Athletic Training Policies and Procedures

Mission Statement

The primary objective of the Athletic Training staff at New Jersey Institute of Technology is to provide the highest quality protection of the health and welfare of our student-athlete population. This is accomplished first, through risk management and prevention of athletic injury, and second through the recognition, evaluation, first aid, emergency care, management, and rehabilitation of injuries. In addition, the Athletic Training staff strives to ensure that our student-athletes will be provided with the proper direction and counseling in all areas of physical and mental well-being.

Athletic Training Personnel

Team Physician: Dr. Louis Rizio- Office-973-758-1078
Head Athletic Trainer: Matt Koscs ATC – Cell- 201-563-3727
Assistant Athletic Trainer: H. Paul Grayner ATC – Cell- 201- 563-7176
Assistant Athletic Trainer: Brittany Vorndran – Cell- 201- 563- 2239
Athletic Training Room - 973-596-3623
Athletic Training Room Fax - 973-642-7333

All staff certified athletic trainers (ATC) are certified by the Board of Certification and licensed by the State of New Jersey Board of Medical Examiners, and hold current adult CPR and AED certifications.

Athletic Training Room Rules

• No one will be allowed in the Athletic Training room without proper supervision.
• The Athletic Training room is a medical facility for varsity student-athletes and should be treated as such.
• Wear appropriate clothing at all times while in the athletic training room.
• Shoes must be worn at all times.
• Cleats are not to be worn in the athletic training room.
• Food, drinks, gym and school bags are to be left outside the athletic training room.
• Tobacco, chew, or snuff is prohibited.
• Nothing shall be taken from the athletic training room without a staff member’s permission.
• Return all equipment (wraps, crutches, slings, etc.) after usage.
• No student-athlete will be allowed to give treatments to themselves.
• No lounging, horseplay, loitering, socializing, or profanity will be allowed in the athletic training room.
• Towels are for athletic training purposes only.
• Please sign in for every visit to the ATR
• Show respect for all staff members.
• Student-athletes are treated on a first come first serve basis except during games. Games and in season sports take precedent over practices.
• The athletic training room will be open two hours prior to game time and 30 minutes post game.
• The athletic training room will be open one hour prior to practice reporting time and 30 minutes post practice unless other arrangements have been made.
• Any student-athlete not conforming to these policies will be refused treatment, asked to leave, and reported to his/her Coach.

Schedules

Monthly schedules of practice and game times are mandated in order to provide for the appropriate athletic training coverage. The first monthly schedule needs to be turned in three weeks prior to the start of the season. Start and stop times for practices should be included as well as the location of practices if they are different from the usual place or are off campus. A one week advance notice of travel itineraries is necessary for the student-athlete’s proper care. Prior to the start of each team’s season, estimated departure times for away games need to be turned into the athletic training staff. In the event of a practice or game time change, please provide as much notice as possible.

Athletic trainers will work with the coaching staff to accommodate practices. Schedule changes with less than 48 hrs notice may not be accommodated.

Medical kits are the responsibility of the Coaching staff and should be returned to the athletic training room for re-stocking. If an athletic trainer does not travel with your team and an injury occurs, please contact the athletic training staff that night via cell phone if a hospital visit occurred or leave a message on voicemail for non-emergent injuries.

Athletic Training Room Hours of Operation

The hours are subject to change. Walk-in hours are posted, all other by appointment only.

• While classes are in session, the ATR will be open from 9:00am to 12:00pm, close for lunch, then reopen at 1:00pm until 6:00pm.
• During weekends, the athletic training room will be on an open as needed basis to cover in season practices/games
• During holidays, school breaks, and school closings (weather emergencies) the ATR will be opened on an as needed basis to cover in season practices/games.
• During the school year, all athletic training staff members may be covering sports practices/games simultaneously, and the athletic training room may be temporarily closed. A sign will be posted on the door with information to locate the athletic trainer on campus.
Medical Eligibility for Athletic Participation

All medical forms must be completed and returned to the athletic training staff before practice begins. Student-athletes will not be allowed to participate and athletic equipment will not be issued until the necessary forms are completed including questionnaires, authorization forms, insurance forms, and the university entrance physical.

