



**INTERCOLLEGIATE  
ATHLETICS  
STUDENT-ATHLETE  
HANDBOOK  
2018-2019**



## **MISSION STATEMENT, GOALS, AND POLICY STATEMENT OF THE DEPARTMENT OF INTERCOLLEGIATE ATHLETICS**

### **Mission of the Program**

The mission of the intercollegiate program for men and women at Riverland Community College is to provide quality athletic opportunities to students who have specialized athletic interests and abilities. We believe that meaningful intercollegiate competitive experiences will better enable the participants to make significant contributions to society. Riverland Community College is committed to providing a broad based program in which student-athletes can strive to pursue excellence in their chosen athletic and academic endeavors.

### **Specific Goals of the Program**

- a. To provide an intercollegiate program for men and women emphasizing academic achievement and professional development as well as athletic opportunity.
- b. To recruit high-quality student-athletes who will represent Riverland Community College as creditable, contributing members of both the campus community and surrounding areas.
- c. To provide student-athletes with professional leadership in the areas of coaching, athletic training, and administration.
- d. To provide student-athletes with well-qualified staff, faculty, and administrative personnel who are concerned with the ethical dimensions of life and learning.
- e. To maintain a high level of excellence in the intercollegiate program and to consistently achieve competitive success.
- f. To foster support and recognition of diverse student populations and instill a sensitivity to the values of a multicultural world.
- g. To commit ourselves to a broad-based athletic program with due consideration to the interests and abilities of all our student-athletes.
- h. To provide goals consistent with the education mission of the college.
- i. To provide athletic experiences within the framework and in accordance with the regulations and rules of National Junior College Athletic Association (NJCAA),

Minnesota College Athletic Conference (MCAC), and the Minnesota State higher education system.

- j. To provide athletic experiences in which students are encouraged and taught to develop their skills to the maximum of their potential.
- k. To provide equal opportunities in recruitment, retention, and participation for all regardless of race, color, or gender.

**Athletic Department Staff**

<b>Sport</b>	<b>Coach</b>	<b>Office Number</b>
Baseball	Head Coach: Derek Hahn Assistant:	507-433-0569
Men’s Basketball	Head: Derek Hahn Assistant: Andrew Kaiser & Andrew Lau	507-433-0569
Women’s Basketball	Head: David Cheeks Assistant:	507-433-0814
Soccer	Head: Kennet Fosuhene Assistant:	507-433-0375
Softball	Head: Amanda Siskow Assistant:	507-433-0375
Volleyball	Head: Helen Jahr Assistant: Ashley Lau	507-433-0527
Athletic Director	Helen Jahr	507-433-0527

**Policy and Procedure**

**Equipment/Uniforms**

Riverland Community College provides equipment, uniforms, and apparel on a loan basis to its student-athletes for practice and competition. The equipment must be signed out through the Athletic Department staff. The students are responsible for and may be billed for any of the items that are not returned as directed. **Note: an unpaid college bill will place a hold on the release of academic transcripts.** All equipment is property of the College and may only be used in accordance with the NJCAA rules and College guidelines.

**Student-Athlete Employment (Work Study)**

Compensation may be paid to a student-athlete:

- 1) Only for work actually performed;
- 2) At a rate commensurate with other Riverland students who perform similar services.

The Athletic Department is always seeking quality individuals who are looking to pursue careers in the sports industry or who have the desire to help work at sporting events. Such jobs include Ball Person (Soccer), Line Judges (Volleyball), scorebook (Volleyball, Basketball), stat input (Baseball, Basketball, Softball, Soccer), scoreboard (Baseball, Basketball, Soccer, Softball, Volleyball), setup (All Sports) video (All Sports), and equipment managers (All Sports). Anyone interested in a game day job should contact either the Coach or Athletic Directors.

## **MCAC Code of Conduct**

MCAC recognizes two (2) types of unsportsman-like behavior for all sports sanctioned by the conference, these being:

- 1) Excessive Verbal or Non-Contact Abuse: defined by the reigning official for the particular contest/sport.
- 2) Physical Altercation: defined as any physical contact not associated with the normal playing of any contest.

Offenses in either of these situations will be dealt with appropriately by each of the conference institutions and the MCAC Board of Directors.

