

University of Alberta Augustana Athletics - Sports Medicine

The philosophy of care of Augustana Athletics is to assess, treat and return the student-athlete to participation as quickly as possible without jeopardizing the individual's health and welfare. Augustana Athletics has partnered with Camrose Physiotherapy & Sports Injury Clinic for the 2016-2017 academic year.

For the upcoming year athletes will be responsible to utilize their own private medical insurance to pay for physiotherapy services. A discounted rate for Augustana Athletes has been established and will be available throughout the year. Camrose Physiotherapy & Sports Injury Clinic is able to direct bill most major insurance companies however they are unable to direct bill the University of Alberta's Student insurance plan. In this case, athletes only covered by that plan will have to pay up front and submit their receipt. All coaches will be collecting athlete insurance information to aid in this process.

The men's and women's basketball, volleyball teams and soccer teams along with men's hockey team have student trainers working with each team. These trainers have basic first aid and CPR certifications and are responsible for **basic injury management and athletic taping**. They also work closely with the Athletics Sport Medicine Coordinator, Chris Zarski with regards to return to sport rehabilitation of all athletes and liaising with Camrose Physiotherapy & Sports Injury staff. Any injuries incurred during Athletics related events should be reported to the team trainer, coaching staff and/or staff at Camrose Physiotherapy & Sports Injury Clinic.

All athletes must provide basic medical and personal information to each team's coaching staffs. This information including AHC, allergies, emergency contact information etc will be carried by team trainers to each and every sporting event and will only be used by Emergency Medical Professionals. Any changes to one's current medical status or emergency contact information should be reported to the head coach and or team trainer. Medical questionnaires will be distributed in September.

Augustana Athletics has partnered with the Camrose Primary Care network and with local physician Dr. Louis Minders. He will be offering a sports injury clinic to Augustana athletes every other Tuesday out of the Camrose Primary Care Network office that is located at:

#1108 Suite 4 Camrose Recreation Centre
4512 53 Street
Camrose, AB
T4V 4E3
Phone number: 780-608-4927

Please advise them that you are an Augustana Athlete when calling to book your appointment.

Augustana Student Athlete Policies and Treatment Room Rules

The Athletics Training Room policies and procedures are designed to serve all student athletes in the best possible manner and to allow for the best available care. The use of the Athletic Training Room by a student-athlete is a privilege, which may be revoked if a student-athlete fails to comply with policies and procedures.

Student-athletes must:

- Pass an initial medical physical and yearly medical screening.
- Maintain up-to-date insurance and information on file with their coach.
- Report any injury or illness to the Athletic Medicine staff.
- The athlete's physiotherapist in collaboration with physicians, team coaching staff and student athlete will determine whether a student-athlete will be allowed to participate regarding injury or illness, based on the medical information available. Therapist-patient confidentiality will always be maintained, however coaching staff will regularly be brought in with permission of the athlete to discuss return to play decisions. These decisions require full disclosure and total honesty by the student athlete, coaching staff and Athletics Medical staff.
- Comply with the CCES banned substance list. This prevents over-medication, allergic reactions and/or Complications pertaining to CCAA Drug Testing Protocols). Please go to <http://www.cces.ca/en/antidoping> for further information. Augustana Athletics works closely with Pharma-Save owner and pharmacist Dean Jarrett. Should you have any questions regarding medications please feel free to contact him at 780-672-4460.
- Report on time for scheduled treatment or rehab sessions.
- Student-athletes who miss an appointment may be held out of practice or games or will not be eligible for future treatments.
- Not adjust or modify equipment in the Trainer's Room and Equipment Room without permission from the Equipment Room or Athletics Medicine staff.
- Allow for extra time for treatments and taping prior to practice and competitions.
- Dress and converse appropriately for a co-ed environment. This includes: No shouting, yelling, horseplay, profanity or irresponsible behavior will be tolerated in the Trainer's Room. As the Trainer's Room often has multiple patients and staff, athletes should dress appropriately. Should private visits be required all other athletes and staff will be asked to leave to ensure appropriate confidentiality and privacy occur.
- Not enter offices, cabinets and other storage areas without permission. The same regulation applies to the Athletic Training kits on the fields. These kits are paid for through team budgets and any missing supplies (including tape) will come out of the respective team's budget.

