

**University of Nebraska Omaha
Athletic Training and Sports Medicine**



**Policies and Procedures Manual
2013-2014**

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Purpose

The purpose of this manual is to provide members of the University of Nebraska Omaha (UNO) Athletic Department with a comprehensive guide of policies and procedures to assist them maintain the health, safety,

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and well being of all student-athletes. This manual will also assist the UNO Athletic Department in the education of new staff members by giving them a resource to reference. The policies and procedures outlined in this manual will serve as a guide for dealing with most medically related situations that may occur on a daily basis

This manual is an evolving manuscript that will be reviewed by the UNO Athletic Performance staff each year. Modifications will be made to adapt to the ever-changing environment that exists within college athletics.

Vision Statement

The Athletic Performance Department at the University of Nebraska Omaha (UNO) strives to provide injury prevention, management, evaluation, and rehabilitation services to UNO student-athletes. The Athletic Performance Department at the University of Nebraska Omaha is committed to professional, quality care and an ongoing effort to provide the latest and most effective treatments for athletic injuries. It is also the vision of the Athletic Performance Department to be a model program that complements and supports both the vision of the university and all corresponding organizations.

Mission Statement

The Sports Medicine Department at the University of Nebraska Omaha provides all student-athletes with the highest quality medical care. The top priority of the Sports Medicine Department is the health and safety of the student-athlete. UNO student-athletes are provided with health care quality consistent with the Board of Certification Standards of Professional Practice, the Nebraska Athletic Trainers' Licensure/Practice Act, the University of Nebraska Omaha Code of Conduct, the University of Nebraska Omaha Athletic Department Policies and Procedures, and the University of Nebraska Omaha Athletic Training Policies and Procedures. The University of Nebraska Omaha Sports Medicine Department provides traditional athletic training services to prevent and treat injuries for the student-athletes of the University of Nebraska Omaha and help them perform at their highest level.

Corresponding Organizations

National Athletic Trainers' Association (NATA) Board of Certification (BOC) Standards of Professional Practice, Nebraska Athletic Trainers' Licensure/Practice Act, University of Nebraska at Omaha (UNO) Code of Conduct, National Collegiate Athletic Association (NCAA), Summit League, National Collegiate Hockey Conference (NCHC), University of Nebraska Omaha (UNO) Athletic Department Policies and Procedures, and the University of Nebraska Omaha (UNO) Athletic Training Policies and Procedures.

Sports Medicine Team

The UNO Sports Medicine team is comprised of a full scope of medical professionals including: a staff physician, certified athletic trainers, and athletic training students; volunteer team Orthopedic and Family Practice physicians; physical therapy, dentists, nutritionists, psychiatrist/psychologist, as well as a network of specialists for referral. These professionals provide all UNO student-athletes with the most comprehensive medical care possible.

Conduct of ATC's

The job of a Certified Athletic Trainer (ATC) is very rewarding and unique. The Certified Athletic Trainer is put in a position where they are not only the student-athlete's primary caretaker, but also are commonly trusted

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as confidantes. The conduct of Certified Athletic Trainers at UNO will be consistent *with the practices, policies and procedures within this manual, the UNO Athletic Department, the University of Nebraska Omaha (UNO), the Summit League, the National Collegiate Hockey Conference (NCHC), the National Collegiate Athletic Association (NCAA), the National Athletic Trainers' Association (NATA), the NATA Board of Certification, Inc. (NATA-BOC), and the Nebraska Athletic Trainers' Licensure/Practice Act.*

As health care providers, our conduct is held to a high standard. The conduct of the Certified Athletic Trainer will remain professional at all times when representing UNO. The Certified Athletic Trainer must also maintain a professional demeanor while out in the public. Any known actions that might hinder the Certified Athletic Trainer in fulfilling his/her duties will initially be dealt with by the Head Athletic Trainer. The Head Athletic Trainer will then determine if additional action is necessary per UNO Athletic Department/University guidelines.

Conduct of Athletic Training Students

The athletic training student plays a very important role in the total health care of the student-athlete at UNO. Although they are going through the process of obtaining the knowledge and skills required to become a certified athletic trainer, they are also in a unique situation. Athletic training students are the same age as a majority of the student-athletes and may have the tendency to act as normal college students. Unfortunately, the traditional conduct of a college student is not sufficient for athletic training students, since they are assisting the athletic training staff in administering healthcare to student-athletes. UNO Athletic Training Students will be held to a higher standard of conduct than their general student peers.

UNO Athletic Training Students must hold themselves to a higher standard of conduct. They must realize that they are representing UNO and the UNO Athletic Performance Department at all times. How they conduct themselves outside of the athletic training room and how they choose to socialize with student-athletes can greatly impact their respect and effectiveness as an athletic training student. All athletic training students in the UNO Athletic Training Education Program performing clinical duties with UNO student-athletes will follow the rules set out for them in this manual and the UNO Athletic Training Student Manual.

In addition, the athletic training student is surrounded by sensitive information regarding the health and well being of student-athletes. Due to the sensitive and personal nature of this information, the athletic training student must not discuss facts and information regarding injuries, illnesses, test results, and like-information with anyone outside of the UNO Sports Medicine team. This will ensure that each student-athlete's health care will remain confidential.

General Athletic Training Room Rules

The main athletic training room at UNO is located within the Lee & Helene Sapp Fieldhouse, FH 024. This facility is utilized for all student-athlete evaluations, treatments, and rehabilitations. In addition, a UNO hockey athletic training room is located at the Century Link Center and utilized for pre and post-practice/competition treatment.

Hours of Operation for the UNO Athletic Training Room in the Lee & Helene Sapp Fieldhouse are the following:

Summer Hours:

6:30am – 10:00am Lifting & Conditioning Coverage
8:00am – 1:00pm Treatments & Rehabilitation
(All other treatment/rehabs are by appointment only)

School-Year Hours:

6:00am - 3:00pm Lifting & Conditioning Coverage
7:00am – 3:00pm Treatments and Rehabilitation
1:00pm - Close Taping and Pre-Practice Preparation
(All other treatment/rehab times are by appointment only)

*Hours may vary during holidays and school closings.

Hours for the athletic training room at the Century Link Center will vary and are determined by the Certified Athletic Trainer working that venue.

Athletic Training Facilities will remain open until the end of the last scheduled practice of the day. Please note that all student-athletes should have their rehabilitation and treatment completed during the treatment/rehabilitation time. If they have a class conflict and cannot make it in during this time they can make arrangements with their designated sport athletic training staff member.

General rules for the UNO Athletic Training Room are as follows:

- No food or drink.
- Shoes must be removed prior to receiving treatment/rehabilitation.
- Athletic attire should be worn at all times.
 - Modest athletic shirts & t-shirts are preferable. Sweats, wind pants, etc. are allowed as long as the treatment area is accessible.
- Bags and other personal items should be stored in the athlete's locker room.
- Profanity, loud disruptions, racial, ethnic, religious, and/or sexual comments, and horse play will not be tolerated.
- No chewing tobacco allowed

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- Cell phone use should be kept to a minimum to promote communication with the Athletic Performance staff.
- Be respectful & courteous to the Athletic Performance staff and students.

Rules for the Century Link Center Athletic Training Room will be consistent with the general athletic training room rules. Specific exceptions may be allowed by the Certified Athletic Trainer overseeing the facility, as this is a hockey-only facility.

Violation of any of the rules listed above will result in a dismissal from the athletic training room until the issue is resolved. Coaches shall be notified when student-athletes are non-compliant with treatments/rehabs or athletic training facility rules.

Summer Weightlifting/Conditioning

Summer Conditioning coverage for those teams who hold session during the summer months will occur in the following manner:

Conditioning sessions during the normal summer hours of operation listed in the UNO Athletic Training Department Policy and Procedure Manual will have coverage and access to the UNO Athletic Training Room.

Any sessions outside of these times will have to take their needs to the Head Athletic Trainer for consideration.

Policies and Procedures Regarding Insurance and Medical Expenses

It is the policy of the UNO Athletic Department that all student-athletes be covered by a major medical health and accident insurance policy prior to participation in any practices, games/competitions, and/or strength and conditioning activities. The student-athlete's insurance must cover athletic related injuries and/or illnesses, and shall be considered the primary insurance coverage for all athletic related injuries. The student-athlete must complete a demographic form which contains this insurance information and supply a photocopy (front and back) of the health insurance card on a yearly basis. This form and the information it contains should be completed at least two weeks prior to the first conditioning or practice session of the year. Failure to comply may result in the inability of the UNO Athletic Department to guarantee the student-athlete will gain clearance to begin conditioning/practice with their team, should insurance issues arise.

The following are the guidelines that the UNO Athletic Department utilizes to define an acceptable insurance policy:

- The Policy must be a major-medical policy that provides coverage for athletics related injuries and/or illnesses
- The policy must be claims eligible in the state of Nebraska
- No month to month plans are allowed
- The deductible must be no greater than \$1500.00
- A co-payment of 80/20 is recommended

HMO's

If a student-athlete's primary insurance is an HMO, based outside of the Omaha area, the University of Nebraska Omaha Athletic Performance Department strongly encourages the student-athlete and/or his/her parent(s)/ guardian(s) to change the primary care physician (PCP) to the University of Nebraska Omaha Team Physician or local physician. This will allow the student-athlete to have a network of physicians in the Omaha area, as well as better access to care. Otherwise, the student-athlete may be required to return home, at their own expense for medical care. A member of the University of Nebraska Omaha Athletic Performance department can assist in this process.

International Student-Athletes

University of Nebraska Omaha Requirements

International students with "F" or "J" visas registered for classes at the University of Nebraska Omaha are required to have health insurance that can be used in Omaha. These students will automatically be enrolled and billed for the University's student health insurance plan each semester based on enrollment in classes. This health insurance plan will also satisfy the requirements of the University of Nebraska Omaha Athletic Department policy.

International Student Insurance Waiver Policy

International students may apply for a waiver from purchasing the University's student health insurance plan if they have proof of equivalent health insurance benefits under another plan. Proof of the plan purchased for the entire semester will be verified prior to the charge being removed from the student account.

Equivalent health insurance benefits must include:

- At least \$500,000.00 of coverage for medical care.
- A deductible no greater than \$500.00.
- Unlimited medical evacuation and repatriation benefits.
- Provides coverage for athletic related injuries and/or illnesses.
- Coverage paid in full for each semester. Coverage periods run August 15 to January 15 and January 16 to August 16.

When necessary the Health Center Insurance Coordinator will verify additional information about a proposed insurance policy plan to ensure adequate coverage. The waiver must be approved prior to the 14 day of class *each semester*.

To apply for a waiver you will need:

- Paper copy of your proposed policy written in English.
- Proof of purchase for the entire coverage period. (Paying by the month is not acceptable coverage.)
- All "F" and "J" students must have Medical Evacuation and Repatriation insurance, which can be purchased from the health center.

Waivers will not be accepted after the 14th day of class.

Students may check to see if the waiver process has been completed by verifying the premium credit on their UNO student account.

Anyone with questions regarding insurance requirements for international students should contact the University of Nebraska at Omaha Student Health Services at (402) 554-2374.

Compliance with Insurance Company Requests and Conditions

It is the student-athlete's and his/her parent(s)/guardian(s) responsibility to understand the conditions that apply to their policy and comply with any requests for information, etc. from the primary insurance company. The University of Nebraska Omaha will facilitate these procedures, but will not be held responsible for any penalties that may occur due to the failure of the student-athlete and his/her parent(s)/guardian(s) to comply with the conditions of their policy. Any delinquent bills resulting in bad credit due to non-compliance with insurance company requests and conditions may be the responsibility of the student-athlete and/or his/her parent(s)/guardian(s).

In the event that a student-athlete and his/her parent(s)/guardian(s) receives payment/reimbursement directly from their insurance company for athletic related injury/illness claims, the full account balance becomes the responsibility of the student-athlete and/or his/her parent(s)/guardian(s), until the payment/ reimbursement received is turned over to the provider.

Insurance Policy Changes

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The University of Nebraska at Omaha Athletic Performance department must receive any changes to a health insurance policy as soon as they occur. If proper notification is not received, the University of Nebraska at Omaha Athletics Department will not be responsible for any delays in payment, collection notices, credit reports, etc. that may occur.

Secondary Coverage

The University of Nebraska Omaha Athletic department provides a medical and catastrophic insurance program for its student-athletes. These policies, however, are secondary to or in excess of, personal family medical insurance coverage, and cover only injuries/illnesses/accidents that occur while an athlete is representing the University of Nebraska Omaha in formal intercollegiate activity supervised by a coach.

52 Week Limitation on Secondary Insurance Coverage

The University of Nebraska at Omaha's medical and catastrophic insurance program will pay for necessary medical treatment and the resulting expenses incurred within 52 weeks (1 year) of the initial date of the injury/illness/accident.

Exclusions and Limitations

The University of Nebraska Omaha Athletic department's secondary medical insurance policy will not cover expenses associated with the situations indicated below. This list is not all-inclusive.

1. Injuries/ illnesses that are not the direct result of participation in intercollegiate athletics during the dates of the primary competitive season and designated off-seasons as approved by the Director of Athletics according to NCAA regulations.
2. Prescription medication
3. Experimental Procedures
4. Cosmetic surgery or procedures unless approved by the University of Nebraska Omaha Director of Athletics.
5. Injuries/illnesses that are a result of intramural, club sports, and recreational activities (non-intercollegiate activities), as well as training/conditioning activities that occur outside of the primary competitive season and designated off-season periods.
6. Injuries/illnesses that were sustained prior to official clearance for participation in the intercollegiate sports program by UNO Team Physician.
7. Expenses for athletic injuries incurred after completion of the student-athlete's intercollegiate athletic eligibility.
8. Expenses for injuries/illnesses that were sustained during participation in intercollegiate athletics practices, games/competitions/ or conditioning sessions that are incurred greater than 365 days (1 year) after the completion of the student-athletes intercollegiate athletic eligibility.
9. Expenses related to unauthorized medical treatment or unauthorized treatment outside of the University of Nebraska Omaha medical team.