## **TEAM TRAVEL GUIDELINES AND POLICY**

1. Student-athletes and an approved coach must travel with the team to all competitions.
2. Personal cars may only be driven with the approval of the Head Coach and the Athletic Director. If such permission has been granted, then the private vehicle must follow the team vehicle (s) to the site of the competition. A [form](#) must be signed and filled out by the coach and athlete and [be](#) pre-approved by the Athletic Director.
3. Student athletes **MUST** travel back to the college with the team unless they have had prior approval to leave with their parents or spouse from the opponent's site. All requests must be in writing and signed by both the parent/spouse and the athlete (see attached form). This written request must be given to your coach a minimum of (1) day prior to departure. Approval of these requests must be obtained from your Head Coach and the Athletic Director.
4. There shall be no transporting or use of recreational drugs or alcohol while traveling with any Riverland Community College Blue Devil Athletic team by anybody in the official traveling group.
5. When lodging is involved, Riverland Community College will take care of the room charges only. Telephone, pay TV or other costs are the responsibility of the occupants of the room. Any damages to the room shall be the responsibility of the occupant. *You will not be allowed to participate in any further practices or contests and a hold will be put on your records until the restitution is paid.*

## **ACADEMICS**

### **Important dates and procedures**

The Riverland "Academic Calendar" appears online under the "Academics" tab. Make certain you read it carefully prior to the beginning of each term, and make note of those

deadlines which affect setting up and altering your class schedule. You will find dates for pre-registration, dropping and adding classes, and final exams.

### **Registration**

Each term you must pre-register for the upcoming semester. This involves first meeting with your coach to note the required athletic meeting times and competition dates, followed by a meeting with your academic advisor to be sure you will take classes appropriate for your major. Student-athletes are not eligible to participate in athletics once he/she drops below the 12 credit minimum load. Please see your coach, counselor, or athletic director before dropping any classes.

**NOTE: Student-Athletes are required to register for the “participation credit” for their sport. This additional credit will provide you with personal equipment for your team.**

### **Class attendance policy**

All students are expected to attend all class meetings. Athletes are “high-profile” students on our campus, and class attendance for you is more sensitive than for the regular student. There may, however, be times that you must miss class to travel with your team. You should let the faculty know during the first week of class when you are scheduled to miss due to travel with your team. You are NEVER allowed to miss class for practice or scrimmages. You are always responsible for all missed information and assignments. Do NOT expect the faculty to come to you with missed work. Student athlete is not eligible once he/she drops below the 12 credit minimum load. Please see your coach, counselor, or athletic director before dropping any classes.

### **Academic Integrity**

You are expected to maintain the highest standards of academic integrity. Cheating will not be tolerated. Plagiarism can result in consequences ranging from failing of a test or project to expulsion from the college. Information gathered through the use of the Internet must be properly documented. The use of papers or parts of papers from the web, without proper documentation, is considered plagiarism. You should always do your own work. If you have questions about plagiarism, speak to your instructor.

### **Graduation**

A minimum total of 60 semester hours of credit is required for most two-year degree. Students must maintain a 2.0 GPA to graduate.

### **Student-Athlete Advising**

Just as any other Riverland student, you have access to an academic advisor. This person helps you choose courses each semester and assists you in schedule changes and degree program planning.

If you have any difficulties in your school work or any questions concerning academic life, consult your coach or academic advisor. Student-athletes with concerns not related directly to academics should seek the services of the Counseling Department to help you locate appropriate college and community resources.

### **Athletic Study Hall/Study Table**

Regularly scheduled study halls/study tables exist for some Riverland athletic teams. Your coach determines who attends. Study halls/study tables provides a quiet place for student-athletes to form good study habits. Your attendance at a study halls/study tables may be required if you are new to Riverland or experience academic problems.

### **Tutoring**

Free tutorial help is available to all students. Student-athletes should follow established guidelines to request a tutor's assistance. If a student-athlete is having academic problems, s/he is encouraged to secure a tutor through the Student Success Center with the assistance of the coach or academic advisor.

## **NJCAA ELIGIBILITY**

The National Junior College Athletic Association (NJCAA) has established requirements for participating student-athletes to follow in order to maintain their eligibility status. Questions that arise about this eligibility should be addressed to the Athletic Department.

**NOTE – a student-athlete may only compete in TWO seasons of any sport.**

### **The requirements are:**

- 1) Students must be a high school graduate or have received an equivalency diploma or passed the GED.
- 2) During the first semester, students must pass twelve credits with a minimum G.P.A of 1.75.

