

# Central Washington University

## Medical Procedures for Student Athletes

(updated 7/30/07)

- 1. PHYSICAL EXAMINATIONS:** All first year student-athletes must have a physical examination and medical clearance from the Student Health Center prior to participation. Returning student-athletes are required to update their files prior to participation.
- 2. INSURANCE:** Student athletes are required to provide proof of primary medical insurance. A completed questionnaire identifying their insurance coverage including policy numbers must be in the possession of the athletic training staff prior to participation. CWU Athletic Department provides excess coverage secondary to the required primary insurance and covers expenses only after a \$5,000 deductible is met and paid by the primary insurance carrier or the individual. Additional information on submitting insurance is available on the athletic training link of wildcatsports.com.
- 3. MEDICAL COVERAGE:** Certified Staff Athletic Trainers will evaluate injuries and make the necessary referrals an appropriate health care provider. Should an athlete see a physician without a referral, he/she will be personally responsible for all medical expenses. Should a second opinion be requested, it will be at the personal expense of the athlete. All athletes who are referred for medical treatment must fill out a "Proof of Injury Form", which is available in the Training Room.
- 4. TRAINING ROOM:** The training room is located in room 104 of Nicholson Pavilion. It is open daily from 9:00am-11:30am and 1:30 pm-6:00pm and weekends and evenings by appointment. Only students needing assistance or treatment are allowed in the training room. Training room rules are posted and strictly enforced.
- 5. AFTER HOURS TREATMENT AND EMERGENCIES:** Every effort should be made to contact a Certified Staff Athletic Trainer, should an athlete become injured or ill. If unsuccessful, the athlete should go to the nearest medical facility and receive treatment. However, Central's Athletic Training Staff must be notified within 48 hours. Failure to notify relinquishes financial responsibility from CWU.
- 6. STUDENT HEALTH CENTER:** Students are always welcome to visit the Student Health Center. Appointments can be made each weekday beginning at 7:30 am by calling 509-963-1881. Student Health is also open for minor emergencies Monday, Wednesday, Friday 8:00 am-5:00pm and Tuesday, Thursday from 8:00am-7:00pm. Saturday hours are available from 9:00am to 1:00pm. Any charges incurred at the Student Health and Counseling Center will be the responsibility of the student.

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