The aforementioned policies and procedures allow the Athletics Medicine staff to better assist a student-athlete in treatment and care. The procedures are designed to alert the Athletic Medicine staff to possible medical/health problems, to communicate with coaches and physicians regarding status and progress, and to keep up-to-date records. Any and all personal matters will be handled with discretion, privacy and strict confidence. All medical information is confidential unless released by the student-athlete.

Insurance Coverage

All student-athletes and parents have a responsibility as a partner in the health insurance plan. An insurance questionnaire and information must be on file with each team's coach before a student-athlete is allowed to participate.

The student-athlete or parent/guardian must assume responsibility for medical expenses not covered by the Provincial Policies.

All student athletes are covered through the University's Sport Accident Insurance coverage.

<http://www.ira.ualberta.ca/Insurance/Insurance%20Programs/Sports%20Accident.aspx>

This coverage is **very limited** in what it covers and all claims for medical services must be submitted to one's primary coverage before they can be submitted to this policy. (eg Students Association Supplementary Health Plan, Parents Health Coverage, WCB for those covered through WCB)

For student athletes who have purchased supplementary health care insurance through the students association please see the link below.

www.ihaveaplan.ca Students can pick up claim forms from the Students' Association office.

Ambulance services in Alberta are **not** covered by the provincial plan. Should an ambulance be required at an Athletics event, a bill will be sent to the injured athlete. If the athlete is covered by a parent's health care plan or the Student's Association supplementary insurance, the bill should be sent to that insurance company first. If there is residual amounts owing or if the athlete does not carry insurance the ambulance bill may be submitted to Athletics Staff so that it can be submitted to the University's Sport Accident Insurance. Please see Athletics Staff for the forms should you need to submit to this plan.

******Please note that claims to the University's Sport Accident Insurance must be submitted within 30 days of the incident******

Crutches

The Athletics Department owns four pairs of crutches that are available to be loaned out to student-athletes on a short-term basis. Crutches are located in the Trainer's Room and at the Arena. A sign-out sheet is posted next to the ice machine in the Trainer's Room and name, date, crutches borrowed and return date should all be documented when crutches are taken or returned. Should crutches be required over a longer period of time (eg 6-8 weeks after a fractured ankle) the student-athlete is responsible to purchase their own pair of crutches.

Supplements

Dietary and nutritional supplement products are not strictly regulated and may contain CCAA banned substances. A guarantee that a supplement is 100% pure cannot be made for a student-athlete. Please discuss supplements with an Athletic Medicine staff member to gain the most up-to-date information.

The CCAA in partnership with the CSEP requires all student athletes to complete an online course at: <http://onlinelearning.cces.ca>. Your coaching staff will send you further information on how to access the course and specific time lines to do so.

Other Health Services in Camrose

Augustana Athletics does not have “preferred health care providers” but many student athletes and coaches/physiotherapist have been very happy with the care provided by the following health professionals. Should you have any questions regarding any health providers in the area or referrals please feel free to contact Chris Zarski directly as he has established professional relationships with these health care providers and he may be able to offer some assistance.

Emergency Dental Care

In case of a dental emergency please go to St. Mary’s hospital. There is a revolving on-call dentist in Camrose and once at St. Mary’s the on-call dentist can be called to arrange for services to be provided at the appropriate dental clinic.

Non-Emergent Dental Care

Dr. Davin Wilcox
Care Dental Clinic
780-672-9211

Emergent Eye Injuries

In case of an eye emergency please go to St. Mary’s Hospital. The attending Emergency Doctor will provide care and or referrals as is needed.

Optometrists

Dr. Mark Cloarec
Primary Care Optometry
780-672-3361

Pharmacist

Dean Jarrett
Pharmasave
780-672-4460

Chiropractor

Dr. Davin Martinson
Martinson Health
780-672-8559

Orthotist (Bracing, orthotics, splints)

Rob Bouma
Bouma Orthotics Inc.
780-417-7008