In order for a student-athlete to be eligible for athletic participation, he/she must complete the following information:

1. Basic Health Information/General and Orthopedic Physical

Every NJIT student-athlete must have a completed health record on file in the Student Health Center prior to any participation. All NJIT student-athletes are required to complete a general physical yearly (as per NCAA policy). General physicals must be signed by a General Practitioner or Internist, completed in English, and cannot be obtained from a relative. Student-athletes must be seen by the Team Physician or his Associate for an orthopedic physical. Both physicals must be completed prior to practice and pre-season workout participation.

*Note:* Any student-athlete who is under a physician’s care for a pre-existing condition, or has seen a physician for a recent or current medical illness/injury, will be required to obtain a written clearance from the treating physician prior to participation. Documentation of clearance, and/or any limitations from the treating physician is mandatory.

2. Medical History Questionnaire

The medical questionnaire allows the athletic training staff to become familiar with the student-athlete’s medical history. All questions should be answered to the best of the student-athlete’s ability. If a student-athlete is currently under the care of a Physician, the name, address, and phone number should be listed. All current medications should be listed. All information will be kept confidential.

3. Treatment Consent Form for Minors

If a student-athlete is under 18 years of age before August 1st, the parent or guardian must complete and sign a treatment consent form.

4. Athletic Medical Waiver

A signed medical waiver by the student-athlete allows the athletic training staff and the health services staff to share medical information that affects athletic participation.

5. Authorization for Release of Protected Health Information
A signed authorization/consent form for disclosure of protected health information by the student-athlete allows for the athletic training staff to share medical information that affects athletic participation, that may be released to other health care providers, parents/guardians, hospitals and/or medical clinics and laboratories, athletic coaches, medical insurance coordinators, insurance carriers, medical supply vendors and/or service companies, athletic and/or university administrators, NCAA Injury Surveillance Systems, sports information staff and members of the media.

6. Athletic Insurance Information Forms

It is extremely important that all insurance forms that are mailed to all student-athletes during the summer are accurately completed and on file in the athletic training room before the start of the fall semester. This will enable the athletic training staff to provide emergency treatment as quickly and efficiently as possible. All students are required to have primary medical insurance as mandated by NJIT.

7. Walk-on Candidates/ Open Tryouts

In order to try-out for a team, student-athletes are required to have a general physical on file in the athletic training room, medical insurance coverage, and have completed the athletic training paperwork. Try-outs are good for 2 days. Following the end of the second day of try-outs, student-athletes must see the Team Physician or designee for an orthopedic physical.

General Policy: Injury/Illness

The Department of Athletic Training consists of our team physicians and athletic training staff. Medical care and facilities are available to all student-athletes who are on a current roster. Medical services will be provided to student-athletes for athletic related injuries that occurred during participation on a New Jersey Institute of Technology varsity team. To ensure proper and immediate medical care, all injuries must be reported to the athletic training room within 2 days. If a referral to a physician is deemed necessary, the student-athlete must also complete and sign an injury/insurance claim form. The New Jersey Institute of Technology Department of Athletics will provide secondary insurance coverage for sports related injuries.

Authorization for Medical Services

A Certified Athletic Trainer will evaluate and document all athletic injuries. Based on the evaluation, the ATC will determine the appropriate treatment and rehabilitation programs for all athletic injuries, including referral to appropriate medical professionals. The athletic training staff will follow-up and document any referrals made to medical professionals by the staff. An appointment with an internal medicine specialist, orthopedist, or other specialist, may be made at the discretion of the athletic training staff. The athletic training staff has a list of medical specialists and facilities. Student-athletes may also choose to make an appointment with their family physician provided that a member of the athletic training staff is informed. A student-athlete may not make an appointment
with a doctor or get a prescription without the knowledge or pre-approval of the athletic training staff. *The student-athlete will be financially responsible for any appointments, procedures, tests, treatments, or prescriptions, which are not first approved by the athletic training staff.* The student-athlete is required to obtain a written clearance from the treating physician prior to returning to athletics. It is not the responsibility of the athletic training staff to provide transportation to appointments.

