INTRODUCTION
The Sports Medicine Office is available to all varsity-level student-athletes. The facility is designed to manage, treat and rehabilitate athletic injuries. The staff consists of two full-time certified athletic trainers and a full time strength and conditioning coach/athletic trainer. A certified athletic trainer is present at all home contests and may be able to be available at away games.

The staff is responsible for all medical issues as they relate to the student-athlete. Referrals for follow-up care with a team physician will be done through the Sports Medicine Office.

The staff is also responsible for relaying all pertinent information to the individual coaches. Student-athletes are encouraged to use the services of the Sports Medicine Office on a daily basis.

Hours
Academic Year: The Sports Medicine Office is open Monday through Friday from 11 AM to one half hour after the last practice or completion. On Saturdays, the Sports Medicine Office will open at least one hour before the first practice or competition and close one half hour after. The Sports Medicine Office is closed on Sundays.

Summer Months: The Sports Medicine Office will be available by appointment only.

POLICY AND PROCEDURES:

- Only students-athletes of the University of Massachusetts Boston will be treated unless the Director of Athletics, Assistant Director of Athletics, athletic trainer or team physician makes special exceptions.
- Self-treatments are not condoned. If a student-athlete becomes ill and cannot reach an athletic trainer, the student-athlete should feel free to report to the Student Health Services. The Student Health Services is a service available to student-athletes to use when necessary. They do not need permission from an athletic trainer.
- The Student Health Services is open Monday through Thursday 8:50 a.m. to 5:00 p.m., Friday 8:50 a.m. to 4:45 p.m., and is closed on Saturday and Sunday.
- The University of Massachusetts Boston Team Physician is available by appointment through the athletic training staff.
- Sports Medicine Office dress must be appropriate for all treatments and suitable for a coed environment.
- Sports Medicine equipment and supplies are not to be used without permission.
- Equipment, supplies, or towels are not to be removed from Sports Medicine without permission of a staff athletic trainer
- The athletic training staff will update coaches daily on their team.
- Teams traveling without a certified athletic trainer need to pick up first-aid kit, supplies and any treatment prescriptions from the athletic training staff prior to leaving. The head coach needs to introduce himself/herself to the host athletic trainer and inform him/her that the team is traveling without a certified athletic trainer.
- Horseplay and improper or foul language ill not be tolerated.
- Student-athletes must shower prior post-practice treatments or whirlpools.
- Sports Medicine Office hours change constantly on weekends; therefore, time should be checked each week.
Student-athletes are not allowed to use the telephone in the Sports Medicine Office without permission of a staff athletic trainer.

No tobacco products are allowed in any Department of Athletics facility, including the Sports Medicine Office.

EMERGENCIES

1. Emergency procedure at home:
   a. If a life-threatening or emergency situation occurs, please contact Campus Police at 911 or 7-7777. Campus Police will take all pertinent information and activate EMS.
   b. A staff athletic trainer should be contacted as soon as possible and given details of the incident. The athletic trainer will then notify the appropriate personnel.

2. Emergencies away from home:
   a. The 911 emergencies number should be called and the student-athlete taken to the nearest hospital.
   b. A staff athletic trainer should be contacted. The athletic trainer will then notify the appropriate personnel.

PHYSICAL EXAMINATION

The athletic training staff does not permit participation in any practice or contest of any sport until the student-athlete has had a physical examination by his or her own physician. Physical Examinations are to be completed no more than six months prior to participation. All student-athletes’ medical history, insurance questionnaire, immunization records, and liability waiver forms are kept on file in the Sports Medicine Office. New student-athlete and returning student-athlete packets are available online. Packets are due according to the following timeline: Fall sports are due August first, fall non-traditional sports are due August 15th, and all other teams are due September first. Coaches are encouraged to give incoming student-athletes sufficient notice of the physical examination requirements prior to the first practice. The University of Massachusetts Boston Health Services conducts physical examinations by appointment only.

RESPONSIBILITIES TO VISITING TEAMS

- If a visiting student-athlete is injured on the University of Massachusetts Boston campus while participating in an intercollegiate sport, this student-athlete will be afforded the same medical care as any University of Massachusetts Boston student-athlete.
- If a visiting team is traveling with either a team physician or an athletic trainer, the visiting team physician/athletic trainer will be allowed to handle the injury of their student-athlete according to their own policies and procedures. The staff and facilities as the University of Massachusetts Boston will be at their disposal.
- If the visiting team is traveling with neither a team physician nor an athletic trainer, the University of Massachusetts Boston athletic training staff will offer their services to the visiting coach. The athletic trainer should talk to the coach before the beginning of the contest and determine his or her wishes if an injury should occur. Regardless of the extent of the coach’s medical knowledge, the athletic trainer is responsible for the injured student-athlete. However,
if an injury occurs and medical care is rendered, the attending physician assumes the ultimate responsibility for treatment.

- When visiting teams arrive for contests at the University of Massachusetts Boston, the athletic trainer assigned to the event should contact their athletic trainer and/or physician and explain the services available to them while on campus.

MEDICAL CARE OF UNIVERSITY STUDENT-ATHLETES

A. **Insurance**
   All insurance charges billed to a student-athlete must be processed and paid (or denied) by the student’s primary insurance company before the University’s insurance company can act. All student-athletes must have proof of insurance before being allowed to practice or compete at the University of Massachusetts Boston. An insurance questionnaire form must be in the student-athlete’s file in the Sports Medicine Office. The form must be completed to allow the athletic trainer to process any possible future insurance claims. This will also assist the athletic trainer in coordinating medical benefits through local physicians and hospitals regarding injuries that may occur.