### **Additional requirements:**

- 3) Transfer Students: Must meet specific guidelines and have their eligibility determined by the Athletic Director. Academic transcripts must be on file at the college.
- 4) Course enrollment/registration: Student-athletes must be enrolled in classes before participating in their first practice.

**First Semester of Eligibility (1<sup>st</sup> season of competition)**

<b>PROGRESS</b>	Satisfactory Progress must be maintained
<b>ATTENDANCE</b>	Must be in regular attendance within 15 days from the start of the classes of the semester the athlete will be competing
<b>CREDIT HOURS</b>	Must be enrolled in a minimum of 12 credits

**Second Semester of Eligibility (1<sup>st</sup> season of competition)**

<b>CREDIT HOURS</b>	Pass at least twelve (12) semester hours
<b>GRADE POINT AVERAGE</b>	Obtain a 1.75 G.P.A. or higher
<b>CREDIT HOURS</b>	OR earn 24 credits with a G.P.A. 2.0 or higher (no term requirements)

**Second Year of Eligibility (2<sup>nd</sup> season of competition)**

Besides the requirements listed for the first semester of enrollment, you must meet the following:

<b>CREDIT HOURS</b>	Pass a minimum of 24 credits and
<b>GRADE POINT AVERAGE</b>	Obtain a 2.0 G.P.A. or higher
<b>CREDIT HOURS</b>	OR earn 36 credits for Fall Sport; 48 credits for Spring Sport, with a 2.0 G.P.A. or higher (no term requirements)

**In addition to eligibility requirements,  
please remember this:**

**IF YOU DROP BELOW 12  
CREDITS DURING  
THE SEASON OF  
COMPETITION, YOU ARE  
IMMEDIATELY  
INELIGIBLE!**

*Therefore, do not drop or withdraw from  
any classes before discussing it with your  
coach or the athletic coordinator.*

***NOTE: At Riverland, an FN grade means  
that you failed a course because you DID  
NOT attend!***





**STUDENT-ATHLETE INFORMATION**  
**SHEET**

Academic Year 2018-2019

Riverland Community College is asking you to provide private information in order to process your Student/Athlete Guidelines and Expectations Form. This information will be used to provide an agreement about guidelines and expectations. You are not legally required to provide this information; however, the college may not be able to effectively process your request if you do not provide sufficient information. Access to this information will be limited to school officials. Under certain circumstances, federal and state laws authorize release of private information without your consent to state and federal agencies or as otherwise permitted by other state and federal laws.

_____		
Sport _____	Institution _____	Date _____
_____		
Name _____	Student ID Number _____	Birthdate _____
Local Address _____		
(Local Phone) _____		
Father's First Name _____	Father's Last Name _____	
Street Address _____		
City/State/Zip _____		
(Home Phone) _____		
Mother's First Name _____	Mother's Last Name _____	
Street Address _____		
City/State/Zip _____		
(Home Phone) _____		
If father and mother have different addresses, please indicate parent who should be placed on athletic department mailing list:		
Father's Address _____	Mother's Address _____	Both _____
Major Field of Study _____		
High School _____	Date of Graduation _____	

- List any two/four year collegiate institutions in which you have registered, enrolled, or attended any classes (excluding summer session courses). For each year, indicate whether you practiced (P) and/or competed (C) for any collegiate team, include your attendance and participation at this institution. Enter in the financial (FA) column the type of financial aid that you received that was administered through the financial aid office. This includes athletic aid, grants, loans, work study, outside scholarships, tuition waiver, or government or private aid.

Year	Institution	Dates Attended	Sport	P Y/N	C Y/N	FA Y/N

All athletes who have transferred MUST have a transfer tracking from on file (Mandated by the NJCAA).

- Did you ever serve in the Armed Forces, with Federal Foreign Aid Groups, or Church Missions? Yes or No (circle)
- Have you ever received compensation for your athletic abilities in your sport (i.e., money, comparable prize or compensation for coaching on a fee or lesson basis?) Yes or No (circle)
- Have you ever taken part in any athletic competition for which you were provided compensation (i.e., newspaper, magazine, charities, radio or television appearance, billboards or personal appearances)? Have you ever received compensation for your athletic abilities in your sport (i.e., money, comparable prize or compensation for coaching on a fee or lesson basis?) Yes or No (circle)
- Have you ever lent your name to any form of commercial advertising (i.e., newspaper, magazine, charities, radio or television appearance, billboards, or personal appearances)? Yes or No (circle)
- Have you ever signed a professional contract, a contract with a professional agent, or been represented by a professional sports agent in your sport? Yes or No (circle)
- Have you ever competed for any athletic team (i.e., club teams, non-intramural teams, city-league teams other than the college's during any academic year)? Yes or No (circle)