A student-athlete with symptoms related to illness will be screened and scheduled an appointment with health services or his/her own primary care physician. A student-athlete may make his/her own appointment with health services. The student-athlete must inform the athletic training staff of the visit and any restrictions related to athletic participation. Any student-athlete who has been evaluated at an emergency room must have a follow-up appointment with the team physician (or other medical specialist) before returning to participation, if deemed necessary by the Head Athletic Trainer.

In accordance with federal guidelines, parents and coaches will be notified as soon as possible if any student-athlete is admitted to a hospital and/or if surgery is necessary. Every attempt will be made to follow the student-athlete’s primary insurance policy, but never at the expense of the care that the student-athlete should receive.

**Treatment and Rehabilitation**

After an injury has been evaluated the student-athlete will receive a treatment/rehabilitation program. Both programs work on an appointment schedule. It is the responsibility of the student-athlete to schedule treatment/rehabilitation time around his/her class and practice schedule and to keep the appointment. Failure to show up for treatment/rehabilitation appointments can result in a delay in recovery and return to play. Rehabilitation will only be conducted during practice time if approved by the coach and ATC. The student-athlete is required to continue his/her treatment/rehabilitation until a member of the athletic training staff approves completion of the program.

**Insurance Policy**

Outlined below is the athletic medical insurance policy and is in regard to an injury that is the direct result of sport participation. The NCAA does not permit New Jersey Institute of Technology or any college or university to provide coverage or pay bills for illness or medical conditions that are not sustained during supervised athletic participation.

All NJIT student-athletes are required to have personal health insurance. This insurance may be through a parent/guardian’s plan or purchased through Student Health. Student-athletes are to provide a legible copy (front and back) of his/her medical insurance card/certificate, dental card/certificate, and prescription
card/certificate for his/her medical file. NJIT provides supplemental insurance through Aetna Student Health for those athletic injuries due to accidents that occur while participating in intercollegiate athletics. Once the student-athlete’s primary insurance is exhausted, remaining bills are processed through Aetna Student Health. In order for Aetna Student Health to process these claims, they require an EOB (Explanation of Benefits) from the primary insurance company stating non-payment. Once Aetna Student Health has processed the bills, any remaining bills are the responsibility of the student-athlete. Under no circumstances will the student-athlete or his/her family be expected to pay the entire injury claim if done properly.

The New Jersey Institute of Technology Department of Athletics provides athletic accident coverage up to $75,000 for athletic related injuries secondary to the student-athlete’s primary plan. Primary insurance coverage is through the student-athletes private/family plan. If the private/family policy is with an HMO or PPO a referral from the primary physician is required. Starting from the date of injury, the student-athlete has a 2 year period for insurance bills to be processed. The procedures for the student-athletes private insurance policy must be followed in order for the athletic accident policy to go into effect.

**Medical Expense Coverage**

NCAA rules do not permit intercollegiate athletic departments to cover any cost of injuries that are not the direct result of sanctioned athletic events. The following are expenses that are not covered by the Athletic Department:

a) Medical services for illnesses or injuries that are not athletic in nature.
b) Medical services or insurance coverage for sickness or injury after completion of the student-athlete’s participation/eligibility. The Athletic Department is not responsible for recurring injuries after the release by Physicians or department insurance expirations.
c) Normal dental care such as treatment for cavities, cleaning, impaction, wisdom teeth and correction or congenital defects.
d) Contact lenses or glasses, unless specified by athletic participation by the Team Physician and approved by the Assistant AD/ Business Facilities and Event Management.
e) Immunizations or desensitization (allergy) injections.
f) Injuries/sickness that occur before enrolling at NJIT University (pre-existing).
g) Injuries reported after seven days from the injury producing accident.

**NCAA Catastrophic Insurance Coverage**

The NCAA sponsors a Catastrophic Injury Insurance Program which covers the student-athlete who is catastrophically injured while participating in a covered intercollegiate athletic activity. The policy has a $75,000 deductible and provides benefits in excess of any other valid and collectible insurance (Appendix B). If you have any questions regarding this insurance coverage, please contact Matt Koscs Head Athletic Trainer 973-596-3623.
Exceptional Student-Athlete Disability Insurance

The NCAA also sponsors a disability insurance program for exceptional student-athletes at NCAA institutions in the sports of football, men's and women's basketball, baseball and men's ice hockey. The program enables qualifying student-athletes, as approved by the program administrator, to purchase disability insurance contracts with pre-approved financing, if necessary. This program will provide the student-athlete with the opportunity to protect against future loss of earnings as a professional athlete, due to a disabling injury or sickness that may occur during the collegiate career (Appendix B). If you have any questions regarding this insurance coverage, please contact Matt Koscs Head Athletic Trainer 973-596-3623.