B. **Summer Care**
   Student-athletes are covered during the summer semester only for injuries incidental to participation.

C. **Post-Eligibility Care**
   With regard to any injuries received incidental to participation, a student-athlete may request treatment for up to three months from the end of the student-athlete’s final year of eligibility.

MEDICAL PHONE NUMBERS

**Life-Threatening Emergencies:** 911 or 7-7777

**Ambulance** 911 or 7-7777

**Boston Medical Center Emergency Room** 617-638-3000

**Team Physician:** Robert Nicoletta 617-779-6589

**Sports Medicine:** 617-287-7818/19

VARSITY WEIGHT ROOM

A. **Introduction**
   The Department of Athletics’ strength and conditioning program is designed to enhance the physical well-being of its student-athletes through strength training, flexibility, anaerobic conditioning, nutritional consultation, sports-specific physiological analysis, and rehabilitation. The Strength and Conditioning Coach manages the operation of the strength and conditioning programs and reports to the Head Athletic Trainer.

   All 18 intercollegiate sports teams are provided access to the varsity Weight Room. Based on physiological evaluations, the Strength and Conditioning Coach works closely with each sport’s head coach to design individual programs for every student-athlete. In general, each student athlete is encouraged to complete a prescribed number of training programs during each 12-month cycle.
Liability insurance requirements restrict the use of the departmental Varsity Weight Room facility to enrolled student-athletes and approved staff. Specifically, the Varsity Weight Room may not be used by high school students or unapproved guests. The Strength and Conditioning Coach retains the right of approval for all individuals using the Varsity Weight Room. The Beacon Fitness Center is available to all University of Massachusetts Boston students, including student athletes.

Access to the Varsity Weight Room is restricted to posted operating hours. The Strength and Conditioning Coach retains authority to limit access to the Varsity Weight Room and to change hours of operation as necessary. Head coaches are responsible for scheduling their teams' workouts with the Strength and Conditioning Coach and for reporting any team schedule changes as they occur. Scheduled team workouts take priority over individual training.

B. **Varsity Weight Room Hours**

The Varsity Weight Room accommodates the need of all University of Massachusetts Boston student-athletes. The Varsity Weight Room will be open for use at 12:00 p.m. and will close at 6:00 p.m., Monday through Friday, during the academic year. The hours will vary, but every attempt will be made to accommodate the student-athlete. For any other use, please make arrangements with the Strength & Conditioning Coach or Head Athletic Trainer.

C. **Orientation for Use of Weight Room**

At the beginning of the academic year, the Strength and Conditioning Coach will schedule an orientation meeting for all varsity teams with the respective head coach. The orientation is designed to familiarize the coaching staff and the student-athletes with Weight Room policies and procedures. Training schedules are disseminated during the orientation along with all rules and guidelines governing the facility. Student-athlete attendance is mandatory at the orientation along with all rules and guidelines governing the facility. Student-athlete attendance is mandatory at the orientation session prior to any training.

D. **Rules of Conduct and Operation**

All student-athletes and staff members who use the Varsity Weight Room are required to comply with the rules of operation regarding conduct and equipment use. Violators of established rules are subject to discipline and possible suspension of Varsity Weight Room privileges. Respective head coaches are notified of all disciplinary actions. The following rules have been established to ensure a safe environment:

- The Varsity Weight Room is locked at all times unless a trained and authorized supervisor is present. Student-athletes are to lift only when their sports schedule or during open-lifting periods.
- Anyone choosing to squat outside of the squat rack must have at least two spotters present.
- Each weight shall be returned to the specifically marked place on the rack after use.
- Weights are not to be exchanged from one station to another. There is plenty of weight at each station for each participant’s use.
- The rubber bumper plates are for platform use only.
- Soft drinks and chewing tobacco are not allowed in the Weight Room.
> Every student-athlete must wear a shirt and shoe at all times. No one will be allowed to lift in street clothes. Clothing representing institutions/teams other than UMass Boston will not be permitted in the Varsity Weight Room.
> No equipment is to leave the Varsity Weight Room for any reason unless the Strength and Conditioning Coach has checked it out.
> No spitting on the walls or floors.
> Chalk is to stay in the chalk bowl; hands should be kept over the bowl while chalking up.
> Student-athletes are to be mindful of the purpose of the Varsity Weight Room and give maximum effort during workouts.
> Individuals are expected to be courteous to others and respectful of the facility (e.g., defacing of walls or equipment is prohibited).
> Student-athletes are to consult with the Strength and Conditioning staff whenever they have a training question.
> Student-athletes are to sign in for each training session.
> Each varsity team is required in regularly schedules testing sessions.
> No horseplay of any type will be tolerated.
> Injuries of any type are to be reported immediately to the athletic training staff.
> Department of Athletic personnel, with approval of the Strength and Conditioning Coach, and as designated by the Director, may use the Varsity Weight Room for personal workouts provided they do not interfere with the needs of the student-athletes using the facility.

E. Disciplinary Action
Disciplinary actions are based on the severity of the rules of conduct or operation violation as appropriate. The discipline may include physical workouts or suspension from the facility. The Strength and Condition Coach consults with the sport’s head coach when disciplining student-athletes.