**I certify upon penalty of ineligibility for intercollegiate athletics that the above statements are complete and accurate.**

SIGNED: \_\_\_\_\_  
(Student-Athlete)

\_\_\_\_\_  
(Date)



## **STUDENT- ATHLETE ALCOHOL AND DRUG CONDUCT POLICY**

### **Alcohol and Drug Statement**

The Athletic Department is concerned with the potential for drug and alcohol abuse and its effect upon the well-being of the student-athletes for whom the department has responsibility. Because of their participation in intercollegiate athletics, student-athletes experience physical and mental demands unlike those faced by any other students at the College.

Use of drugs by an athlete to the extent described above, that it threatens or impairs his/her well-being, not only can adversely affect their performance as well as that of their teammates, but more importantly could result in injury to the athlete and/or to his/her teammates. In addition, the student-athlete is one of the more visible elements of the College community, constantly in the public eye and subject to scrutiny by the media. Thus, a drug use situation affecting the well-being of a particular athlete can have a potentially greater affectation on the well-being of others, the team, other athletes and coaches, the Department, and the College.

Drug-abuse, in general, should be understood to include the use of any substance including tobacco, alcohol, legally obtained over-the-counter medications, prescription drugs or illicit drugs including anabolic steroids such that the user experiences physical, emotional or social complications which threaten or impair his/her well-being.

Any athlete involved in the use of drugs or alcohol may face dismissal from the team as well as legal action, as it pertains to the rules and regulations published in the student code of conduct. All students are, of course, subject to the laws of the City of Austin and the State of Minnesota.

The following offenses that occur during the regular season for your sport constitute a violation of this policy. Violations can occur both on and off campus and include but are not limited to:

- \* DWI
- \* Illegal drug use
- \* Possession of illegal drugs (in any discernible amount)
- \* Possession of illicit drugs (including marijuana) will result in permanent suspension from intercollegiate athletic competition`.
- \* Legal intoxication (as defined by state code)
- \* Minor consumption (as defined by state code)
- \* Illegal sale to minor (as defined by state code)
- \* Arrested/cited for alcohol-related incident

- \* Alcohol violation on campus (as determined by the Student Conduct Policy)
- \* Alcohol violation while traveling with the team.
- \* Tobacco usage

If a student-athlete is found to have violated the policy, the following sanctions will be in effect:

### **FIRST OFFENSE**

1. Student-athlete will have a conference with the Head Coach, Athletic Director, and Dean of Student Affairs.
2. Student-athlete will be suspended in a timely manner for a minimum of one regular season contest.

### **SECOND OFFENSE**

1. Student-athlete will have a conference with Head Coach, Athletic Director, and Dean of Student Affairs.
2. Student-athlete will be suspended for a minimum of two regular season contests. Suggested second offense suspensions are three games for basketball, softball, and baseball, two games in volleyball, and two games in soccer. Games suspensions can be staggered but must be timely.
3. Student-athlete may be required to attend an evaluation meeting with a college counselor.

### **THIRD OFFENSE**

1. Student-athlete may be permanently suspended from intercollegiate athletic competition at Riverland Community College.

NOTE: Violations of student-athlete conduct policies also constitute a violation of the college student conduct policy and as a result may subject the student to additional sanctions. Off-season conduct violations will be managed through the Riverland student conduct policy.



## **ALCOHOL, DRUG, AND TOBACCO GUIDELINES**

### **Alcohol and Drug Policy**

The standards of conduct at Riverland Community College prohibit the unlawful possession, use, or distribution of drugs and alcohol by students and employees on the college premises OR in conjunction with any college-sponsored activity or event, whether on or off campus.

The college will impose sanctions on students who violate this policy per the provisions of the Student Conduct Policy or the Student-Athlete Conduct Policy.

Disciplinary action may include written reprimand, suspension or dismissal and referral for prosecution under local, state, and federal law. A referral for rehabilitation may also be a course of action pursued by the college.