Emergency Action Plans

In the event of an emergency involving a New Jersey Institute of Technology student-athlete during practice or competition in which an ATC is at the scene, the ATC will be in charge. A designee will act as the contact between emergency personnel and the ATC (usually an assistant coach or team captain as appointed by the ATC for practices; game administrators for events).

In the event of a non-cardiac related emergency:

- The ATC will assess the situation and stabilize the student-athlete.
- The ATC will instruct the designee to contact security by dialing x3111 on all campus phones. The campus phone closest to basketball courts & basement weight room is located in Stairway 5, Level 1. Events at the soccer field should use the front desk phone in gym. Activities at the tennis court should use the emergency phone outside of Redwood Hall or main desk of either residence halls. Campus Security will activate EMS and arrange transport of the injured athlete to the emergency room. A Security Officer will also be dispatched to the location to provide First Aid Care.
- The caller will provide the dispatcher with the location of the emergency along with any other pertinent information. DO NOT HANG UP UNTIL THE DISPATCHER TELLS YOU TO.
- The designee will then go to meet security and the ambulance at the designated location (Lock Street entrance of Fleisher Athletic Center).
- A member of the athletic training staff (if available), or member of the coaching staff will bring the student-athlete’s insurance information and accompany the student-athlete in the ambulance to St. Michael's or UMDNJ.
- A member of the athletic training staff will notify all other necessary parties.

In the event of a cardiac related emergency:

- The ATC will assess the situation and stabilize the student-athlete.
- The ATC will instruct the designee to contact security by dialing x3111 on all campus phones. The campus phone closest to basketball courts & basement weight room is located in Stairway 5, Level 1. Events at the soccer field should use the front desk phone in gym. Activities at the tennis court
should use the emergency phone outside of Redwood Hall or main desk of either residence halls. Campus Security will activate EMS and arrange transport of the injured athlete to the emergency room. A Security Officer will also be dispatched to the location to provide First Aid Care, CPR and Automatic External Defibrillation. The caller will provide the dispatcher with the location of the emergency along with any other pertinent information, including that the AED action plan has been activated. DO NOT HANG UP UNTIL THE DISPATCHER TELLS YOU TO.

• The AT will instruct the designee to retrieve the Automated External Defibrillator; the AT will then begin CPR. The designee will then notify security (596-3111), and go to meet the ambulance at the designated location (Lock Street entrance of Fleisher Athletic Center).

• A member of the athletic training staff (if available), or member of the coaching staff will bring the student-athlete’s insurance information and accompany the student-athlete in the ambulance to St. Michael’s or UMDNJ.

• A member of the athletic training staff will notify all other necessary parties.

**Home Athletic Competition Coverage**

The Athletic Trainer will be on site during all home events unless otherwise instructed by the Athletic Director. On days with multiple events occurring simultaneously, the Athletic Trainer will be located at the highest risk event. It may be necessary for the Athletic Trainer to be in the Athletic Training Room for taping and treatment during overlap in multi-practice/game events. Communication will be maintained by two-way radio or phone during multi-events.

**Away Athletic Competition – Championship Season**

All coaches for teams without an AT traveling with them must maintain current CPR certification and are required to maintain current First Aid certification. All teams will be provided with a first-aid kit, which will include insurance forms, and emergency contact information for their ATC. The athletic training staff will contact the host school and inform them that there will not be an ATC traveling with the team.

At away competitions:

• Be aware of the athletic training services available to you at the host site.
• Seek out the certified athletic trainer providing coverage.
• Inform the New Jersey Institute of Technology athletic training staff of all injuries upon the teams return to campus.
• Contact a member of the New Jersey Institute of Technology athletic training staff immediately following the emergency care of a student-athlete.
Practice Coverage – Championship Season

Baseball - Lubetkin Field

- An ATC will be at the field.
- AT will carry cell phone
- Emergency supplies and OSHA regulated blood supplies will be on site.

