Preseason Team Meetings

I. NCAA Drug Testing Description
   A. Testing at championships and year round
      1. Compliance gave information
   B. All sports now test year round
   C. Positive test- loss of eligibility for one year
   D. Missed test is same as positive test
   E. Beware of:
      1. Medications- Prescription (ADHD) and Over the Counter
         a. Notify ATC’s or team physician of any medications taken
      2. Inhalers
      3. Supplements
      4. Ask if any questions (ATC’s or team physician)

II. Banned Substance List
   A. ncaa.org
   B. drugfreesport.com- ncaa1 is password

III. Nutritional Supplements
   A. School may not provide muscle building supplements (creatine, etc.)
   B. May only provide carbohydrate/electrolyte drinks, energy bars, carbohydrate
      boosters and vitamins and minerals.
   C. Problem with many supplements is that we don’t know long term effects.
   D. Supplements not regulated by FDA
   D. Stop taking creatine if you are currently taking it
      1. May cause dehydration/cramping
   E. See athletic trainers if you are taking any supplements

IV. Institutional Drug Testing Program
   A. Urinalysis for all drugs
   B. May be randomly tested at any time
   C. Can test if reasonable suspicion
      1. Physical impairment
      2. Behaviors consistent with drug abuse
   D. During or after a counseling or treatment program
   E. Positive test result
      1. Results released to athlete, an AD, head coach and can involve parent
      2. Meeting will occur between above parties
   F. First positive test
      1. Disciplined as deemed appropriate by the Director of Athletics
      2. Participate in and satisfactorily complete counseling and/or treatment
         program
      3. Receive a negative re-test after completion of program or 6 weeks,
         whichever is longer
   G. Second positive test
      1. Suspended for one year from date of notification
      2. Counseling and/or treatment program
      3. Re-test negative
H. Third positive test
   1. Suspended from all future athletic participation
   2. Loss of remaining athletic scholarship
I. May appeal positive test
   1. Formal written document to athletic director detailing grounds for appeal within 7 days of notification
   2. Impartial panel from SJSU Drug Testing Committee rules on appeal

V. Alcohol Policy
   A. Not banned by NCAA or SJSU, therefore not included in drug testing
   B. Inappropriate use of alcohol is not tolerated by Athletic Department
      1. Underage drinking not tolerated
      2. Teams will have their own policies and team rules regarding inappropriate use

VI. Tobacco-All
   A. Prohibited at practices or competitions

VII. Assumption of Risk
   A. Signed with physical packet

VII. Concussions
   A. Video
   B. Student-Athlete Concussion Statement
      1. Concern for second impact
      2. Team physician gives final clearance for return to participation
      3. Read each statement
      4. Student-athletes initial, sign and return form

IX. Departmental Policies on Medical Care and Referrals
   A. Report all injuries to athletic trainer- injuries and illness
   B. ATC’s will make referrals to team physician and Student Health Center
   C. Responsible for own expenses if proper channels are not utilized
   D. Team physician is final authority on return to competition

X. Medical Insurance
   A. Excess insurance policy-cover costs not paid by students or parents primary insurance
      1. Must utilize primary insurance properly
         a. change PCP if necessary- ask ATC’s if you have questions
   B. Physical exam and insurance information form must be completed
   C. Only injuries occurring during supervised, scheduled practices and competitions will be covered by the insurance
   D. Pre-existing conditions will not be covered by athletic department insurance unless it has been cleared by the team physician
   E. Take bills to athletic training room
      1. Credit may be affected if not paid
   F. Notify ATC’s of changes in personal insurance coverage
   G. May purchase insurance through Associated Students, www.csuhealthlink.com
      1. Highly recommended for uninsured
XI. Athletic Training Room Rules
   A. Athletic training room hours
      1. Determined by practice schedule
   B. See ATC’s for all medical problems
      1. Don’t self refer
      2. See ATC’s before practice
         a. No evaluations, treatment, taping at field/court
      2. Check in with ATC’s in a.m. if ill
   C. Athletic Training room is not an excuse to be late
      1. Plan treatments and taping accordingly
         a. First come, first served unless arrangements have been made
      2. Treat and tape before class if necessary
      3. Rehab around practice times
   D. Eight ATC’s and student staff
      1. Treat everyone in athletic training room with respect
      2. No cell phones
      3. No cleats
      4. No shoes on tables
      5. Clean yourself before evaluation and treatments (WWP)
         a. No open wounds in whirlpools
         b. MRSA prevention- shower, report open wounds
      6. May not use phone, computer, fax, copier- NCAA violation
      7. No swearing- you get kicked out for rest of day
   E. Please talk to ATC’s if there are problems of any kind

XII. Heat Problems
   A. Drink fluids
      1. All of the time- not just during practice
      1. Weigh in before and after practices- 24 oz. of fluid per lb. lost
   B. Recognize symptoms
      1. Cramps
      2. Light-headedness
      3. Nausea
      4. Vomiting
      5. Shortness of breath
      6. Weakness
   C. Notify ATC if problems arise
      1. Cool off with ice towels, fan, shade, fluids