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The importance of having a major medical health insurance policy cannot be over emphasized. Medical bills resulting from the aforementioned activities will be submitted to the student-athlete's primary medical insurance. Any unpaid balances are the responsibility of the student-athlete and/or the student-athlete's parent(s)/ guardian(s)

Medical Bills and Insurance Claims Procedures

The UNO Athletic department will only consider payment on injuries/illnesses/ accidents that are a direct result of participation in the intercollegiate athletics program during the dates of the primary competitive season and designated off-seasons as approved by the Director of Athletics according to NCAA regulations, and those that have been referred by a member of the UNO Athletic Performance staff with the proper medical documentation

All injuries/illnesses/accidents that are not athletic related will be the responsibility of the student-athlete.

Any student-athlete who has been cleared for participation by the University of Nebraska Omaha Team Physician and who is injured/ becomes ill/ or is involved in an accident must immediately report the injury/illness/accident to a member of the University of Nebraska Omaha Athletic Performance staff. Costs pertaining to an injury/accident/illness not reported prior to seeking physician consultation may become the responsibility of the student-athlete and/or his/her parent(s)/ guardian(s).

In the event of a medical referral resulting from the participation in the intercollegiate athletics program during the dates of the primary competitive season and designated off-seasons as approved by the Director of Athletics according to NCAA regulations, all bills pertaining to this incident will be filed with the student-athlete's primary insurance. After the primary insurance company has processed the claim, the student athlete and/or their parent(s)/ guardian(s) will receive an explanation of benefits (EOB) from their primary insurance company. Once this document is received, it is the responsibility of the student-athlete and/or their parent(s)/ guardian(s) to forward to the University of Nebraska Omaha Athletic Training Department copies of (a) an itemized statement for all costs associated with treatment(s) and services, and (b) the EOB. Once these documents have been obtained, a member of the University of Nebraska Omaha Athletic Performance staff will forward this to our secondary insurance provider for payment on the remaining balance. The University of Nebraska Omaha Athletic department or the University of Nebraska Omaha Athletic Performance department will not be responsible for any delays in payment, collection notices, credit reports, etc. that may occur if the student-athlete and/or his/her parent(s)/ guardian(s) fail to comply with this process.

In the event that a student-athlete and/or his/her parent(s)/guardian(s) receive a bill/statement for an injury/illness that occurred as a direct result of participation in intercollegiate athletics at the University of Nebraska Omaha, the student-athlete and/or his/her parent(s)/ guardian(s) must submit the bill/statement to a member of the University of Nebraska Omaha Athletic Performance staff in a timely manner. Bills not received in a timely manner may be the responsibility of the student-athlete and/or the student-athlete's parent(s)/ guardian(s). The University of Nebraska Omaha Athletic department and/or the University of Nebraska Omaha Athletic Performance department will not be responsible for any delays in payment, collection notices, credit reports, etc. that occur due to bills not being submitted in a timely manner.

Physician Referrals/Consultations:

The University of Nebraska at Omaha has been fortunate to have the continued support and services of some of the most respected and qualified Orthopedic and Sports Medicine Professionals in Omaha and the region. As our team physicians these individuals have consistently provided high quality service and care to the student-

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athletes at the University of Nebraska Omaha. Members of the University of Nebraska Omaha Athletic Performance department will refer student-athletes to these providers, unless extenuating circumstances necessitate a different provider. As previously stated, student-athletes with HMO's are strongly encouraged to have our team physician or a local physician serve as their PCP, so that timely and quality care can be provided.

All student-athletes must be seen and evaluated by a member of the University of Nebraska Omaha Athletic Performance department before a referral to a physician will be made. A member of the University of Nebraska Omaha Athletic Performance department must authorize and properly refer all student-athletes to see a physician or medical consultant, and/or for diagnostic tests. **If a student athlete chooses to see a physician/medical consultant, and/or undergo a diagnostic test without prior authorization/referral from a member of the University of Nebraska Omaha Athletic Performance department, the student-athlete and/or the student-athletes parent(s)/guardian(s) will be financially responsible for any and all medical bills incurred.**

Orthopedic and/or Medical Second Opinions:

If a student-athlete and/or his/her parent(s)/guardian(s) desire another physician's opinion of an orthopedic and/or medical injury/illness, a member of the University of Nebraska Omaha Athletic Performance department will assist in making arrangements for the second opinion with a qualified physician following consultation with the University of Nebraska Omaha Team Physician. If a student-athlete chooses to see an orthopedic and/or medical physician without the authorization of a member of the University of Nebraska Omaha Athletic Performance department, the student-athlete and/or the student-athlete's parent(s)/ guardian(s) will be financially responsible for any and all medical bills incurred. Additionally, once unauthorized care has been provided by a medical physician, the return to play guidelines that they establish will be adhered to. However, the individual must be cleared by a University of Nebraska Omaha Team Physician prior to returning to participation in any University of Nebraska Omaha athletic team practice, competition, or conditioning session. The student-athlete and/or the student-athlete's parent(s)/guardian(s) may also be responsible for identifying a qualified individual to perform rehabilitation of the injury. Any and all costs incurred during this rehabilitation will be the responsibility of the student-athlete and/or their parent(s)/ guardian(s).

Physical Therapy/Rehabilitation Procedures:

At times, it may be necessary for a student-athlete to utilize a physical therapy facility. Such referrals must come from a member of the University of Nebraska Omaha Athletic Performance department. At times it may become necessary for a student-athlete to utilize an "out of town" physical therapy facility. In such situations, permission must be granted from the Assistant Athletic Director for Performance or his/her designee. If a student-athlete chooses to utilize physical therapy/ rehabilitation services without the authorization of a member of the University of Nebraska Omaha Athletic Performance department, the student-athlete and/or the student-athlete's parent(s)/ guardians(s) will be financially responsible for any and all bills incurred during the course of this treatment. Additionally, the athlete must gain clearance from a University of Nebraska Omaha Team Physician prior to returning to participation in any University of Nebraska Omaha athletic team practice, competition, or conditioning session.

Physicals

Pursuant to NCAA bylaw 17.1.5, all student-athletes must receive a pre-participation physical examination by a member of the UNO Sports Medicine staff (i.e. Team Physician) and be cleared medically before participating in any practice, competition, or out-of-season conditioning activities. For those athletes electing to participate in summer strength and conditioning programs, a physical must be completed prior to participation. Otherwise,

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student-athlete physicals will be completed prior to their first practice in August. The Athletic Performance staff will communicate with the coaching staff from each sport on medical packet due dates and physical dates prior to their respective sport start dates. Before any student-athlete can begin their physical, they must submit the following information at least two weeks prior to their assigned physical examination session:

Demographic/Insurance Form
Copy of Insurance Card (both front & back)
Health History Form

If the above information is not provided within the outlined time-line, the UNO Athletic Performance Department cannot guarantee the student-athlete in question will have their physical completed and cleared in-time to join their team on the first day of conditioning/practice.

In some instance, the UNO Medical Staff and/or Physician may deem it necessary to refer a student-athlete to a physician possessing a greater level of skill, expertise and/or specialization in certain fields, including but not limited to cardiology, neurology and/or orthopedics, prior to clearing a prospective student athlete for participation in intercollegiate athletics at UNO. In these instances, a member of the UNO Athletic Training staff will arrange for an appointment with the physician or specialist identified by the UNO Physician. All costs associated with this, or any subsequent examinations or diagnostic testing will be the responsibility of the prospective student-athlete, their parents or guardians. Once the need for an outside referral has been identified by the UNO Physician, the student-athlete is required to comply with the referral and any subsequent follow-up examination or diagnostic testing. Failure to comply will result in an incomplete physical examination and will result in denial to participate in Intercollegiate Athletics at UNO due to medical reasons. Once the student-athlete has completed the evaluation and any subsequent evaluations or testing, the UNO Physician and Medical Staff will review the results and recommendation of the evaluating physician and render a final decision regarding medical clearance. The decision, once rendered, will be final and may only be at the discretion and upon approval of the UNO Team Physician.

In the event a student-athlete does not receive medical clearance due to incomplete information or additional testing is required, he/she must complete these steps at their own cost. Once completed, a member of the sports medicine staff will review the medical file again with the new information before granting medical clearance. Student-athletes will not be allowed to participate in their individual sports (including conditioning) until medical clearance is granted.

In all cases the UNO Team Physician will have the unchallengeable authority to have the final say in whether or not a student-athlete receives medical clearance to participate in intercollegiate athletics for the UNO Athletic Department. Also, the Sports Medicine Department, its team physicians and the athletic department reserve the right to seek the counsel of the UNO Risk Management and/or legal departments prior to rendering a decision pertaining to clearance of a student with a known or potential medical condition that may ultimately result in disqualification.

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Non-Prescription Medications

The UNO athletic training department provides its student-athletes and staff with a small assortment of non-prescription medications. Non-prescription medications are kept secured in the physician's office with the keys being kept by UNO Athletic Training Department staff members. It will be encouraged that only starter doses of these medications be handed-out. It will be the student-athlete's responsibility to purchase these medications if they will require a maintenance dose.

The following is a list of the non-prescription drugs that UNO athletic training department keeps in stock:

- Decongestants
- Antihistamines
- Anti-Diarrheal
- Cough Suppressants
- Anti-Inflammatories (ibuprofen and naproxen)
- Fever Reducer/Pain Reliever (Tylenol)
- Cold and Flu Medication
- Antacids

Prescription Medications

The UNO athletic training department will not cover the cost of prescriptions for student-athletes. Therefore student-athletes will be responsible to pay for all prescription medications. Sample medications will be used when available. All sample meds will be controlled by UNO's Team Physician and his/her policies and procedures will apply when obtaining medications from them.

University of Nebraska Omaha
Department of Athletics
Policy Statement on Alcohol and Other Drug Education and Testing

Overview

The following policy statement has been adopted by the University of Nebraska Omaha (UNO) and is administered by the Division of Intercollegiate Athletics. UNO reserves the right to make changes to this policy as needed. The Athletic Director and the Drug Advisory Committee will have the ultimate and final say in the development and interpretation of this policy and in all alcohol and other drug related incidents. This policy is not to be construed as a contract between the university and the student-athletes at the University of Nebraska at Omaha. However, signed consent and notification forms shall be considered confirmation of the student-athlete's agreement to the terms and conditions contained in this policy and shall be a legal contractual obligation of the student-athlete.

Intercollegiate Athletics at the University of Nebraska Omaha is committed to the health, safety and welfare of the student-athletes who participate in its programs and represent the college in competitive athletics. Substance abuse/misuse is one of the most important issues facing athletics and society today. The use of illegal drugs, misuse of legal drugs and dietary supplements, use of performance-enhancing substances, use of alcohol and inappropriate use of tobacco are inconsistent with the standards expected of student-athletes at the University of Nebraska Omaha. Substance use and abuse in sport can pose risks to the student-athlete's health and negatively affect his or her academic and athletic performance. It can also compromise the integrity of athletic competition and the ideals of the University of Nebraska at Omaha.

Purpose and Mission

The University of Nebraska at Omaha Athletic Department believes that random drug testing and testing based on reasonable suspicion are appropriate to ensure that the overall purpose and mission of the Alcohol and Drug Education Program is accomplished. The overall mission of the program at the University of Nebraska at Omaha is to promote a year-round banned substance free environment in the UNO Athletic Department. With this mission in mind, the following goals have been established:

1. To protect the health, safety and welfare of our student-athletes;
2. To identify and treat student-athletes who may have concerns and/or concerning behavior surrounding the use, abuse and/or misuse of alcohol, illicit substances, prescribed medications, over-the-counter medications and performance enhancing substances including nutritional supplements;
3. To uphold the responsibility of the UNO Athletic Department to provide educational programming that will not only inform the student-athletes and athletic department staff about issues surrounding the use, abuse and/or misuse of alcohol, illicit substance, prescribed medications, over-the-counter medications and performance enhancing substances including nutritional supplements, but also support a positive decision-making process.
4. To protect the integrity of the institution and department; and
5. To promote fair competition in intercollegiate athletics, by ensuring and encouraging compliance with applicable rules and regulations regarding drug and alcohol abuse.

In an effort to ensure the health, welfare, and safety of the student-athlete, the intent of these policies is to prevent substance use, abuse and dependence by student-athletes through the following objectives: prevention, education, testing to provide a timely diagnosis, and professional guidance, treatment and rehabilitation.

- Prevention and Education – providing student-athletes and athletics department staff (to include, but not be limited to administrators, coaches, graduate assistants, and athletic training students) with accurate information about the problems associated with substance use in sport, promoting health and safety in sport

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- Testing and Timely Diagnosis –includes analyzing biological specimens to detect prohibited substances student-athletes may introduce to their bodies and associated punitive consequences resulting from use detailed in this policy; and
- Professional Guidance, Treatment, and Rehabilitation – facilitating appropriate treatment and rehabilitation of student-athletes.

The objectives of the program focus on three major substance areas:

1. Performance enhancing drugs (including dietary supplements);
2. Socially used drugs (i.e. - street drugs, prescription medications);
3. Alcohol and Tobacco

While education and counseling regarding these three major substance areas will be the main focus of this program, studies have shown that education alone is not a sufficient deterrent to drug use. Therefore, the educational programming will be supplemented with a banned substance and alcohol testing component. The protocol for testing is designed to be fair, to achieve reliable results and to ensure the privacy of the student-athlete. Head Coaches may have rules and sanctions that are more stringent than those outlined in this policy. These rules, when applied, shall be recognized and supported. However, at no time, shall a team policy, rule, or sanction minimize the requirements and sanctions of the UNO Drug and Alcohol Education Program. Confidential test results will become part of the student-athletes medical records and will not be released to anyone except in accordance with this policy or as required by law.