### **Tobacco Policy**

All Riverland buildings and grounds are smoke-free. Student usage of tobacco and smokeless tobacco products is prohibited in any part of the Blue Devil gymnasium, on any of our athletic fields, or during any athletic event as per NJCAA and Minnesota Community College Conference rules and regulations. Note: See references to the Student Code of Conduct at:

<http://www.riverland.edu/policy/2000-Students/Student%20Code%20of%20Conduct.pdf>

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Student/Athlete: I have read the above policies on drug, alcohol, and tobacco use and understand that it is absolutely prohibited for me as a Blue Devil athlete to violate these rules during any athletic/school sponsored activities and/or competitions. This also includes all fall and spring training trips and is in effect from the time the team leaves and until the team returns. I understand that I am a member of a sanctioned NJCAA intercollegiate team and will respect and honor these rules. I understand the importance of why rules are in place for athletic programs and I am dedicated to making the effort to be positive with every opportunity to be a successful member of this team.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**STUDENT/ATHLETE GUIDELINES AND EXPECTATIONS**

1. Treat coaches, staff, and faculty with respect and cooperation.
2. Attend classes regularly and complete assignments.
3. Notify my Coach and Athletic Director of any difficulty; personal, academic, or otherwise; that may interfere with my success as a student.
4. Make use of all available student academic support services on campus as needed.
5. Get approval from the Athletic Director, Advisor, or Coach for any changes made to my academic class/credit schedule.
6. Notify my Coach and Athletic Director when I am graduating, transferring, or leaving the college, (even if leave is temporary).
7. Give the Athletic Department permission to obtain information from instructors on my progress in class and work with faculty on my behalf, as long as I am a participant in the college athletic program.

Failure to abide by this agreement could result in being declared ineligible to participate in the college athletic program.

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Student-Athlete Signature Date

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Riverland Community College Athletic Director Date



**RIVERLAND COMMUNITY COLLEGE**  
**ACADEMIC RELEASE OF INFORMATION AGREEMENT**

I, \_\_\_\_\_ hereby authorize the Riverland Community College Registrar's Office to release any of my academic records to the Riverland Community College Athletic Department for the purpose in assisting me in my academic endeavors and to determine my continued eligibility to participate in Riverland's Athletic programming.

Print Name: \_\_\_\_\_

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature  
(if student is under 18)

\_\_\_\_\_  
Date



**INSURANCE ACKNOWLEDGEMENTS**

I, acknowledge that I have received information on the following topics regarding insurance:

1. I understand that the College requires every athlete to have insurance that covers athletic related injuries. I understand that I CANNOT participate in the Riverland intercollegiate sports without proof of insurance.
2. I received information on the state insurance program...[www.mnsure.org](http://www.mnsure.org).

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Student-Athlete Signature

Date

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Parent Signature

Date

*(if student is under 18)*





**WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**  
**FOR RIVERLAND COMMUNITY COLLEGE**

- 1) **Waiver:** In consideration of being permitted to participate in Riverland Athletics, I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue Riverland Community College, its officers, employees and agents for liability from all claims resulting in personal injury, accidents, or illnesses (including death), and property loss arising from, but not limited to, my participation in Riverland Athletics except as caused by their intentional, willful or wanton conduct.
- 2) **Assumption of risk:** I acknowledge that my participation in Riverland Athletics is voluntary and carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from: 1) minor injuries such as scratches, bruises, and sprains to 2) major injuries such as eye injury or loss of sight, joint or back injuries, broken bones, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.  
      (Initial) I have read the previous paragraphs and I know, understand and appreciate these and other risks that are inherent in the Riverland Athletic Program. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.
- 3) **Indemnification and Hold Harmless:** I also agree to INDEMNIFY AND HOLD RIVERLAND ATHLETICS HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees brought as a result of my involvement in Riverland Athletics and to reimburse Riverland Athletics for any such expenses incurred.
- 4) **Severability:** The undersigned further expressly agrees that the foregoing waiver and assumption of risk agreement is intended to be as broad and inclusive as is permitted by the laws of the state of Minnesota and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
- 5)       (Initial) **Acknowledgment of understanding:** I have read this waiver of liability, assumption of risk and indemnity agreement, fully understand its terms, have been given an opportunity to consult with counsel, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and intend by my signature to be a release of liability to the greatest extent permitted by law.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature (if student is under 18)

