banned stimulant)
- diuretics
- beta 2 Agonists (permitted by prescription and inhalation)
- peptide hormones
- anabolic agents
- anti-estrogens
ADHD/ADD Medication  Be aware that the NCAA has implemented stricter documentation guidelines (Medical Exception Procedures) affecting student-athletes who take an ADHD/ADD medication that contains a stimulant on the NCAA’s banned drug list. These stricter guidelines involve the procedures to review and approve legitimate use of ADHD/ADD medications that contain NCAA banned substances. If you are taking an ADHD/ADD medication you can access information and print off the appropriate ADHD form for your treating physician from our sports medicine web site at http://www.depauw.edu/athletics/inside-athletics/sports-medicine/forms/. We want to emphasize to student-athletes taking a medication for ADHD/ADD that a key part of your documentation will be inclusion of an initial comprehensive clinical assessment report (past or present) establishing the diagnosis. Once initial documentation of a comprehensive clinical evaluation is on file with DPU Sports Medicine, then only documentation of an annual follow-up (using the Annual Medical Follow-up Form) with the treating physician will need to be submitted.

Drug Testing at NCAA Post-Season Championship Events  If a student-athlete tests positive at an NCAA post-season event for a banned substance in a prescribed medication and the athlete does not have the NCAA required medical documentation for DePauw to submit, the NCAA would suspend their eligibility. (there is an appeals process). Please consult with the DePauw athletic trainer assigned to your team for any questions pertaining to NCAA Medical Exception Policies and Procedures. It is the responsibility of the student-athlete to work with their treating physician in completing the medical requirements and submitting the appropriate documentation (in advance for their DePauw Sports Medicine file) that would be needed to gain a medical exception if the student-athlete were to test positive at an NCAA post-season championship event.

Student-Athlete Nutritional Considerations
Eating on the Go
(adapted from NCAA Website- with information provided by Sportwell Nutrition & the McKinley Health Center at the U.of Illinois)

Athletic performance and recovery from training are enhanced by optimal nutrition. Proper nutrition includes both the quality and quantity of food and fluids to provide energy and essential nutrients during training and competition. During the season and during heavy training, adequate calories and fluid must be consumed. Low energy intake can result in loss of muscle mass, fatigue, injury, and illness. Between early morning workouts, classes, weight lifting, and practice, it is often hard to find the time to eat a meal or have a healthy snack. Make every effort not to skip a meal and take time to have a nutritious snack between meals. The key is to plan ahead and be prepared. Here are some nutritious ideas:

**Snacks to throw in your backpack:**
It’s a good idea to keep a stash of some of the following items in your room or kitchen to grab on the run:

- Bagel
- Muffin
- Raw veggies
- Popcorn
- Juice box
- Nuts
- Dried Fruit
- Trail Mix
- Low-fat cookies
- Graham crackers
- Raisin bread
- Cheese sticks
- Fresh Fruit
- Fig bars
- Cereal
- Granola bar
- Pretzels
- Peanut butter crackers
Refrigerated Snacks:
The following items should be refrigerated. If that is not possible, keep them in an insulated lunch bag with an ice pack:

- Cottage Cheese and Fruit
- Fresh Veggies
- Milk
- Bagel with Cream Cheese
- Fruit Juice
- Yogurt

Vending Machines:
Almost everywhere you go, you can find a vending machine. It is not always easy to find nutritious snacks here, but some are better choices than others:

- Rice Krispie Treats
- Zoo Crackers
- Chocolate Milk
- Cheese Crackers
- Peanut Butter Crackers
- Pretzels
- Graham Crackers
- Dried Fruit
- Juices

Issues to Consider in Creating a Positive Competitive Environment Regarding Optimal Nutrition, a Positive Body Image and Peak Performance (adapted from NCAA Website)

- Prioritize your health. Remember your current decisions regarding food, exercise and body weight impact you today and for the rest of your life. The use of extreme weight-control measures can jeopardize your health and trigger behaviors associated with defined eating disorders.

- Understand that for each student-athlete there is a UNIQUE body composition for performance. Do not try to achieve a body composition or weight based on someone else’s performance.

- Be sensitive to your body. Warning signs like fatigue, sluggishness, irregular or no menstrual cycle or chronic pain are medical issues that should not be ignored. Your health is being compromised if your “optimal” body composition for performance includes these symptoms.

- Realize the same volume of muscle weighs more than fat. Training may result in a leaner body composition (less fat) but a larger number on the scale because of the increased muscle mass. This is especially important to understand if you are just beginning a formal strength and conditioning program.

- Engage in conversations regarding any weight or body composition modifications with nutritional and sports medical personnel.

- Understand healthy nutrition choices and ask for help from appropriate health professionals (i.e. athletic trainer, team physician, dietitian, etc) if you need more information.

- Know where to go for help regarding a teammate’s or a coach’s behavior before a problem exists. Disordered eating can be “contagious” among teams through peer pressure.

- Modify weight added for sport to a healthy level upon completion of college athletics. You should maintain a weight and fitness level appropriate to your profession and lifestyle after college.