The UNO Athletic Department Drug and Alcohol Education program shall be directed by the Assistant Athletic Director of Performance and is subject to review and modification by the Drug Education and Testing Advisory Committee. This policy and any amendments and/or modifications shall apply to all student-athletes (including cheer and dance squad members). All student-athletes will be notified of any changes or amendments to this policy. All student-athletes must sign a consent form for this testing program prior to participation in any UNO Athletic Department sponsored activities, conditioning, practices or competitions. This program is independent of the NCAA Drug Testing Program. All student-athletes must sign the NCAA consent form as well prior to participation in any UNO Athletic Department sponsored activities, conditioning, practices or competition.

Banned Substance, Socially Used Drug, Alcohol and Tobacco Education

Participants who are educated about substance use in sport are more likely to make informed and intelligent decisions about usage. As part of the education component of this program, the University of Nebraska Omaha will:

- a) Provide an annual explanation of the Drug Testing and Education and Testing Program to student-athletes, prospective student-athletes and those associated with athletic teams (including but not limited to coaches, graduate assistants, and athletic training students);
- b) Disseminate information regarding alcohol and other drugs, their use and abuse, and effects of such use and abuse to all student-athletes and those associated with athletic teams;
- c) Utilize health education programs to educate student-athletes who are cited for an alcohol incident or who test positive for drugs;
- d) Conduct a drug, alcohol and tobacco education program for student-athletes at least twice a year, and;
- e) Provide student-athletes and potential student-athletes with resources that will include but not be limited to the following web-sites:
 - a. NCAA Website- www.ncaa.org/health-safety,

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- b. Dietary Supplement Resource Exchange Center Website www.drugfreesport.com.

These educational programs will be designed to:

- a) Review athletic department, institutional, conference and national governing body policies related to alcohol, tobacco and other drugs
- b) Inform those associated with intercollegiate athletics how to recognize the warning signs and side effects of specific drugs;
- c) Educate the student-athlete and other appropriate personnel about the associated problems of drug and alcohol abuse, and how such use may adversely affect the student-athlete and his/her team and teammates;
- d) Encourage discussion about the use of drugs, dietary supplements, performance enhancing drugs and consumption of alcohol, and;
- e) Identify rehabilitation programs as well as referral centers.

Time will be allowed for questions from participants. In addition, special educational programs may be arranged to provide participants the opportunity to learn more about the dangers of specific substances. Appropriate educational materials will be made available to participants including a list of banned substances and how drug usage may affect athletic performance. All student-athletes are required to attend at least one educational session each year. Make-up sessions (one make-up session for each educational program) are available for participants who must miss a scheduled educational session for an approved reason (as approved by the Head Coach). At least one time per year, the coaching staff for each sport will receive an overview of the program that highlights the points of emphasis and any changes that have been made since the last revision.

Failure by a student-athlete to attend at least one of the sessions or a make-up session shall be considered as a decision not to participate in the Drug and Alcohol Education Program and will result in the immediate suspension from all Athletic Department activities, conditioning, practices, and competitions.

The student-athletes privileges will only be reinstated after they have:

- a) Completed a Drug and Alcohol Education Program and;
- b) Received the approval for reinstatement by the Head Coach and Director of Athletics.

Consent to Participate

Each student-athlete annually will be given a copy (either written or electronic) of the institutional policy and will be required to participate in an informative session describing alcohol, tobacco and other drug education and testing policies. Student-athletes will be given an opportunity to ask any questions regarding the information contained in the policy, the testing program, or other related issues prior to signing the drug-testing consent form. Student-athletes will be required to sign a form acknowledging notification of the UNO Athletic Department Alcohol and Other Drug Testing Policy (See Appendix A). Failure to sign the notification form will result in suspension from participation or termination of eligibility to participate in intercollegiate athletics at the University of Nebraska at Omaha.

As a condition of participation in intercollegiate athletics at the University of Nebraska Omaha, each student-athlete will be required to sign a consent form agreeing to undergo drug and alcohol testing and authorizing release of test results in accordance with this policy (See Appendix B).

Failure to consent to or, in the case of a consenting student athlete, to comply with all requirements of this policy will result in suspension from participation or termination of eligibility to participate in intercollegiate athletics at the University of Nebraska Omaha and may result in the loss of his/her athletic scholarship, consistent with all University, conference, and NCAA rules regarding the reduction or cancellation of aid.

Student-Athletes that are under the age of majority in Nebraska (19), will be required to have parental or guardian consent to participate in the University of Nebraska at Omaha Alcohol, Tobacco and Other Drug Education program.

Failure of the parent to sign the consent form will result in suspension from participation or termination of eligibility to participate in intercollegiate athletics at the University of Nebraska at Omaha and may result in the

loss of his/her athletic scholarship, consistent with all University, conference, and NCAA rules regarding the reduction or cancellation of aid.

Alcohol Policy

This policy should be viewed in the context that responsible consumption or abstinence is expected from the student-athlete. Alcohol use, including by those of legal drinking age, on the campus of the University of Nebraska Omaha is not permitted. It should be understood that possession or consumption of alcoholic beverages by individuals under the age of 21 is a violation of state liquor laws (Minor in Possession/MIP). Likewise, it is illegal for anyone to supply alcoholic beverages to persons under the age of 21. It is the responsibility of every member of the college community to be aware of the risks associated with alcohol use and abuse. Consistent with the University Community, the Department of Athletics views the use of alcohol to be incompatible with the goal of athletic excellence. Student-athletes are required to conduct themselves in accordance with university policies, and federal, state and local laws. This extends to the recruitment of prospective University of Nebraska Omaha student-athletes. Prospective student-athletes visiting campus and socializing with current students are not permitted to participate in any activities that will permit the use of alcohol. **Any evidence that suggests a student host provided alcohol to a recruit or attended an event with the prospect where alcohol was present would be considered a violation of the Alcohol Policy.**

A positive test for alcohol for any student-athlete will, at a minimum, result in the sanctions set forth in this policy. However, it should be understood that the Head Coach may have team rules regarding the consumption of alcohol that may impact the student-athletes eligibility. Such policies may be more stringent than those outlined in this program. These rules, when applied, shall be recognized and supported. However, at no time, shall a team policy, rule, or sanction minimize the requirements and sanctions of the UNO Drug and Alcohol Education Program.

The objectives of the alcohol policy are threefold: first, to assist student athletes with alcohol related problems; second, to specify treatment for student-athletes experiencing alcohol-related problems; and third, to provide a uniform policy for all student-athletes.

Alcohol Policy Violations

A student-athlete who self refers an alcohol related problem to any athletic department staff person will be referred to a staff athletic trainer. The student-athlete will then be referred to the Assistant Athletic Director for Performance or designee. The Assistant Athletic Director for Performance will make a referral to a substance abuse counselor if necessary.

Should a student-athlete have an alcohol related incident resulting from an associated risk behavior, he/she will be referred to a staff athletic trainer. The Assistant Athletic Director for Performance will then make a mandatory referral to a substance abuse counselor. The Athletic Department reserves the right to suspend any student athlete upon a charge, conviction or plea of guilty relating to an associated risk behavior. Associated risk behavior can include, but is not limited to: Driving under the influence (DUI/DWI) or other motor vehicle violations involving alcohol or drugs; public intoxication; drunk and disorderly conduct; other violations of local, state, or federal law involving alcohol or drugs, including possession; other violations of local, state, or federal law involving acts of violence; minor in possession; hazing; sexual assault; vandalism; alcohol related violation of the student conduct code, or University Housing Services alcohol violation.

Any documented violation of the student conduct code or University Housing Services alcohol violation by a UNO student-athlete will be reported to the Assistant Athletic Director for Performance by any one of, but not limited to, the following - campus security, judicial affairs, student health services, university housing, or a member of the UNO Athletic Department Administration (Athletic Director(s), Head Coaches, etc.). If necessary, the Assistant Athletic Director for Performance will then notify the Director of Athletics, or designee and the Head Coach for the respective sport. The student athlete will then be referred to UNO Health Services, Alcohol and Drug Education. Once a student-athlete has been referred to a substance abuse counselor, they must comply with all athletic department drug and alcohol policy requirements outlined below in the section "Response to Alcohol Policy Violations" **in addition and independent** to completing and fulfilling all University sanctions and requirements that may result from the violation.

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Any student-athlete charged with driving under the influence may receive an immediate temporary suspension from practice and competition and be referred to the Assistant Athletic Director for Performance. The Assistant Athletic Director for Performance will then make a referral to a substance abuse counselor. If the student-athlete is convicted of DUI, he/she will be suspended indefinitely. Following a temporary or indefinite suspension, the decision to reinstate the student-athlete will be made by the Director of Athletics, or an Associate Director of Athletics with consultation from the Assistant Athletic Director for Performance and the Head Coach of the respective sport.

Response to Alcohol Policy Violations

When the Assistant Athletic Director for Performance is concerned that a student-athlete has an issue related to alcohol use and/or abuse, he/she will be referred to UNO Health Services/ Alcohol and Drug Counseling. The substance abuse counselor will establish a treatment plan in consultation with the Assistant Athletic Director for Performance.

Any and all costs associated with the assessment and any subsequent treatment or counseling may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

If a student-athlete fails to participate in the prescribed treatment plan, he/she will be immediately suspended from all athletic participation until the student-athlete has complied with the plan or for a duration dictated by the Director of Athletics. The substance abuse counselor shall be afforded the rights to immediately notify the Assistant Athletic Director for Performance of any noncompliance with the prescribed treatment plan or any issues that may prevent or impede compliance with the prescribed plan.

If a self-referral comes directly to a substance abuse counselor, a substance abuse assessment will be done as appropriate. Any and all costs associated with the assessment and any subsequent treatment or counseling will be the responsibility of the student athlete. In this instance, the substance abuse counselor is neither required nor, per federal guidelines, allowed to report the self-referral back to the Assistant Athletic Director for Performance. However, should an athlete self-refer, and while in treatment have an alcohol related incident resulting from an associated risk behavior or DUI, the student will be subject to all sanctions and procedures outlined in this section without consideration of their prior self-referral.

Tobacco Policy

The use of tobacco products is prohibited by all game personnel (e.g. coaches, student-athletes, athletic trainers, managers and game officials) in all sports during practice and competition. A student athlete who violates this policy will, at minimum, have a meeting with the athletic director or their designee, the head coach, and the Assistant Athletic Director for Performance. The Director of Athletics or his/her designee will sanction other game personnel who violate this tobacco policy on a case-by-case basis.

Dietary Supplements

The University of Nebraska Omaha Department of Athletics personnel will not distribute or encourage the use of any dietary supplements or ergogenic aids. Many dietary supplements or ergogenic aids contain banned substances. Oftentimes the labeling of dietary supplements is not accurate and is misleading. Terms such as “healthy” or “all natural” do not mean dietary supplements do not contain a banned substance or are safe to take. Using dietary supplements may cause positive drug tests. Student-athletes who are currently taking dietary supplements or intend to take any are required to review the product with the Athletic Department athletic training staff (See Appendix I). Ultimately, student-athletes must realize that they are solely responsible for any substance that they ingest. A positive drug screen that results from the consumption of a dietary supplement will result in the sanctions outlined in this program, by the NCAA and/or by the individual coaches.

The Testing Process for Prohibited Drugs/Substances

The drug testing process may include analysis of, but is not limited to, the NCAA list of banned drug classes (See Appendix F). No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as

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an example on the NCAA list of banned-drug classes. For an ongoing updated listing of the banned-drug list view the NCAA's web site at www.ncaa.org. Prohibited substances that the University of Nebraska Omaha may screen any sport for include, but are not limited to, alcohol, marijuana, PCP, opiates, MDMA (Ecstasy), amphetamines, cocaine, flunitrazepam (Rohypnol) and anabolic steroids. The University of Nebraska Omaha reserves the right to test for substances not listed on the NCAA Banned Drug Classes List and/or at different cut off levels than the NCAA. The University of Nebraska Omaha requires that all student-athletes keep the athletic training staff and/or team physician aware of any prescribed drugs and dietary supplements that he or she may be taking.

Selected Types of Drug Testing

The UNO Alcohol and Drug Education Programs testing component shall consist of six (6) types of alcohol and other drug testing.

Any attempt to circumvent or tamper with the drug testing collection process will result in the test being considered a positive test.

Unannounced Random Testing

All student-athletes who have signed the institutional drug-testing consent form and are listed on the institutional squad list are subject to unannounced random testing. Students listed on the squad list that have exhausted their eligibility or who have had a career-ending injury will not be selected for testing, unless they are still receiving financial aid from the University. In these instances, those student-athletes are still subject to unannounced random testing procedures and all penalties associated with a positive drug screen.

The UNO Athletic Department will secure the services of an outside collection agency to select those student-athletes who will be tested and to carry out the testing process. Student-Athletes will be selected from the official institutional squad lists provided to the collection agency to generate unbiased random selections.

Throughout the academic year, the student-athlete population will be randomly selected to produce a specimen for testing. The costs incurred for this collection will be the responsibility of the athletic department. All costs associated with treatment and follow-up or re-entry testing, or any subsequent unannounced random testing that result from a positive screen may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

All individuals with prior positive drug test results may be subject to unannounced drug testing throughout their athletic eligibility, and/or throughout the duration of the prescribed treatment program.

The unannounced random drug testing will be conducted on a zero to 24 hour notification basis meaning that student-athletes may be provided with zero to no more than 24 hours' notice of the pending drug screen. Once notified, they are required to report for drug testing at the assigned time and place. Failure to report at the assigned time and follow appropriate procedures will result in the sanctions outlined below for a positive test.

The use of illegal substances or alcohol may be determined by means other than urinalysis.

Pre-season Testing

Student-athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his/her designee at any time prior to their first competition. The use of illegal substances or alcohol may be determined by means other than urinalysis.