Men’s/Women’s Basketball - Fleisher Gymnasium
Men’s/Women’s Volleyball – Fleisher Gymnasium

- An ATC will be in the gymnasium.
- ATC will carry cell phone
- Emergency supplies and OSHA regulated blood supplies will be on site.

Men’s/Women’s Cross-Country & Track & Field - Off Campus Sites

- There will not be an ATC on site; an AT will be in the athletic training room during normal business hours.
- The coaching staff will carry a cell phone.
- The head coach is required to maintain current CPR/AED certifications and required to maintain current First Aid certification.
- Emergency supplies and OSHA regulated blood supplies will be provided to the coaching staff.

Men’s/Women’s Fencing - Multi-purpose Room

- An AT will be in the athletic training room.
- Phones are available in the immediate vicinity.
- Emergency supplies and OSHA regulated blood supplies will be on site.

Men’s/Women’s Soccer - Lubetkin Field

- An AT will be at the field.
- AT will carry cell phone
- Emergency supplies and OSHA regulated blood supplies will be on site.

Men’s/Women’s Swimming – Natatorium

- An AT will be in the athletic training room during normal business hours.
- A phone is available in the coach’s office.
- The head coach is required to maintain current CPR/AED and Lifeguard certifications.
- Emergency supplies and OSHA regulated blood supplies will be on site.
Men’s/Women’s Tennis - Tennis Courts/ Off Campus Site

- There will not be an ATC on site; an ATC will be in the athletic training room during normal business hours.
- The coaching staff will carry a cell phone.
- The head coach is required to maintain current CPR/AED certifications and encouraged to maintain current First Aid certification.
- Emergency supplies and OSHA regulated blood supplies will be provided to the coaching staff.

All teams are responsible for taking ice containers, water bottles and/or water coolers (First Aid boxes if practice is not covered by the athletic trainer) to practices. These items will be placed outside the door to the front desk before practice and will be labeled for the specific team. If items are not out, athletes need to check with the athletic trainer. All items must be returned by the team after practice to the same location. In the event of an injury (non-emergency), a member of the coaching staff will accompany the student-athlete into the athletic training room and notify a member of the athletic training staff.

*In the event of an emergency situation and there is not an ATC present:*

- The coaching staff will stabilize the student-athlete and one member of the staff will contact an ambulance by dialing 911.
- The caller will provide the dispatcher with the location of the emergency along with any other pertinent information. DO NOT HANG UP UNTIL THE DISPATCHER TELLS YOU TO.
- One member of the coaching staff will go to meet the ambulance and direct the EMT’s to the site.
- The caller will contact a member of the athletic training staff immediately after speaking with the dispatcher. The athletic training staff will contact all other necessary personnel.
- One member of the coaching staff will ride with the student-athlete, and direct the EMT’s to transport to St. Michael’s or UMDNJ, if possible.

Non-Traditional Season Practice/Travel Coverage

The athletic training staff will be in the athletic training room during normal business hours. All coaches for teams with non-championship season competitions must maintain current CPR certification and encouraged to maintain current First Aid certifications. All teams will be provided with a first-aid kit. The athletic training staff will contact the host school and inform them that there will not be an ATC traveling with the team.
At away competitions

- Be aware of the athletic training services available to you at the host site.
- Seek out the certified athletic trainer providing coverage.
- Inform the New Jersey Institute of Technology athletic training staff of all injuries upon the teams return to campus.
- Contact a member of the New Jersey Institute of Technology athletic training staff immediately following the emergency care of a student-athlete.

Automated External Defibrillator Program

Note: Training described below is mandatory for all coaches.
The Automated External Defibrillator (AED) program at NJIT has one LIFEPAK 500 AED unit. The AED unit will be permanently placed in the athletic training room. NJIT has two other AEDs located within Fleisher Gymnasium, one at the main entrance, on the wall opposite of the front counter and one on the wall next to the concession counter in the lobby facing campus. If these AEDs are used, an alarm will sound in the Police department at NJIT.

