

RIT Recreation and Wellness Department

Athletic training services and policies for [high risk club sports](#)

Introduction:

Competitive sports clubs provide unique opportunities for students to participate, compete, and develop skills in a variety of sports. These clubs actively recruit both new and experienced student athletes during the year, and through weekly practices, prepare for intercollegiate competitions.

With the participation in weekly practices, conditioning, and games comes the risk of injury and illnesses. With the consultation of Global Risk Management Services, Environmental Health and Safety and colleagues from NIRSA, categorizations were put in place that assess the risk inherent to each sport.

A full-time athletic trainer was brought on board for clinical services to help evaluate, treat, and diagnose musculoskeletal injuries. The full-time athletic trainer would also help manage and return to play those that have sustained a concussion. It is also with the expectation that the athletic trainer would help with the implantation of a clearance process for high-risk sports, and this would include but not limited to a health history form, primary insurance, concussion baseline assessment, and other waivers prior to participation.

Clearance for participation:

1. A health history form is to be completed prior to participation.
2. Must have primary insurance coverage and provide documentation on Wellness Portal.
3. Must complete Sway concussion baseline assessment.
4. Must read The Concussion Protocol, educational materials and must sign that they have read, understand, and agree to the concussion management policy
5. Upload emergency contact on Wellness Portal.

Clinical Appointments:

1. The athletic trainer will be available during the week Monday through Friday for evaluation appointments.
 - a. Student-athletes must see the athletic trainer first for an evaluation prior to scheduling for rehab or treatment options.
2. Student athletes must sign up for an evaluation through their wellness portal.

3. Clinical appointments for evaluations will run Monday through Friday between the hours of 9am-4pm. Times may vary day to day, but evaluations times can be found on the wellness portal.
4. If you cannot find a time that works, please email Amanda at alpatl@rit.edu to discuss options for an evaluation.
5. Location of athletic training services will be in the Gordon Field House Room A590 behind the check-in desk. [Amanda's Office 24-A590](#)

Athletic training schedule:

1. Set up an appointment on the wellness portal
 - a. Schedule an appointment
 - i. Select service
2. Hours generally run 9am-4pm
 - a. 30 minute time slots
 - b. Walk-ins only if it's for concussion or severe injury and cannot find an appointment time

Head Injuries

- It is in the Concussion Policy of Rochester Institute of Technology (RIT) for club and recreational sports that a student athlete will NOT be permitted to return to activity (practice or game) on the same day that a concussion is suspected.
- If the student athlete suffers a concussion during any event, they must be removed from that event immediately and may not return to play until they have been evaluated by an athletic trainer or physician.
- If the student athlete is experiencing any concussion signs or symptoms, it is advised that they not engage in any physical exertion this includes but not limited to running, weightlifting, or physically active classes. The student-athlete may need time away from academics while experiencing concussion symptoms.
- Please refer to our Concussion policy for further information and return to play process.

Event Coverage:

A. Practices

- a. Practices will not be covered by a certified athletic trainer.
- b. There should be at least 1 Safety Officer present for all practices and games.
- c. You should review and know the emergency action plan for the venue, found on the RecWell website.

B. Games

- a. All home games for the following sports must have a certified athletic trainer or emergency medical technician (EMT) on – site or the game must be postponed or cancelled: Men and Women’s ice hockey, Men and Women’s rugby, and Men’s lacrosse.
- b. The following sports recommend an athletic trainer or EMT for games but may play without one if both teams agree: Men and Women’s soccer, field hockey, men and women’s ultimate Frisbee, men and women’s volleyball, and flag football.

C. Home Game Expectations for athletic trainer:

- a. The full-time athletic trainer is not expected to cover all home games, but they may if they so choose.
- b. It will be part of the responsibilities of the full-time athletic trainer to help find coverage for home games.
- c. If there are multiple home events, we will do our best to find coverage for all high-risk sports.

D. Away Game Coverage:

- a. There will be no RIT affiliated athletic trainer or EMT coverage for away contests.
- b. It is up to the coach or team representative to know what coverage is given at host sight.
- c. The emergency action plan should be known for the host sight.
- d. If an injury should occur while away, please notify athletic trainer and appropriate administration upon return and fill out the injury report form.

Changes in Game Schedule:

Changes in schedule that are weather related will be accommodated to the best of our ability. Other changes such as the last minute add of a game or changing game time that is not related to weather should be avoided. Understand that with last minute changes or addition to the schedule that athletic trainer or EMT coverage may not be available. We will do our best to accommodate any changes. Sports that require athletic trainer or EMT coverage for the game to proceed should make sure that coverage is available prior to finalizing game changes.

Hot Weather:

Please refer to the RIT CRS Hot Weather Policy for more in-depth information and policies pertaining to hot weather. The weather will be monitored through weather.gov and using the WBGT Chart. Cancellation or changes in practices or competition will be determined by the Club and Recreational Administration, facilities management, and/or athletic trainer.

Cold Weather:

Please refer to the RIT CRS Cold Weather Policy for more in-depth information and policies on cold weather. The weather will be monitored through Weather.gov.

Cancellation of practices or games will be determined by the Club and Recreational Administration, facilities management, and/ or athletic trainer. At a real feel temperature of 20°F and below all practices and competitions will be cancelled.