Reasonable Suspicion Testing

A student-athlete may be subject to testing at any time when the Director of Athletics or his/her designee determines there is individualized reasonable suspicion to believe the participant is using a prohibited drug. The use of illegal substances or alcohol may be determined by means other than urinalysis. Any and all costs associated with the assessment and any

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subsequent treatment or counseling may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

Such reasonable suspicion may be based on objective information as determined by the Director of Athletics or by an Associate/Assistant Athletic Director, Head Coach, Assistant Coach, Assistant Athletic Director for Performance, Assistant Athletic Trainer, or Team Physician, and deemed reliable by the Director of Athletics or his/her designee. Reasonable suspicion may be found, but not limited to

- 1) Observed possession or use of substances appearing to be prohibited drugs,
- 2) Arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances,
- 3) Observed, and/or reported, and/or documented student conduct code, or university housing violations, or
- 4) Observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances.

Among the indicators which may be used in evaluating a student-athlete's abnormal appearance, conduct or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement. The evidence supporting the suspicion must be reasonably reliable and clearly outlined by an athletic department official (including, but not limited to, coach, staff athletic trainer, academic counselor, and administrator or support staff). Suspicion must be documented in writing and submitted to the Assistant Athletic Director for Performance in writing utilizing this policy's Reasonable Suspicion Reporting Form (Appendix C), unless the individual submitting the information perceives there to be an immediate danger to the suspected student-athlete. Upon review, the Assistant Athletic Director for Performance will notify the Athletic Director. If there is sufficient evidence to support reasonable suspicion, and suggest that testing will produce evidence of such use, a meeting will be arranged between the Assistant Athletic Director for Performance, the student-athlete, and the Head Coach. At that time, the student-athlete will be instructed to report to UNO Student Health Services and be required to provide a urine sample for testing and/or may be referred for an Alcohol and Other Drug Assessment at the direction of the Assistant Athletic Director for Performance.

If the student-athlete wishes to appeal the Assistant Athletic Director for Performance's decision relative to reasonable suspicion, he/she shall immediately notify the Athletic Director. A specimen will be collected, frozen and stored untested until the Appeals Committee has rendered a decision on the prerequisite of reasonable suspicion. The appeals committee shall be made up of three members of the Drug Testing Advisory Committee. If the committee fails to find grounds for reasonable suspicion, the collected specimen will remain untested and destroyed. If the committee finds that there are grounds for reasonable suspicion, the collected specimen will be tested utilizing normal testing procedures.

Should a Head Coach or Administrator feel that there are grounds for reasonable suspicion for an entire team, arrangements can be made for the entire team to be tested. In this instance, the Head Coach or Administrator must submit evidence for reasonable suspicion in writing to the Assistant Athletic Director for Performance. Upon receipt, the Assistant Athletic Director for Performance will consult with the Director of Athletics. If there is evidence to support reasonable suspicion, a team meeting will be called and the members of the team will be provided with no more than 24 hours' notice of a random drug test based on reasonable suspicion. Arrangements will be made with UNO Student Health Services or the Center for Drug Free Sport and times will be assigned to each of the team members. Failure to comply with testing will be considered a positive test and the student-athlete will be subject to the sanctions associated with such findings. The cost(s) associated with this type of testing will be the responsibility of the team being tested or other source (only if approved and/or directed by the Director of Athletics).

Note: The possession and/or use of illegal substances may be determined by means other than urinalysis (e.g., using on-site saliva testing products to determine alcohol consumption). If an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that would be followed in the case of a positive urinalysis.

Postseason/Championship Testing

Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members, a percentage of team members, or individual student-athletes at any time

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within thirty (30) days prior to the postseason competition. The use of illegal substances or alcohol may be determined by means other than urinalysis. If a student-athlete tests positive, he or she will not be allowed to compete at the post-season event unless he or she subsequently tests negative prior to departure for the event. The costs associated with testing will be the responsibility of the athletic department. All costs associated with treatment and follow-up or re-entry testing, or any subsequent unannounced random testing that result from a positive screen may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

Re-entry Testing

A student-athlete who has had his or her eligibility to participate in intercollegiate sports suspended as a result of drug and alcohol violation, or who is returning to participation following voluntary disclosure/safe harbor, will be required to undergo unannounced periodic re-entry drug and/or alcohol testing prior to regaining eligibility with the understanding that he/she will not gain eligibility until he/she has met the requirements for re-entry testing as identified in the penalties section of this policy. Any and all costs associated with the assessment and any subsequent treatment or counseling resulting from a positive screen may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling. The Director of Athletics, the Assistant Athletic Director for Performance or their designee shall arrange for re-entry testing after the counselor or specialist involved in the student-athlete's case indicates that re-entry into the intercollegiate sports program is appropriate. The use of illegal substances or alcohol may be determined by means other than urinalysis.

Follow-up Testing

A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing. Any and all costs associated with the assessment and any subsequent treatment or counseling resulting from a positive screen may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling. Testing will be unannounced and will be required at a frequency determined by the Athletic Director, the Assistant Athletic Director for Performance or their designee in consultation with the counselor or specialist involved in the student-athlete's case. The use of illegal substances or alcohol may be determined by means other than urinalysis.

Notification and Reporting for Collections

The student-athlete will be notified of and scheduled for testing by the institution. The Assistant Athletic Director for Performance will notify the student-athlete of the date and time to report to the collection station and will have the student-athlete read and sign the Student-Athlete Notification Form (See Appendix G). Failure to report at the designated time without justification and failure to follow appropriate procedures will result in the sanctions outlined below for a positive test. The Assistant Athletic Director for Performance or his/her designee will be in the collection station to certify the identity of the student-athletes selected. Student-athletes shall provide picture identification when entering the drug-testing station. The Assistant Athletic Director for Performance or his/her designee must remain in the collection station until all student-athletes complete the collection process.

Specimen Collection Procedures

All specimens will be collected following the Drug Free Sport Specimen Collection Procedures which can be found in Appendix G.

Reporting Results

Urine samples will be collected in accordance with the National Center for Drug Free Sport (NCDIFS) collection policies. Each sample will be tested to determine if banned drugs or substances are present. A test result confirmed as positive by the laboratory does not automatically identify the student-athlete as having engaged in prohibited drug or alcohol use.

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Results will be made available to the Assistant Athletic Director for Performance. The Assistant Athletic Director for Performance will notify the student-athlete, the Director of Athletics, the Head Coach and a substance abuse counselor of a positive result (see Appendix D). The student-athlete may present evidence of any mitigating circumstances that he/she feels may be important to the outcome of the drug test prior to imposition of any intervention or required treatment or counseling program consistent with the appeals process described within the document.

If the laboratory reports a specimen as substituted, manipulated or adulterated, the student athlete will be deemed to have refused to submit to testing and treated as if the test were positive for a banned substance.

All student-athlete information and records associated with the UNO drug testing program will be confidential and will be released to those outside of individuals identified below (or their designees) only upon receipt of a signed release of information by the student-athlete:

- Athletic Director and Associate Athletic Directors for the respective sports
- Substance Abuse Counselor
- Head Coach of the respective sport
- Assistant Athletic Trainer in charge of the sport
- Strength and Conditioning Coach in charge of oversight for the sport in which the athlete participates
- Parents
- Members of the Substance Abuse Panel

Sanctions

A student-athlete's refusal to sign a consent form, or in the instance of a minor, their parents refusal to sign a consent form, prohibits a student-athlete from participating in any intercollegiate sport, conditioning, practices, or competitions at the University of Nebraska Omaha. A student athlete who is found to have used or been in possession of a prohibited substance will be sanctioned according to this policy. Examples of a sanctionable event shall include, but is not limited to, a positive drug-test result, possession of a prohibited substance (except under justifiable medical circumstances that includes a physician's prescription and UNO Sports Medicine Staff approval), admission of use of a prohibited substance, refusal to submit to a required drug test, attempted or admission of attempted manipulation, and trafficking or attempted trafficking of any prohibited substance. Head Coaches and individual teams may have rules and sanctions that are more stringent than those outlined in this policy. These rules, when applied, shall be recognized and supported. However, at no time, shall a team policy, rule, or sanction minimize the requirements and sanctions of the UNO Drug and Alcohol Education Program.

Positive testing results from the NCAA, the University of Nebraska Omaha, and other outside agencies will be treated as cumulative positive tests obtained under this policy and will result in sanctions under this policy in addition to possible sanctions from the NCAA and other outside agencies.

Any attempt to circumvent or tamper with the drug testing collection process will result in the test being considered a positive test.

First Offense

- The Assistant Athletic Director for Performance will report the positive drug test finding(s) to the Athletic Director.
- The Athletic Director or designee will schedule a confidential meeting with the student athlete and any or all of the following, the head coach, the respective Associate Athletic Director, the Assistant Athletic Director for Performance and a substance abuse counselor to review the positive drug test results.
- The Director of Athletics or his/her designee may notify the student-athlete's parent(s) or legal guardian(s) by telephone and in writing.
- The student-athlete will be immediately suspended from participation in any University sponsored intercollegiate sports, strength and conditioning sessions, practices or competitions at the University of Nebraska Omaha and will not be

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allowed to return to practice, strength and conditioning sessions or competition until they have provided a negative drug test.

- The student-athlete will be suspended from 10% of all regularly scheduled competitions during the current championship segment, or the subsequent championship segment if the positive test occurs during the off-season, or non-championship segment of the season. If the positive test occurs at such a time that the 10% suspension is not completed by the end of the season in which the test occurred, the suspension from competition will be carried over to the championship segment of the next sport season. In accordance with the previous bullet point, the student-athlete may be allowed to return to strength and conditioning sessions and practices once they have provided a negative drug test.
- The student-athlete will be required to attend an alcohol/drug assessment as determined by the substance abuse counselor. The counselor shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case and shall make this information available to the Assistant Athletic Director for Performance (failure to comply with the counselor's directions for treatment will be classified as a second offense). Information acquired during such counseling or treatment sessions shall be considered confidential and will not be released to the Assistant Athletic Director for Performance unless the treating professional feels that the student-athlete is a danger to themselves or others, or there are medical issues that require the attention of a licensed Medical Doctor. Such medical issues may be identified by either the substance abuse counselor or the Team Physician. However, all treatment plans and requirements will be released to the Assistant Athletic Director for Performance to ensure compliance with the plans established by UNO Health Services/Alcohol and Drug Counseling.
- Failing to comply with the counselor's recommendations for treatment will be classified as a second offense.
- Having a positive result on a reentry drug and/or alcohol test may be classified as a second offense.
- The student-athlete will be subject to mandatory follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Director of Athletics, the Team Physician or their designee.
- **Any and all costs associated with the assessment and any subsequent treatment, counseling or follow-up/re-entry testing may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.**

Second Offense

- The Assistant Athletic Director for Performance will report the second positive drug test finding(s) to the Athletic Director.
- The Athletic Director will schedule a confidential meeting with the student-athlete and any or all of the following: the head coach, the respective Associate Athletic Director, the Assistant Athletic Director for Performance and the substance abuse counselor to review the positive drug test results.
- The Director of Athletics or his/her designee may notify the student-athlete's parent(s) or legal guardian(s) by telephone and in writing.
- The student-athlete will be immediately suspended from participation in any University sponsored intercollegiate sports, strength and conditioning sessions, practices or competitions at the University of Nebraska Omaha.
- The student-athlete will be required to attend or continue attending alcohol/drug counseling sessions as determined by the substance abuse counselor and/or Team Physician. Information acquired during such counseling or treatment sessions

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shall be considered confidential and will not be released to the Assistant Athletic Director for Performance unless the treating professional feels that the student-athlete is a danger to themselves or others, or there are medical issues that require the attention of a licensed Medical Doctor. Such medical issues may be identified by either the substance abuse counselor or the Team Physician. However, all treatment plans and requirements will be released to the Assistant Athletic Director for Performance to ensure compliance with the plans established by UNO Health Services Alcohol and Drug Counseling.

- In addition, the student-athlete will not be permitted to return to competition in intercollegiate sports until he/she has complied with the counselor's directions for treatment and has had three consecutive negative results on a re-entry drug and/or alcohol test to be completed in no more than a 4 week time period. Following the first negative result the student-athlete may, at the discretion of the Assistant Athletic Director for Performance and Head Coach return to strength and conditioning sessions and practices. They will not, however, be allowed to return to competition until they have provided three consecutive negative results as described above.
- The student-athlete will be suspended from 20% of all regularly scheduled competitions during the current championship segment or the subsequent championship segment if the positive test occurs during the off-season, or non-championship segment of the season. If the positive test occurs at such a time that the 20% suspension is not completed by the end of the season in which the test occurred, the suspension will be carried over to the championship segment of the next sport season. In accordance with the previous bullet point, the student-athlete may, at the discretion of the Assistant Athletic Director for Performance and Head Coach, be allowed to return to strength and conditioning sessions and practices once they have provided a negative drug test.
- Failing to comply with the counselor's recommendations for treatment will be classified as a third offense.
- Having a positive result on a reentry drug and/or alcohol test may be classified as a third Offense.
- The student-athlete will be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Director of Athletics or his/her designee. A positive result on follow-up testing will be classified as a third offense.
- **Any and all costs associated with the assessment and any subsequent treatment, counseling or follow-up/re-entry testing may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.**

Third Offense

- The Assistant Athletic Director for Performance will report the third positive drug test finding(s) to the Athletic Director.
- The Athletic Director will schedule a confidential meeting with the student-athlete and any or all of the following: the head coach, the respective Associate Athletic Director, the Assistant Athletic Director for Performance and the substance abuse counselor to review the positive drug test results.
- The Director of Athletics or his/her designee may notify the student-athlete's parent(s) or legal guardian(s) by telephone and in writing.
- The student-athlete will be immediately suspended from participation in any University sponsored intercollegiate competitions for a minimum of one calendar year.
- The student-athlete will be immediately suspended from participation in any University sponsored strength and conditioning sessions and practices for the remainder of the academic year in which the third positive test occurs. At the

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discretion of the Athletic Director and Drug Advisory Committee, the student-athlete may be allowed to return to strength and conditioning sessions and practices at the commencement of the academic year immediately following. However, reinstatement for strength and conditioning sessions and practices will only be allowed at the discretion of the Athletic Director and Drug Advisory Committee after the student-athlete has provided negative results on three consecutive re-entry drug and/or alcohol tests.