Priority for AED usage will be based on the following conditions
   - Competition/Scrimmage has priority over practice.
   - Home games off campus have priority over away games.
Parameters used to determine priority include:
   - Sudden cardiac death (SCD) occurs in male athletes more than female athletes.
   - SCD occurs in black athletes more than any other race of athletes.
   - Men’s basketball has the highest reports of SCD followed closely by football.
   - Blunt injuries to the chest can cause ventricular fibrillation.

The NJIT Head Athletic Trainer will have the final decision over AED priority.

Usage: The AED unit is permitted for use only to personnel who are authorized by the Head Athletic Trainer, who have CPR training, and who have AED training equivalent to that recommended by the American Heart Association. The AED units are to be used only on people in cardiopulmonary arrest. The person must be unconscious, pulseless, and not breathing spontaneously before the device is used to analyze the patient’s ECG rhythm. Do not use on children less than eight years of age.

Safety: The following are general warning and caution statements concerning the AED units:
- Do not attempt to operate the AED unit unless thoroughly familiar with their operating instructions, and the function of all controls, indicators, connections, and accessories.
- Do not disassemble defibrillator.
- Do not immerse any portion of the AED unit in water or other fluids.
- Do not use this device in the presence of flammable gases or anesthetics.
- Avoid operating the AED unit near cautery, diathermy equipment, or cellular phones. Maintain equipment separation of at least four feet.
-Always have access to a spare, fully charged, properly maintained battery.

**Lightning Safety Policy**

Lightning is a dangerous phenomenon. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. The Athletic Training staff has developed a lightning safety policy to minimize the risk of injury from a lightning strike to New Jersey Institute of Technology athletes, coaches, support staff and fans. To monitor lightning the Athletic Training staff will utilize both the Flash-to-Bang Method and a SkyScan Lightning/Storm Detector. Our policy is in accordance with the 20012-20013 NCAA Sports Medicine Handbook regarding lightning safety.

**General Policy:** A member of the Athletic Training Staff will monitor the weather and make the decision to notify the head coach or officials of dangerous situations and recommend the suspension of activity in the event of lightning. Exceptions will be made for any activity where an Athletic Training staff member is not in attendance, whereby the supervising coach will have the ability to suspend activity. The decision to suspend activity will be based on:

- Two subsequent readings on the SkyScan Lightning/Storm Detector in the 8-20 mile range regardless of the presence of visible lightning. (This device is portable and will be in the possession of the athletic training staff member or supervising coach.) and/or

- Utilization of the Flash-to-Bang Method (Count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away, in miles, the lightning is occurring). If it reveals lightning to be within 6 miles (a 30 second count between the flash of lightning and the bang of thunder) activity is to be suspended and everyone should seek shelter immediately.

**Announcement of Suspension of Activity:** Once it is determined that there is danger of a lightning strike, the Athletic Training staff member will notify the head coach and/or official and subsequently immediately remove all athletes, coaches, and support staff from the playing field or practice area/facility.

**Evacuation of the Playing Field:** Immediately following the announcement of suspension of activity all athletes, coaches, officials and support personnel are to evacuate to the nearest enclosed grounded structure.

**Remember:** Dugouts, rain shelters, golf shelters, and picnic shelters are usually not properly grounded from the effects of lightening (2012-2013 NCAA Sports Medicine Handbook)
At NJIT:

- Soccer Practice/Game: Evacuate to Fleisher Gymnasium
- Tennis Practice/Game: Evacuate to Fleisher Gymnasium
- Baseball Practice: Evacuate to Fleisher Gymnasium/Game: Evacuate to the enclosed structure.
- Track and Field/Cross Country Race or Practice: Evacuate to the nearest suitable structure.

Evacuation of the Stands: During a competition, once the decision to suspend activity has been made, a representative of the athletic department will announce via the PA system:

1. Fans are advised to immediately seek shelter in the nearest enclosed, grounded shelter. (Soccer and Tennis: evacuate to Fleisher Gymnasium; Baseball: evacuate to the nearest enclosed structure; Track/Cross Country: evacuate to the nearest suitable structure)
2. REMEMBER: Open-sided shelter may not protect you from a lightning strike so these are not adequate shelters.