\_\_\_\_\_  
Date



**PARTICIPANT INFORMATION AND PROOF OF INSURANCE**

**Personal Information**

Name \_\_\_\_\_ Student ID No. or Social Security #: \_\_\_\_\_

Local Address: \_\_\_\_\_

Permanent

Address: \_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Local Phone: \_\_\_\_\_ Permanent Phone: \_\_\_\_\_

**Health Insurance Information**

Company Name: \_\_\_\_\_

Group#: \_\_\_\_\_ Subscriber#: \_\_\_\_\_

Name of Person You are Insured Through: \_\_\_\_\_

Does Your Policy Cover Athletic Activity-Related Injuries: Yes \_\_\_\_\_ No \_?\_

(If you answered "No", you must provide proof that you hold a policy that covers such injuries) If Applicable, Supplemental Insurance Policy (Company and Policy Number):

\_\_\_\_\_

Other Insurance, if any: \_\_\_\_\_

(Continued on next page)

## Medical History and Emergency Contact Information

Name and Number of Emergency Contact:

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Name and Number of Personal Physician:

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Prescription Medication You Currently Take:

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Do you have a medical condition that Riverland Athletic should be made aware of?

Yes \_\_\_ No \_\_\_ If yes, describe: \_\_\_\_\_

Previous Injuries: \_\_\_\_\_

Riverland Community College is asking you to provide private information in order to process your Student/Athlete Guidelines and Expectations Form. This information will be used to provide an agreement about guidelines and expectations. You are not legally required to provide this information; however, the college may not be able to effectively process your request if you do not provide sufficient information. Access to this information will be limited to school officials. Under certain circumstances, federal and state laws authorize release of private information without your consent to state and federal agencies or as otherwise permitted by other state and federal laws. **All physicals must be completed and on file (with Kelly Downey) before any participation can take place in practice and contests.**



## **Riverland Community College Sports Medicine Handbook**

### **PROCEDURE FOR INJURED ATHLETES**

- 1) If an athlete is injured during a home event or practice, please let the assigned athletic trainer know as soon as possible. It is important that the athletic trainer provided by Riverland is aware of all injuries.
- 2) Should an athlete be injured in such a way that requires immediate attention, they should be taken to the emergency room at the nearest hospital. The athlete should present their insurance card to the admitting nurse. The treatment will be billed through the athlete's insurance and the balance of the bill may be billed through the school's insurance if there is evidence of college liability for the injury.
- 3) In the event that his/her own physician sees an athlete, they must present a note from the physician stating that the athlete is A) cleared to participate in activity, B) the limitations that the athlete has in participation or C) that the athlete can be treated at the discretion of the athletic trainer. If this note is not presented to the trainer, the athlete will not participate in any activity until one is turned into the trainer.
- 4) The athletes must have on file with the athletic trainer their insurance information so that we can fill out claim forms in the event of injury. If this information, along with your physical exam card, is not in your medical file, you will not be able to participate in practice.

### **Medical Coverage**

- The following personnel will be available at all home Riverland events
  - 1 Certified Athletic Trainer
- EMS/Ambulance Coverage is available by calling 911.
- Anticipated response time of less than 5 minutes.
- AED
  - For outdoor sports, the AED will be located with the Athletic Trainer on the home sideline or in a central area.
  - For events occurring indoors, the AED is located in the common areas of the gymnasium.

## **Medical Services**

- There will be a Certified Athletic Trainer available during all home games.
- The Athletic Training Room will be open for one (1) hour before the start of the event.
- The Athletic Training Room will be open for thirty {30} minutes after the event. The Athletic Training Room is located adjacent to the gymnasium.
- The following modalities and services will be made available:
  - Heat
  - Ice
  - Taping/Wrapping
  - Ultrasound/Electrical Stimulation
- Visiting teams needing more than heat, ice, or taping prior to competition should have their ATC call ahead or send a note with the team.
- When taping is needed, teams are asked to bring their own supplies.

## **Medical Supplies**

- The following supplies/equipment will be available in a central location or home sideline.
  - Medical Kit
  - Splint Kit
  - AED
- Visiting teams will be provided with the following
  - 5-10gallon water cooler
  - Sleeve of cups
  - Ice chest with bags
- Bench towels will not be provided to visiting teams.

## **Emergency Facilities**

Mayo Clinic Health System – Austin  
1000 1st Dr. N.W.  
Austin, MN 55912  
507-433-7351

## **Riverland Staff**

**Athletic Trainer:** Maureen Forbrook  
**E-mail:** mforbrook@hotmail.com  
**Phone:** 507-696-3289