- Consistent with all University and NCAA regulations, the student-athlete will be subject to cancellation of athletic financial aid for the subsequent semester, if any, in the current academic year and non-renewal of the athletic financial aid for the ensuing academic year.
- The student-athlete will be required to attend an alcohol and drug rehabilitation program as recommended by a Licensed Alcohol and Drug Counselor. This may include inpatient or outpatient treatment.
- Failing to comply with the counselor's recommendations for treatment will be classified as a fourth offense.
- The student-athlete will not be reinstated for athletic participation at the University of Nebraska Omaha until providing the Director of Athletics and the Assistant Athletic Director for Performance with verification of the successful completion of a certified alcohol and/or drug rehabilitation program.
- The student-athlete will be required to provide a negative result on three consecutive re-entry drug and/or alcohol tests prior to reinstatement.
- Having a positive result on a re-entry drug and/or alcohol test may be classified as a fourth offense.
- **Any and all costs associated with the assessment and any subsequent treatment, counseling or follow-up/re-entry testing may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.**

Fourth Offense

- The Assistant Athletic Director for Performance will report the fourth positive drug test finding(s) to the Athletic Director.
- The Athletic Director will schedule a confidential meeting with the student-athlete, and any or all of the following: the Head Coach, the respective Associate Athletic Director, the Assistant Athletic Director for Performance and the substance abuse counselor to review the positive drug test results.
- The student-athlete will be immediately and permanently prohibited from participation in any University sponsored intercollegiate sports, strength and conditioning sessions, practices or competitions at the University of Nebraska Omaha.
- Consistent with all University and NCAA regulations, the student-athlete will be subject to the immediate and permanent cancellation of all athletic financial aid.

Violations Resulting from On-Campus Incidents

Reported, suspected, and/or documented Athletic Department Alcohol and Drug Policy violations that occur on campus or in University Housing shall be reported to the Assistant Athletic Director for Performance by any one of, but not limited to, the following- campus security, judicial affairs, student health services, university housing, or a member of the UNO Athletic Department Administration (Athletic Director(s), Head Coaches, etc.).

Once the information has been received, it will be reviewed by the Assistant Athletic Director for Performance and, if necessary, the Athletic Director, and the Head Coach of the respective sport. If upon review of the information provided,

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there is sufficient evidence to support reasonable suspicion, and suggest that testing will produce evidence of such use, a meeting will be arranged between the Assistant Athletic Director for Performance, the student-athlete, and the Head Coach to initiate the procedures outlined in "Reasonable Suspicion Testing."

Once the testing process has been initiated, the student-athlete will be subject to all procedures and/or potential sanctions related to a positive screen outlined with-in this policy. Any sanctions, requirements, or recommendations imposed by the University will be in addition to, and independent of, the Athletic Department sanctions, requirements, or recommendations.

Missing a Counseling Session

Student-athletes are required to comply with the appointment policy developed by the University of Nebraska Omaha Health Services Alcohol and Drug Counseling staff. It is the responsibility of the student-athlete who makes an appointment with a counselor to keep that appointment. If the student-athlete is not able to keep the appointment he or she is expected to cancel the appointment by telephone, preferably 24 hours in advance but at least by 8:30 a.m. on the day of the appointment. Prior to the appointment the student-athlete will read and sign an informed consent for evaluation and treatment, which includes an agreement to follow the appointment policies.

Failure to keep or cancel an appointment as stated above and/or refusal to participate in the required counseling or treatment program as identified by the drug and alcohol education counselor may be classified as a positive test and thereby subject the student athlete to any and all sanctions associated with the number of positive tests that correlate to the incident. These may include, but not be limited to, indefinite suspension from intercollegiate athletic participation and/or permanent removal from participation in intercollegiate athletics at the University of Nebraska Omaha.

Voluntary Disclosure/Safe Harbor

The Safe Harbor Program allows a student-athlete to refer him or herself for voluntary self-evaluation and counseling. The safe harbor program will be operated under the following guidelines:

- (a) A student-athlete who has engaged in prohibited drug or alcohol use is encouraged to seek assistance from the Athletic Department by voluntarily disclosing his or her use.
- (b) If the student-athlete seeks assistance *prior* to being identified as having violated this policy or being notified that he or she must undergo testing, the impermissible use will not be deemed an offense for purposes of determining sanctions under this policy; however, the student-athlete will be ineligible to participate in intercollegiate sports pending an evaluation. A student-athlete will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NCAA or Conference postseason competition.
- (c) The student-athlete will be required to sign a Safe Harbor Agreement (see Appendix E), provide a urine sample for testing, and undergo an evaluation by a substance abuse counselor. The counselor shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. The counselor will provide a summary of his or her recommendations to the Assistant Athletic Director for Performance.
- (d) A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. However, the student-athlete will not be permitted to return to participation in intercollegiate sports until the counselor has interviewed the student-athlete following the conclusion of the recommended treatment (or stage of treatment, as applicable) and has determined that re-entry into intercollegiate sports is appropriate. Additionally, a negative re-entry test will be required prior to returning to participation in any practice, competition or conditioning session.
- (e) While complying with the plan of the Safe Harbor Program, the student-athlete would not be included in the list of student-athletes eligible for institutional drug testing. However, the student-athlete in the Safe Harbor Program will be eligible for selection for NCAA testing and for testing based upon reasonable suspicion.

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(f) Failing to complete the treatment recommended by the counselor, having a positive test for any banned substance after entering the Safe Harbor Program (while in the safe harbor program, a student-athlete is subject to testing throughout the 30 day period in 5 instances: 1) Upon entry into the safe harbor program, 2) upon exiting the safe harbor program, 3) NCAA Drug Testing, 4) Reasonable Suspicion, and 5) if required as part of the treatment plan by the drug and alcohol education counselor), or having a positive result on a re-entry drug or alcohol test will be deemed a second offense under this policy.

(g) If the student-athlete regains his or her eligibility to participate in intercollegiate sports, he or she may be required to undergo unannounced follow-up tests at the discretion of the Athletic Director in consultation with the substance abuse counselor, the Assistant Athletic Director for Performance.

(h) Any and all costs associated with the assessment and any subsequent treatment, counseling or follow-up/re-entry testing may be the responsibility of the student athlete. In all instances, the UNO Athletic Department reserves the right to determine the financial responsibility bore by the student-athlete. The decision will be made by the Director of Athletics after assessing factors such as, but not limited to, the financial ability of the student-athlete to pay for such testing, treatment or counseling.

(i) Each student-athlete will be allowed one admittance into the Safe Harbor Program, without sanction, during his/her athletic eligibility period.

Voluntary Self-Referral to a Substance Abuse Counselor

If a self-referral comes directly to a substance abuse counselor, a substance abuse assessment will be done as appropriate. Any and all costs associated with the assessment and any subsequent treatment or counseling will be the responsibility of the student athlete. In this instance, the substance abuse counselor is neither required nor, per federal guidelines, allowed to report the self-referral back to the Assistant Athletic Director for Performance. **Voluntary self-referral to a substance abuse counselor is not safe harbor.** While undergoing treatment by a substance abuse counselor, a student-athlete who self refers directly to that substance abuse counselor will be subject to all testing- NCAA and/or institutional. Should the student-athlete test positive, they will be subject to all sanctions and procedures set forth by the NCAA and outlined in the penalty section of this institutional drug testing policy without consideration of their prior self-referral.

Medical Exceptions Process

The University of Nebraska Omaha Athletic Department recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the University of Nebraska Omaha allows exception to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. The University of Nebraska Omaha Athletic Department also recognizes that the banned substances it tests for are the same substances that the NCAA tests for.

As such, the University of Nebraska Omaha will follow the procedures established and followed by the NCAA with regards to medical exceptions. This will avoid any confusion that may arise if there were ever a conflict between what has been labeled as an exception by an institution compared with what is labeled (or not labeled) as an exception by the NCAA.

All substances that are listed on the list of banned drug classes must be identified by the student athlete. Once identified the athletic training staff will follow the *Procedures for Exceptions* as described by the NCAA, and modified below to fit the parameters of the institutional testing program prior to and following any institutional testing that may result in a positive test.

Procedures for Exceptions

1. Alternative non-banned medications for the treatment of various conditions exist and should be considered before an exception is pursued.

2. In the event that the student-athlete and the physician (in coordination with sports-medicine staff at the student-athlete's institution) agree that no appropriate alternative medication to the use of the banned substance is available, the decision may be made to continue the use of the medication. However, the use of an ***anabolic agent or peptide hormone must be approved by the NCAA before the student-athlete is allowed to**

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participate in competition while taking these medications. The institution, through its director of athletics, may request an exception for use of an anabolic agent or peptide hormone by submitting to the NCAA medical documentation from the prescribing physician supporting the diagnosis and treatment.

3. The institution will maintain documentation that supports the use of medication in the student athlete's medical record on campus. The documentation can be a letter or copies of medical notes from the prescribing physician that documents how the diagnosis was reached, and that the student-athlete has a medical history demonstrating the need for regular use of such a drug.

The letter should contain information as to the diagnosis (including appropriate verification of the diagnosis), medical history and dosage information.

4. In the event that a student-athlete is tested by the University of Nebraska Omaha and tests positive for a substance for which the student-athlete desires an exception, normal procedures for reporting positive test results will be followed (See Reporting Results, page 11). The athlete may request an exception at the time of notification of the positive drug test (A sample) through a meeting with the Assistant Athletic Director for Performance and the Director of Athletics. At that time, the student athlete will be required to provide the prescribing physician's letter and any other medical documentation demonstrating the need for regular use of the drug (see subpart 3 above) which the student-athlete wishes to have UNO consider. A medical exception will be considered by UNO and the student athlete will remain eligible until a final decision has been made. If the student is unable to provide medical documentation to the Director of Athletics the student-athlete will be withheld from competition until such time the documentation is received, reviewed and the medical exception granted.

6. Requests for exceptions will be reviewed by the Director of Athletics and the Assistant Athletic Director for Performance.

7. In the event that the exception is not granted, the student-athlete may appeal this action according to the appeals process of the drug-testing protocol.

Appeal Process

Student-athletes who test positive for a banned substance by the laboratory retained by the University may, within 72 hours following receipt of notice of the laboratory finding, contest the findings. Upon the student-athlete's request for additional testing of the sample, the Assistant Athletic Director for Performance will formally request the laboratory retained by the University to perform testing on specimen B. The student-athlete may choose to be present at the opening of specimen B at the laboratory. If the student-athlete does not wish to be present at the opening of specimen B, but desires to be represented, arrangements will be made for a surrogate to attend the opening of specimen B. The surrogate will not be involved with any other aspect of the analysis of the specimen. The student-athlete or his/her surrogate will attest to the sample number and the integrity of the security seal prior to the laboratory opening of specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative.

Student-athletes who test positive under the terms of the University of Nebraska Omaha Intercollegiate Athletics Alcohol, Tobacco and Other Drug Education and Testing Policy will be entitled to a hearing with the Director of Athletics or his/her designee prior to the imposition of any sanction. Requests for such a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Requests must be in writing and received by the Director of Athletics.

The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case. The meeting should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or the other parties involved may request an extension of time to the Director of Athletics, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The decision by the Director of Athletics or his/her designee regarding the sanction to be imposed shall be final.

Instances Not Specifically Identified within this Policy

There will be situations that arise in which the circumstances surrounding the incident (including, but not limited to, positive tests, safe harbor, alcohol related instances, etc.) are not clearly identified or addressed within the context of this policy. In those instances, the athletic director, alone or through consultation with the drug testing advisory committee reserves the right to render a decision and impose sanctions. Such decision and sanctions shall be final.

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In all instances, the athletic director and drug advisory committee reserves the right to address an incident and render a decision and impose sanctions upon that incident. Such decision and sanctions shall be final.

Drug Advisory Committee

The alcohol and other drug education and testing committee shall be composed of the following individuals:

- a. The Assistant Athletic Director for Performance shall chair the committee.
- b. The Head Coach of one male and one female sport appointed by the Director of Athletics.
- c. One member of the Athletic Training Staff appointed by the Assistant Athletic Director for Performance.
- d. Two Student-Athletes appointed by the Director of Athletics.
- e. One member of the UNO Counseling Center counseling staff (other than the Alcohol and Drug Counselors).
- f. One academic representative appointed by the university's Faculty Athletic Representative.
- g. Director of Compliance



University of Nebraska Omaha

**Department of Athletics
Policy Statement on Alcohol and Other Drug Education and Testing**

APPENDIX A

**Acknowledgement of the University of Nebraska at Omaha
Intercollegiate Athletics Alcohol and Other Drug Education and Testing Policy**

I, _____, acknowledge that I have been informed and notified of the University of Nebraska at Omaha Athletic Department Alcohol and Other Drug Education and Testing Policy. I acknowledge that I have either received a hard copy or am aware that the policy may be found under the Athletic Training section of the UNO Athletics website at www.omavs.com.

Printed Name of Student-Athlete

Sport

Signature of Student-Athlete

Date



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APPENDIX B

CONSENT TO TESTING AND AUTHORIZATION
FOR CONFIDENTIAL RELEASE OF INFORMATION

I, the undersigned student-athlete, hereby acknowledge that I have (a) received a copy of the University of Nebraska at Omaha Athletic Department Substance Abuse Policy, and/or (b) was made aware that it may be found under Athletic Training at www.omavs.com. I further acknowledge that I understand its provisions as explained during our introductory sessions.

I hereby consent to testing for the presence of certain prohibited drugs or substance on, but not limited to, a random, unannounced basis in accordance with the provisions of the University of Nebraska at Omaha Athletic Department Student-Athlete Alcohol and Other Drug Education and Testing Policy.