Resumption of Activity: During practice, activity may resume under the following conditions. This decision will be based on:

- Thirty minutes AFTER the last lightning strike within an 8-20 mile range on the SkyScan Lightning Detector.
- Thirty minutes AFTER the last lightning strike within a 6-mile range using the Flash-To-Bang method. During a game situation the activity will resume once the Athletic Director, Athletic Training staff member and officials have conferred and the above criteria have been met.

Other Lightning Safety Tips: (20012-2013 NCAA Sports Medicine Handbook )

1. There should be no contact with metal objects (bleachers, fences, golf clubs, bats)
2. Avoid single or tall trees, tall objects and standing in a group.
3. If there is no other shelter you may seek refuge in a hardtop vehicle. It is not the rubber tires that protect from lightning; it is the hard top metal roof that dissipates the lightning around the vehicle.
4. The existence of blue skies and/or absence of rain are not protection from lightning. Lightning can strike 10 miles from the rain shaft.
5. **DO NOT LIE FLAT ON THE GROUND**
6. Avoid using a land line telephone. Cell phones are a safe alternative if in a safe structure.
7. Avoid standing water and open fields
8. If in a forest, seek shelter in a low area under a thick grove of small trees.
9. If you feel your skin tingling immediately crouch and grab your legs and tuck your head as described above to minimize your body’s surface area.
10. Persons who have been struck by lightning do not carry an electrical charge. Therefore, enact the EMS system and provide emergency care. CPR is what is most often required. If possible, move the victim to a safe location.
11. For additional information refer to the National Lightning Safety Institute at www.lightningsafety.com

**Lightning Detection Procedures for Athletes during Non Supervised Activities**

Examples: athletes using facilities in the off season, or outside of regular practice hours
Lightning is a dangerous phenomenon. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. The safest measure to take is to proceed indoors whenever you see thunderclouds forming and remain until the storm passes. Just because you cannot see lightning does not mean you are not at risk if you are outdoors. Other warning signs of impending bad weather include: sudden decrease in temperature, sudden change in humidity, increase in air movement, and visible dark storm clouds

**No Method of Lightning Detection Can Detect Every Strike**

NATA Recommendations for Lightning Safety
1. Established a chain of command that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous.)
3. Have a means of monitoring local weather forecasts and warnings.
4. Designate a safe shelter for each venue.
5. Use the Flash-to-Bang count to determine when to go to safety. By the time the flash-to-bang count approaches thirty seconds all individuals should be already inside a safe structure.
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
7. Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
9. Observe the following basic first aid procedures in managing victims of lightning strike:
   1. Survey the scene for safety.
   2. Activate local EMS.
   3. Lightning victims do not 'carry a charge' and are safe to touch.
   4. If necessary, move the victim with care to a safer location.
   5. Evaluate airway, breathing, and circulation, and begin CPR if necessary.
   6. Evaluate and treat for hypothermia, shock, fractures and/or burns.
### New Jersey Institute of Technology

#### Athletic Training Scope of Coverage

#### 20012-2013

<table>
<thead>
<tr>
<th>Assigned Certified Athletic Trainer</th>
<th>Basketball</th>
<th>Soccer</th>
<th>Volleyball</th>
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<td>Paul Grayner- WBB Matt Koscs- MBB</td>
<td>Matt Koscs- WSC Paul Grayner- MSC</td>
<td>Britanny Vorndran</td>
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<td>Practice Coverage by an ATC</td>
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<th>Assigned Certified Athletic Trainer</th>
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<th>Tennis</th>
<th>Swimming</th>
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<td>Paul Grayner Matt Koscs</td>
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<tr>
<td>Practice Coverage by an ATC</td>
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<td>NO</td>
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<tr>
<td>Home Game Coverage by an ATC</td>
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<tr>
<td>ATC Travel</td>
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<tr>
<td>Non-traditional ** season coverage</td>
<td>YES</td>
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<tr>
<td>Out-of Season coverage #</td>
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</tbody>
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** = Sanctioned practices and games only
# = Weight lifting, conditioning, individual workouts

*Note: An athletic trainer will be available during normal ATR hours (9am-6pm)
Hours are subject to change, check posted hours

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