I further authorize the University of Nebraska at Omaha or an agent acting on the University's behalf to make a confidential release to the Family Practice Team Physician or their designee, Head Athletic Trainer or their designee, my parent(s) or legal guardian(s) or spouse, the head coach of my varsity sport or their designee, the Director of Intercollegiate Athletics or their designee, counselors participating in the Drug Counseling program or their designee, and members of the Substance Abuse panel or their designee(s) all test results and other information or records obtained or created in the course of screening or testing under the provisions of the University of Nebraska at Omaha Athletic Department Student-Athlete Alcohol and Other Drug Education and Testing Policy. To the extent set forth herein, I waive any privilege I may have in connection with such information.

I understand that qualified technicians will accomplish the testing. I further understand that these technicians will guarantee that a documented chain of specimen custody exists to ensure the identity of any of my samples throughout the collection and testing process.

I hereby release the University of Nebraska at Omaha, its governing board, its officers, its employees, and its agents for any legal responsibility or liability for the release of such information and records as authorized by this consent. I understand that I may choose not to sign this form and forego participation in intercollegiate athletics at the University of Nebraska at Omaha and forfeit my athletics grant in aid.

Printed Name of Student-Athlete

Sport

Signature of Student-Athlete

Date

Signature of Parent (if athlete is under 19)

Date



**Department of Athletics
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APPENDIX C

Reasonable Suspicion Reporting Form

I, _____, under the reasonable suspicion clause outlined in the University of Nebraska at Omaha Department of Intercollegiate Athletics Alcohol and Other Drug Education and Testing Policy, report the following objective signs, symptoms, or behavior(s) that I believe warrant _____ to be referred to a Team Physician for substance abuse evaluation.

I understand that a decision regarding the need for counseling and/or treatment will be made by a Team Physician.

Objective Signs, Symptoms, or Behaviors: _____

Other specific information leading to reasonable suspicion: _____

Signed

Date

Assistant Athletic Director for Performance

Date Received/Reviewed

Actions Taken:



Department of Athletics Policy Statement on Alcohol and Other Drug Education and Testing

APPENDIX D Student Athlete Notification of Positive Finding and Treatment Planning Sheet

Name: _____ Sport: _____

Date: _____ Social Security Number/Student ID: _____

Positive Drug Test or Alcohol/Tobacco Incident

Date of Drug Test/Alcohol or Tobacco Incident: _____ Positive: 1st 2nd 3rd

Nature of Positive Test or Incident (also see attached Laboratory testing form if applicable):

Initial Physician Visit (n/a for alcohol/tobacco violation) Date: _____ Physician: _____

Recommendations/Referral:

Placed on probation Starting Date: _____ Ending Date: _____

Mandatory Referral to UNO Health Services/Alcohol and Drug Counseling- **EAB 115 (any costs associated with evaluation and counseling may be the responsibility of the student-athlete)**

Date of Evaluation Appointment 1: _____ Time: _____

Date of Evaluation Appointment 2: _____ Time: _____

Unannounced Drug Screening (cost of repeat screening may be the responsibility of the student-athlete)

Suspension Starting Date: _____ Ending Date: _____

Permanent Removal from Team Effective Date: _____

Important Phone Numbers:

Matthew Beacom, M.D. Assistant Athletic Director for Performance Office: 402-554-2774
Health Services/Alcohol & Drug Counseling Office: 402-554-2409

I, the undersigned student-athlete understand all conditions, sanctions, and mandatory referrals associated with my violation of the UNO Drug and Alcohol Education and Testing Program. I understand that a failure to comply with all parameters of treatment will constitute a positive test and that I will, at a minimum, be subject to the ramifications of that subsequent offense and may be subject to indefinite suspension or permanent removal from participation in intercollegiate athletics at the University of Nebraska at Omaha.

Student-Athlete

Date

Assistant Athletic Director for Performance

Date



University of Nebraska Omaha

**Department of Athletics
Policy Statement on Alcohol and Other Drug Education and Testing**

APPENDIX E

UNO Drug Testing Safe Harbor Agreement

I, _____ understand that by admitting myself to safe harbor as defined within the Alcohol and Other Drug Testing and Education policy of the University of Nebraska at Omaha, I will be expected to fulfill the requirements of the program as they are defined by a) the alcohol and drug testing and education policy; b) the UNO administration; c) the UNO Team Physicians and Drug and Alcohol Education Counselors; and d) the UNO Coaching staff.

I understand that failure to comply with each step of the treatment plan, as defined in paragraph one (1) will result in a written notification of non-compliance and that I will be subject to the penalties associated with an act of non-compliance, which, as defined within the UNO Drug Testing and Education Program, is equivalent to a positive test. I further understand that a positive test, determined to be from new usage, after beginning the safe harbor program will carry remedial actions associated with a 2nd positive test as outlined in the UNO Alcohol and Other Drug Testing Policy:

Student-Athlete (Printed Name)

Date

Student-Athlete (Signature)

Athletic Director

Date

Head Coach

Date

Assistant Athletic Director for Performance

Date



University of Nebraska Omaha

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Policy Statement on Alcohol and Other Drug Education and Testing

APPENDIX F

2013-2014 NCAA Banned Drugs

It is your responsibility to check with the appropriate athletics staff before using any substance.

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient.

Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class

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Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone) etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents – (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; testosterone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:

heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens :

anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.**

It is your responsibility to check with the appropriate athletics staff before using any substance.

The National Collegiate Athletic Association

June 2013

MEW



University of Nebraska Omaha

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APPENDIX G

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University of Nebraska at Omaha Collection Procedures
(Source: The National Center for Drug Free Sport, 7/29/2013)

1. Only those persons authorized by the institution will be allowed in the collection room.
2. When arriving to the collection room, the student-athlete will provide photo identification or a client representative will need to identify the student-athlete. The student-athlete will then print his or her name and arrival time on the Roster Sign-In Form.
3. The student-athlete will select a Custody & Control Form (CCF) from a supply of such and work with the institutional collector to complete the necessary information before proceeding with the specimen collection process.
4. The student-athlete will select a specimen collection beaker from a supply of such and will be escorted by the institutional collector (same gender) to the restroom to provide a specimen. The student-athlete will rinse his or her hands with water (no soap) and then dry their hands. Then the student-athlete will place a specimen barcode from the Custody & Control Form onto the beaker.
5. The institutional collector will directly observe the furnishing of the urine specimen to assure the integrity of the specimen.
6. The student-athlete will be responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to student-athletes who have difficulty voiding must be from sealed containers (approved by the institutional collector), opened and consumed in the collection room. These items must be free of any other banned substances.
8. If the specimen is incomplete, the student-athlete must remain in the collection room until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
9. If the specimen is incomplete and the student-athlete must leave the collection room for a reason approved by the institutional collector, the specimen must be discarded.
10. Upon return to the collection room, the student-athlete will begin the collection procedure again.
11. Once an adequate volume specimen is provided; the institutional collector will escort the student-athlete to the specimen processing table.
12. The specimen processor will instruct the student-athlete to closely observe the specimen processing steps and will then measure the specific gravity.
13. If the urine has a specific gravity below 1.005, no value will be recorded on the CCF and the specimen will be discarded by the student-athlete with the institutional collector observing. The student-athlete must remain in the collection room until another specimen is provided. The student-athlete will provide another specimen.
14. Once the specimen processor has determined the specimen has a specific gravity above 1.005 the sample will be processed and sent to the laboratory.
15. If the laboratory determines that a student-athlete's sample is inadequate for analysis, at the client's discretion, another sample may be collected.
16. If a student-athlete is suspected of manipulating specimens (e.g., via dilution, substitution), the institutional collector will collect another specimen from the student-athlete.

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17. Once a specimen has been provided that meets the on-site specific gravity, the student-athlete will select a sample collection kit from a supply of such.

18. The specimen processor will open the kit, demonstrate to the student-athlete the vials are securely sealed, open the plastic and open the A vial lid. The processor will pour the urine into the A and B vials and close the lids. The specimen processor should pour urine into vials above the minimum volume level (35 mL in A vial; 15 mL in B vial) and pour as much urine as possible into the vials using care not to exceed the maximum levels (90 mL in A vial; 60 mL in B vial).

19. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals attached to the CCF; assuring seals are tightly adhered to the vials with no tears or loose areas.

20. The specimen processor must then collect all necessary signatures (collector, donor, witness, and collector/specimen processor) and dates/times where indicated on the CCF.

21. The specimen processor will place the laboratory copy of the CCF in the back pouch of the plastic bag and the vials in the front pouch of the same bag. The bag should then be sealed. The sealed bag with vials will then be placed in the sample box. The box will then be sealed.

22. The student-athlete is then released by the institutional collector.

23. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding. When two split samples are collected and packaged, care must be taken to assure one sample is placed in the shipping container for shipment to the “drugs of abuse” laboratory and one sample is placed in the shipping container for shipment to the “anabolic steroids” laboratory.

24. After the collection has been completed, the samples will be forwarded to the appropriate laboratory and copies of any forms forwarded to the Sport Drug Testing Department.

25. The samples then become the property of the client.

26. If the student-athlete does not comply with the collection process, the institutional collector will notify the appropriate institutional administrator and Drug Free Sport.



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APPENDIX H

Student-Athlete Notification of Testing Date

Student-Athlete: _____ Sport _____

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SSN (last 4 digits only) or UNO Student ID: _____

Notification Date: _____

Time of Notification: _____ am/pm

Student-athlete notified: in person

direct phone contact

UNO Representative:

I certify the above student-athlete has been notified of his/her selection for UNO Institutional drug testing and informed that failure to sign the notification form or failure to appear for drug testing will be treated as if there was a positive test for a banned substance.

UNO Representative Signature: _____

I, The Undersigned:

• Acknowledge being notified (either in person or by direct telephone contact) to appear for UNO Institutional drug testing and have been notified to report to the drug-testing station with **picture identification** at

_____, on _____ at _____ am/pm.
(location) (date) (time)

• I will be prepared to provide an adequate specimen and will not over hydrate. **[Do not drink too many fluids.]** I understand that providing numerous diluted specimens will be cause for follow-up drug testing.

• I understand failure to appear at the site on or before the designated time may constitute a withdrawal of my previous consent to be tested as previously indicated on the Institutional Drug-Testing Consent Form and could result in sanctions outlined in the UNO Alcohol and Other Drug Education and Testing Policy.

By signing, I have been notified of my selection for UNO Institutional drug testing, and am aware of what is expected of me in preparation for this drug-testing event.

Student-Athlete's Signature: _____

I can be reached at the following telephone number on test day: _____

Comments: _____



University of Nebraska Omaha

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APPENDIX I

Student-Athlete Dietary Supplement Disclosure & Review Form

I, _____ am taking or intend to take the following dietary supplements. I
Student-Athlete Name

acknowledge the risk of losing my eligibility to participate in intercollegiate athletics if I test positive for an NCAA or University of Nebraska Omaha banned substance that may be found in any substance that I take, regardless of the reason or purpose for taking such supplements.

I acknowledge and understand that the labeling on these products can be misleading and inaccurate, and that sales personnel are neither motivated nor qualified to accurately certify that these products contain no banned substances. "Healthy" or "naturally occurring" are terms often used to market sales of dietary supplements, but do not necessarily mean they are safe.

Before taking or using any dietary supplement, I am responsible for ensuring the product does not contain any banned substance. By making this disclosure, I am requesting that these products and their ingredients be reviewed by University of Nebraska Omaha's sports medicine staff for the purposes of determining whether they are medically safe to use and do not contain banned substances. I understand that I should not take or use these products until their usage has been reviewed by University of Nebraska Omaha's sports medicine staff.

Brand Name:

(Athletic Trainer to review, circle banned substances and notify student-athlete.)

Listed Ingredients:

1. _____

2. _____

3. _____

4. _____

Signatures:

Student-Athlete Signature

Date

Athletic Trainer Signature

Date

Blood Borne Pathogens

During competitive athletic events, student-athletes commonly get cuts, abrasions, lacerations, and etc. The certified athletic trainer or athletic training student are the people responsible for attending to these injuries. To ensure student-athletes and certified athletic trainers are kept safe from blood borne diseases, the certified athletic trainer will abide by the policies and procedures set by the University of Nebraska Omaha (UNO), National Collegiate Athletic Association (NCAA), National Athletic Trainers' Association (NATA), American Red Cross (ARC), and the Occupational Safety and Health Association (OSMA) when handling situations with blood.

As per the University of Nebraska Omaha and the Occupational Safety and Health Association, all members of the UNO Athletic Training Department must be offered a Hepatitis B vaccine at the universities' expense. If an employee has already received the shot, they must provide proof to UNO Student Health Services to have on file. If an employee does not want the vaccination, they must sign a declination form for UNO Student Health. Those students within the Athletic Training Education Program must have proof of a Hepatitis B vaccination before they are allowed to enter the program.

Body Substance Isolation Procedures

The following body substance isolation procedures are to be used consistently for all athletes, by personnel at all times. Personnel are expected to carry out these procedures in a sensitive and professional manner at all times.

- Latex or Non-Latex gloves are to be worn when it is likely that the member of the athletic training department's hands will touch any moist body substance, mucous membrane, or non-intact skin.
- Athletic Trainers having open wounds, lesions, or weeping dermatitis should wear latex gloves at all times during direct athlete care until the condition resolves.
- Latex gloves are to be worn for handling all items or surfaces soiled with body substances.
- Latex gloves are to be changed after contact with each athlete and are never to be washed or reused again.
- Latex gloves are to be placed immediately in infectious waste containers after use.
- All contaminated single use materials shall be disposed by: Holding the contaminated material in one gloved hand and peeling that glove off and over the contaminated materials inside. This glove is then placed in the other hand and the second glove is peeled off in the same fashion. This material is then disposed of in the infectious waste container. Waste bags will be picked up and disposed of per university guidelines.
- Blood and body substance spills on treatment tables and all other surfaces shall be cleaned with a solution of diluted chlorine bleach (1:10 mix).
- Soiled laundry will be cleaned as soon as possible.
- Separate infectious waste containers will hold any sharp objects.
- Plastic bags will be provided for the times that one is way from the athletic training room. The same procedures as stated above will be followed with the filled bag being placed in the infectious waste container upon arrival at the athletic training room.
- Pocket masks and shield protectors will be made available for purchase to all staff and students in the event that an athlete needs CPR.
- Hot Pack covers shall be put in the laundry once per week or as needed.

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- Protective plastic pillow covers should be used at all times and wiped down daily. Any cloth covers should be cleaned daily.
- Inspect all athletes before administering any hydrotherapy.
- Any athletic trainer should cleanse their hands with the same bleach mixture after contact with exposed body substance.
- Occurrence of any exposed body substance should be immediately reported to the athletic training staff.
- All personnel will take part in a yearly OSHA/Bloodborne Pathogens course prior to initiating any care to the athletes.

Vaccines/Shots

The following vaccinations/shots will be offered to all UNO student-athletes through UNO Student Health.

Hepatitis A
Hepatitis B
MMR (Measles, Mumps, Rubella)
Tetanus
Meningitis
HPV (Human Papillomavirus)
Chicken Pox

All records of vaccinations/shots that are both required for admission to UNO and/or elective by the student-athlete will be kept by UNO Student Health Services. For enrollment into UNO, students are required to produce proof of two MMR (Measles, Mumps, and Rubella) shots prior to beginning school.

Sickle Cell Screening

As required by the National Collegiate Athletic Association (NCAA) sickle cell screening is required unless documented results of a prior test are provided to the institution or the student-athlete or prospective student-athlete declines the test and signs a written release.

All UNO student-athletes will be administered a screening questionnaire as part of their pre-participation physical exam for new student-athletes and transfer student-athletes and the updated medical history for returning student athletes.

- Those student-athletes who are unaware of their sickle cell status, and who wish to undergo testing will be referred to the UNO Student Health Services, where a screening exam is available. The costs associated with the screening and any subsequent follow-up testing/treatment resulting from the screening will be the responsibility of the student-athlete and/or his/her parent/guardian.
- All student-athletes will be provided with education by members of the UNO Athletic Performance staff regarding the sickle cell trait.

NCAA Sports Medicine Handbook, Guide Line 2R, The Student-Athlete with Sickle Cell Trait, 93-95; 2013-2014

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Lightning Protocol

The purpose of this document is to establish a written lightning safety policy for the University of Nebraska Omaha. It is imperative that all UNO athletic teams and personnel are aware of lightning hazards and the specific safety shelter for their venue. The following policy is based on the specific recommendations as stated by the National Athletic Training Association (NATA) Lightning Safety position statement.

In the event of lightning during an official sport practice or event, precautions must be taken to ensure the safety of both athletes and spectators. In any event, the specific sport Certified Athletic Trainer (ATC), in conjunction with Event Management Staff and/or sport officials if necessary, will be responsible for monitoring inclement weather.

Our staff will utilize an online weather monitoring systems to determine participation status:

Schneider Electric Weather Monitoring System:

Schneider Electric is an online system that alerts users to inclement weather. All sports medicine staff members have mobile access to text alerts (lightening, thunderstorms, tornado, heat indices, snow) and all full time staff have access to the mobile web version of Schneider Electric which allows the monitoring of radar and lightening as well as other features contained on the system.

In the event that neither online monitoring system is available, UNO Staff will utilize the **Flash-to-Bang method**:

To use the flash-to-bang method,

- Count the seconds from the time lightning is sighted to when the clap of thunder is heard.
- Divide this number by five (5) to obtain how far away in miles the lightning is occurring.
- For example, if an individual counts 30 seconds between seeing the flash and hearing the bang, 30 divided by 5 equals 6; therefore, the lightning flash is approximately 6 miles away.
- As a minimum, the NCAA and the National Severe Storms Laboratory (NSSL) strongly recommend that all individuals leave the athletic site and reach a safe location by the flash-to-bang method of 30 seconds (6 miles).

As a minimum, the NCAA requires evacuation of athletic venues when a storm is within 6 miles, but per the University of Nebraska Omaha Athletics protocol, events or activities will be suspended and venues will be evacuated when Schneider Electric or Flash-to-Bang identify a 10 mile warning. Once activities or events have been suspended, the ATC, with assistance of Event Management Staff and/or Game officials if necessary, will use the "all clear" signal sent by SCHNEIDER ELECTRIC indicating that a lightning strike has not occurred within the 10 mile warning range within 30 minutes. It is the NATA Position Statement recommendation to wait at least 30 minutes after the last visible strike or audible thunder before resuming activity.

In addition to the policy for observing and tracking lightning during practices and events, the following are designated as Lightning Safe Shelters

Boys Town: **Vehicles**

Center St Soccer Fields: **Dome, or dome basement**

Caniglia Field: **Concourse or Sapp Field House** *Koch Tennis:* **Club house**

Ralston High School: **Vehicles or high school** *Werner Park:* **Vehicles**

Westbrook Field: **Vehicles**

Lightning and Aquatics Safety:

The National Lightning Safety Institute (NLSI) provides recommendations for aquatic safety in the case of lightning. The indoor swimming and diving facility at HPER is grounded for protection against lightning and is safe to use in severe weather circumstances. However, indoor therapy pools, including the SwimEx system in the Sapp Fieldhouse Athletic Training Room is not grounded for protection against lightning. When lightning occurs, athletes and patients should be removed from the therapy pool facility.

NCAA Sports Medicine Handbook, Guide Line 1E, Lightning Safety, 16-17; 2013-2014.

In the event severe weather/lightning occurs during an event, the Event Management Staff will offer a recommendation to spectators:

Lightning Announcement #1

May I have your attention please! A lightning storm is currently moving in the direction of the stadium. For your safety, you may wish to start moving calmly out of the stands toward shelter. Please go to the concourse or your vehicle. The game is not being halted at this time. If we need to fully clear the stadium, we will notify you immediately. You will be permitted to re-enter the stadium when an announcement is made that it is safe for you to do so over the Public Address system. Thank you for your cooperation.

Lightning Announcement #2

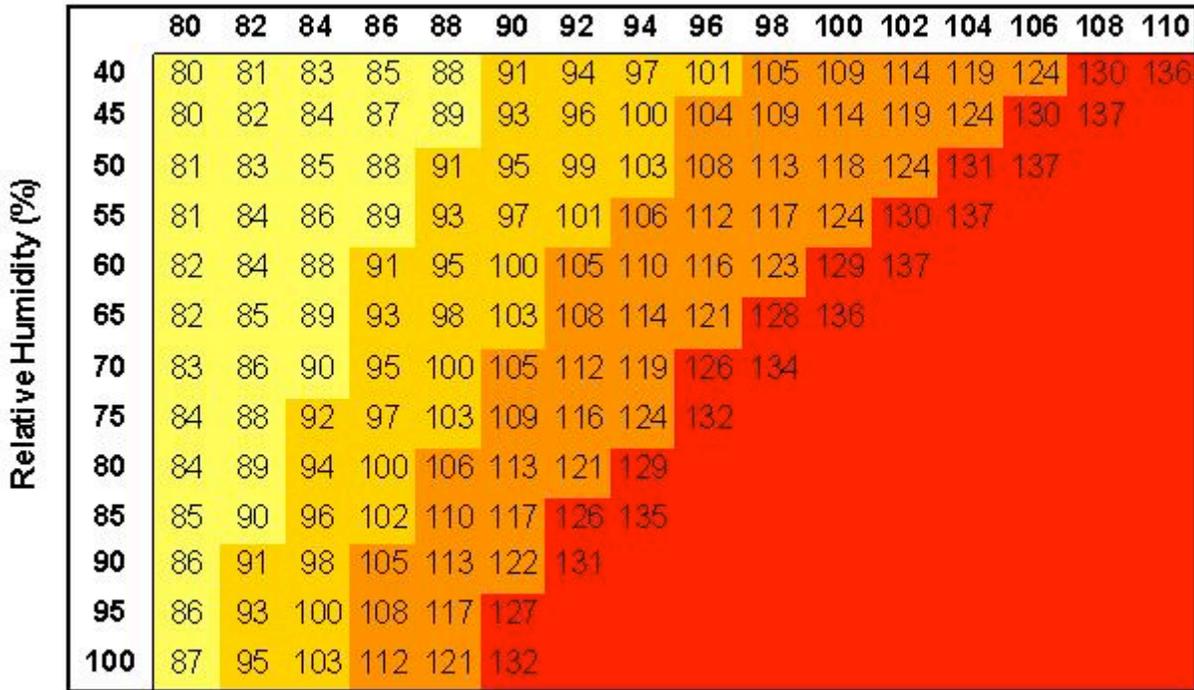
Attention! A lightning storm is approaching our area. We need to clear the stadium. Please move to the nearest aisle and calmly exit the stadium. Seek shelter in (lightning safe shelter). Do not remain under the stands. The game will be halted soon. Please tune your radios to (_____) to listen for further instructions. Thank you for your cooperation.

Heat Illness

During the periods of the school year, heat and/or humidity can be a problem. The UNO Athletic Training Department has developed the following guidelines to determine what to do with practice when the heat and humidity become a health risk. These guidelines have been based off the NCAA Sports Medicine Handbook and the NATA's position statement on Exertional Heat Illness.

- Appropriate medical coverage will be available when student-athletes are participating in risky environments
- All student-athletes will be screened at a pre-participation physical for their risk/history of heat illness
- Equipment will be modified according to the environmental conditions as needed
- Temperature and humidity data will be taken on a daily basis. (digital/analog)
- The temperature and humidity will be compared to a chart to determine the heat index (See heat index chart below).
- The certified athletic trainer will also monitor the WBGT on a daily basis (digital/analog)
- The certified athletic trainer in charge of the practice site will give a recommendation, based on the WBGT and heat index to the coach/supervisor.

Temperature (°F)



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

■ Caution
 ■ Extreme Caution
 ■ Danger
 ■ Extreme Danger

WBGT	Level of Risk	Comments
<65 deg F	Low	Risk low but still exists on the basis of risk factors
65 – 73 deg F	Moderate	Risk level increases as event progresses through the day
73 – 82 deg F	High	Everyone should be aware of injury potential, individuals at risk should not compete
> 82 deg F	Extreme	Consider rescheduling or delaying the event until safer conditions prevail; if event must take place, be on high alert

Sources

*NCAA Sports
 Medicine
 Handbook, Guide
 Line 2C,*

Prevention of Heat Illness, 39-42; 2013-2014.

NATA Position Statement: Exertional Heat Illnesses, Journal of Athletic Training, 37(3), 329-343, 2002.

NOAA’s National Weather Service Heat Index Chart.

Cold Stress

Although the NCAA does not have any specific guidelines on suspending practice/competition in times of cold stress, the following guidelines will be used to minimize the potential problems encountered during cold weather:

- 1). Be aware of the effect of wind speed on ambient temperature and the results frostbite times. (page 36 of NCAA Sports Medicine Handbook)
- 2). Be aware of physical and psychological affects of cold exposure.
- 3). Dress in layers to stay dry.
- 4). Use wicking fabrics.
- 5). Maintain energy and hydration levels.
- 6). Thoroughly warm-up and maintain that warm-up during your activity.
- 7). Never train alone.

NCAA Sports Medicine Handbook, Guide Line 2b, Cold Stress, 35-38; 2013-2014

Tornado Safety Recommendations

Being located in the Midwest, there is an ever-present chance of a tornado when the appropriate conditions arise. Therefore we will abide by the recommendations printed in the NATA News (April 2002) when dealing with tornadoes.

- When inside a building, move to a pre-designated shelter.
- If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Put as many walls as possible between you and the outdoors.
- Stay away from windows. Do not bother opening windows to equalize pressure. That is a myth.
- Get out of automobiles.
- Do not try to outrun a tornado in you car; instead, leave the vehicle immediately and seek shelter.
- If caught outside or in a vehicle, lie flat in a nearby ditch or depression and cover you head with your hands.
- Be aware of flying debris. Flying debris from tornadoes cause the most fatalities and injuries.
- Mobile homes, even if tied down, offer little protection from tornadoes. You should leave a mobile home and go to the lowest floor of a sturdy nearby building or storm shelter.
- Occasionally, tornadoes develop so rapidly that advance warning is not possible. Remain alert for signs of an approaching tornado, such as a dark, greenish sky; large hail; or a loud roar similar to a freight train.

Pre-Designated Sites as Tornado Shelters for the follow sites:

Sapp Fieldhouse and Offices:

Athletic Training Room

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UNO Football Field:	Football Locker Room or HPER Basement
Westgate Softball Fields:	Ditch across the road
The BallPark at Boys Town:	see facility director
Hanscom Park (Tennis):	see facility director
Ralston Arena	see facility director
Century Link Center:	see facility director
Civic Auditorium:	see facility director

In the event that the Fieldhouse is severely damaged in a tornado, athletic department staff is required to report to HPER 100 as a rendezvous location to be accounted for.

In addition, the person in charge of the scene should designate a “sweeper” to double check the area as to make sure the location is entirely clear of people.

Fire Safety

In the event of a fire, the person in charge of the scene will designate where the people in the involved area will retreat to. In addition, the person in charge of the scene should call 4-2911 (security) and then designate a “sweeper” to double check the area as to make sure the location is entirely clear of people.

In the event that the entire athletic department needs to be evacuated, the meeting point will be in HPER 100 as per UNO’s Crisis Plan.

Evacuation Plan

In the event of an emergency (where an area needs to be evacuated for any reason) the person in charge of the scene will designate where the people in the involved area will retreat to. In addition, the person in charge of the scene should call 4-2911 (security) and designate a “sweeper” to double check the area to make sure the location is entirely clear of people.

In the event that the entire athletic department needs to be evacuated, the meeting point will be in HPER 100 as per UNO’s Crisis Plan.

Reasons to evacuate:

Terrorist Threat

Fire

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Gas Leak

Flooding

Rioting

Etc.

Flash Flood Safety Recommendations

Although, flash floods do not occur often, in the chance that they do, the UNO Athletic Training Department will abide by the following recommendations:

- Avoid walking, swimming or driving in floodwaters.
- Stay away from high water, storm drains, ditches, ravines or culverts. If it is moving swiftly, even water six inches deep can knock you off your feet.
- If you come upon floodwaters, stop, turn around and find an alternate route on higher ground.
- Do not let children play near storm drains.

Calibration of Modalities

The UNO Athletic Training Department utilizes therapeutic modalities to help treat and rehabilitate athletic injuries. To ensure that they are working properly, they will be professionally re-calibrated at least *once a year*. This meets both NATA, BOC, State of Nebraska, and CAATE standards. Documentation of re-calibration will be kept by the Head Athletic Trainer.

Maintenance of Rehabilitation Equipment

The UNO Athletic Training Department utilizes a wide variety of rehabilitation equipment (i.e., Swim-Ex™, bikes, balance boards, etc.) in the treatment of injuries. To ensure that they are working properly and not harming student-athletes, they will be checked for flaws at least once a year.

Inventory

To optimize the departments monetary resources, the UNO Athletic Training Department will undertake a complete inventory at least once a year. This will allow us to place the appropriate orders each year to maximize our resources. This information will be kept by the Athletic Trainer in of procurement.

Electrolyte Replacement Drinks

Currently, Gatorade® is the electrolyte replacement drink utilized by the athletic department. The head athletic trainer will determine its use based on our current contract with Pepsi Co®. The goal will be to spread the allotted product around to all sports at UNO. Additional requests above each sports allotment will be billed directly to that respective budget.

UNO Sponsored Sport Camps

Each summer, a majority of the teams within the UNO Athletic Department sponsor youth sports camps. It is the policy of the University of Nebraska Omaha that all sports camps sponsored by UNO must have at least "First Aid" level medical care. This care is provided by a Certified Athletic Trainer hired as an employee of the University or as an independent contractor. The Athletic Performance department will facilitate the hiring of prospective athletic trainers. Listed below are the billing procedures implemented.

1. There will be a set rate charged for each camp worked
 - The set rate will be calculated as follows:
 - Scheduled camp time, plus ½ hour prior and ½ hour post for set up and tear down each day
 - \$15.00/Hour for first aid and/or athletic training coverage
 - Example:
 - Men's Basketball Shooters Camp
 - 4 days x 8 hours/day + 1 hour/day extra for setup and tear down = 36 hours @ \$15/Hour = \$540 for the camp
 - Supplies (i.e., cups, Gatorade) will be provided by the Gatorade Summer Sport Camps program.
2. Coaches will be presented a camp coverage cost breakdown prior to the start of camps that they will sign off on.
3. There will be students employed by Paragon Marketing to distribute Gatorade product throughout all UNO sponsored sport camps. These students will be around during camp hours and are paid through Paragon Marketing.

Team Travel/Coverage

The UNO Athletic Training Department will do our best to provide medical coverage (home and away) to all of our teams. We will base coverage needs on the following:

- Potential risk of injury
- Traditional or non-traditional seasons
- Competition or practice
- Is it a UNO hosted event
- Number of events taking place at a given time and availability of athletic training staff

It is paramount that all coaches notify us as far in advance of scheduled events or practices so that we can make every effort to provide optimal medical coverage. However, in certain situations it will not be possible to cover all events or practices. When these situations arise a member of the athletic training staff will be available by phone. In emergency situations please refer to the Emergency Action Plan for the site of practice or competition.

CPR and First Aid Certification for UNO Athletic Department Staff

It is the recommendation of the UNO Athletic Performance Department and the National Collegiate Athletic Association (NCAA), that all athletic department personnel should be certified in First Aid, CPR, and AED to assist in the potential care and oversight of student-athletes. These classes will be offered periodically throughout the year by the UNO Athletic Performance Staff.

NCAA Sports Medicine Handbook, Guide Line 1D, Emergency Care and Coverage, 14-15; 2013-2014.

Athletic Training Golf Cart/John Deere Gators

The UNO Athletic Training Department has access to a golf cart and John Deere Gators. The Head Athletic Trainer will be charged with keeping oversight of this equipment. In addition, those people operating the golf carts and Gators between UNO Campuses on campus roads and city owned pedestrian pathways will have to undergo training as per University of Nebraska at Omaha guidelines.

Unlicensed Vehicle Operation on Campus roads and City Owned Pedestrian Pathways between UNO Campuses

PURPOSE:

This guideline is established for departments required to support on campus events and activities between satellite campus locations to ensure UNO non-licensed vehicles are operated safely for occupants, pedestrians, and surrounding properties. This guideline also encompasses requirements for vehicle identification markings.

PROCEDURES:

Individuals operating a motor vehicle of this type are required to be trained by a manufacturer's representative in the procedures of this means of transportation prior to use.

Supervisors of persons who will drive these vehicles shall brief the operator by following the guidelines of a university approved checklist. The checklist shall be initialed by the operator and initialed and dated by the supervisor prior to engine start by the operator.

Individual operators not adhering to the oral and written instructions shall be disciplined appropriately in accordance with the UNO Student Code of Conduct guidelines and the Managerial/Professional and Office/Service Staff Handbook.

Current, new purchase, leased, loaned, or borrowed vehicles covered in these guidelines are required to have six (6) inch high numbered letters on each side, front, and rear sections of the vehicle. The numbering system will begin at one hundred (100.) The numbers can be magnetic or applied to the areas. The color shall be white. Each department shall be provided twenty-five (25) numbers in sequential order that are different from the other department's numbers. The numbering system will be maintained on file with the Security department.

The following information and checklist are guidelines to be followed before students and staff can be allowed to operate campus unlicensed vehicles on or off campus. This record will be kept on file in the users department after all of the procedures have been undertaken.

Unlicensed Vehicle Operation on Campus Roads and City Owned Pedestrian Pathway/Trail between UNO Campuses -
Operators Checklist

BEFORE OPERATING

		Oper	Spvr	Date
1	Vehicle Training Program completion			
2	Vehicle check: Lights			
3	Fuel			
4	Tires			
5	Brakes			
6	Added Equipment Securely Tied Downed			
DURING OPERATION				
1	Use campus roadways-grass, Elmwood Park pedestrian pathway/trail			
2	Operating speed is 10 miles per hour*			
3	Exit trail and stop when pedestrians become visible			
4	Return to trail and proceed to work assignment after pedestrians pass			
5	Do not drive in a reckless or erratic manner at anytime			
6	Stop completely before passengers get on or disembark the vehicle			
7	Do not drive though standing water or saturated ground areas			
8	Report any accident to your supervisor immediately			
9	Drive around obstacles such as stairs and steep hills			

*Unlicensed vehicles of this type may not contain a speedometer. To calibrate the tachometer to find an approximate speed in all gears have a person drive a vehicle with a speedometer next to the unlicensed vehicle to compare the tachometer with the speedometer at different speeds, gears, and tachometer readings. After this is done, mark the tachometer with tape with the gear number at speeds needed for proper operation.

An example: First gear at 3,500 rpm is: 4 miles an hour
 Second gear at 4,000 rpm is 6 miles an hour
 Third gear at 4,000 rpm is 8 miles an hour
 Fourth gear at 4,000 rpm is 10 miles an hour

Emergency Action Plan (EAP)

Unfortunately, emergency situations arise during competitions and practice. The UNO Athletic Performance Department has developed comprehensive Emergency Action Plans (EAP) that are to be followed in the event of an emergency. EAP's have been developed for every site that a UNO team would play or practice while in the Omaha area. All of the EAP's have been reviewed by the entire UNO Athletic Training Staff on a yearly basis. Copies of the EAP's for a particular site will be posted in a designated area and the certified athletic trainer in charge of the practice/game will also have a copy.

University of Nebraska Omaha
Emergency Action Plan (EAP) – Athletic Training Room

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, crutches, spineboard, oxygen) located in taping room

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the athletic training room located in the Sapp Field House on UNO’s campus at 6001 Dodge St. Please meet (person meeting EMS) at the front entrance on the northwest corner.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Baseball

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, crutches) located on home team bench
- Spine board located in shed behind home plate

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the Boys Town Baseball Field located at Boys Town, 14080 Boys Town Hospital Rd. Please meet (person meeting EMS) at either the left field gate or the 3rd base gate.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Century Link Hockey

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**
From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, spineboard, oxygen, crutches) located on home team bench

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the hockey rink at Centurylink on 455 North 10th ST. Please meet - (person meeting EMS) at the loading dock entrance #4 or #5.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Civic Center Hockey

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, spine board, oxygen, crutches) located on home team bench

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the hockey rink at the Civic Center on 1804 Capitol Ave. Please meet (person meeting EMS) at the northwest entrance.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Golf

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the Stone Creek Golf course at 6220 N 160th ave. Please meet - (person meeting EMS) at the front entrance and you will be directed to the injury location.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Hanscom Tennis Center

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, crutches) located on home team bench

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the Dewey Hanscom Tennis Center located at 3200 Ed Creighton Blvd. Please meet (person meeting EMS) at the front entrance and you will be directed to court location.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2

7. Staff athletic trainer will contact athlete's parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – HPER Building

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, crutches) located on home team bench
- Swimming facility keeps spineboard

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the HPER building on the UNO Campus 6001 Dodge St. Please meet (person meeting EMS) at the front entrance on the northwest corner.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete's medical information to the hospital
6. Contact the Staff Athletic Trainer if not on site already
7. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
8. Staff athletic trainer will contact athlete's parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Koch Tennis Center

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, crutches) located on home team bench

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the Koch Tennis Center located at Tranquility Park (12440 W. Maple Road). Please meet (person meeting EMS) at the front entrance and you will be directed to court location.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Ralston Arena

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, crutches) located on home team bench
- Spine board located in athletic training room

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the Ralston Arena at 7300 Q St. Please meet (person meeting EMS) at the Northwest loading dock and you will be directed to the injury location.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Sapp Fieldhouse

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, crutches) located on home team bench
- Spine board located in taping room

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are in the Sapp Fieldhouse on the UNO campus at 6001 Dodge Street. Please meet (person meeting EMS) at the front entrance on the northwest corner of the Sapp Fieldhouse.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Soccer Pitch

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, spine board, crutches) located on home team bench

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the soccer pitch on the UNO campus at 6001 Dodge Street. Please meet (person meeting EMS) at the entrance to the field on the southwest corner of the soccer pitch.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Weight Room

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (splints, spine board, oxygen, crutches) located in the taping room
- AED located in the weight room

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the weight room located in the Sapp Fieldhouse on UNO’s campus at 6001 Dodge St. Please meet (person meeting EMS) at the front entrance on the northwest corner.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Emergency Action Plan (EAP) – Westbrook Elementary Softball

Emergency Medical Services:

Call From Your Cell Phone **911**

Campus Security

From a Cell Phone **402-554-2911**

From a University Phone **4-2911**

Emergency Situation Protocol:

- Highest ranking medical personnel takes charge
- Initial assessment is completed and duties are delegated
- Athletic training student or manager calls for assistance
- Athletic training student, manager, or event management staff meets the ambulance
- Coach and Event management staff works crowd control
- Emergency equipment (AED, splints, crutches) located on home team bench

1. First Call 911 to activate Emergency Medical Services
Call Campus Security (if called 2nd, tell them EMS has been alerted)
 - A. Identify yourself ***“My name is _____ and I am a(n) _____ at the University of Nebraska Omaha.”***
 - B. Number of individuals injured
 - C. Condition of the injured ***“We have an emergency, please send paramedics immediately for (nature of injury).”***
 - D. Care being given to the injured
 - E. Specific directions ***“We are at the Westside Field at Hillside located at 80th & Western, behind Westbrook Elementary School. Please meet (person meeting EMS) at either the left field gate or the 3rd base gate.”***
 - F. Other information as requested
 - G. Make sure you hang up after the dispatcher
2. Send someone to meet EMS at the designated spot
3. Provide appropriate medical care until the arrival of EMS personnel and upon arrival provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.
4. Staff member should accompany individual to the hospital
5. Bring athlete’s medical information to the hospital
6. Contact the Staff Athletic Trainer/Team physician if not on site already
 - a. Contact information on page 2
7. Staff athletic trainer will contact athlete’s parents

University of Nebraska Omaha
Contact Information

Emergency Medical Services

From Cell : 911

Hospitals

Methodist Hospital

8303 Dodge St., 68114

ER: 402-354-4424

F: 402-354-4435

Urgent Care

Rockbrook Urgent Care

2821 S. 108th Street, #3

Omaha, NE 68144

O: 402-933-8201

Hours: 8am – 8pm Monday - Saturday

10am – 6pm Sunday

Team Physician

Matt Beacom, M.D.

O: 402-554-2774

C: 402-957-0965

Sports Medicine Staff

Masayasu “Masa” Takaiwa –Hockey/Golf

O: 402-554-3783

C: 402-290-3651

Mike Nicola – Men’s Basketball/Tennis

O: 402-554-3184

C: 402-598-3474

Tony Taylor – Volleyball/Swimming&Diving/Baseball

O: 402-554-3278

C: 402-594-4953

Jo Gundrum – Women’s Basketball/Tennis

O: 402-554-3174

C: 402-216-9740

Campus Security

From Campus Land line: 4-2911

From Cell: 402-554-2911

UNMC

9881150 Nebraska Medical Ctr., 68198

ER: 402-559-5413

F: 402-559-9659

Midwest Minor Medical

8610 West Dodge Road

Omaha, NE 68114

O: 402-827-6511

Hours: 8am – 9 PM Sunday - Saturday

Phil Dennie – Men’s Soccer/Women’s Softball

O: 402-554-4997

C: 218-310-4281

Lauren Rawson – Women’s Soccer/Cross

Country/Track&Field

O: 402-554-4997

C: 407-595-6527