

SUNYIT Athletic Training

MAIN PAGE

Welcome to the Athletic Training page at SUNY Institute of Technology. This site is here to provide athletes, parents, and visiting teams with pertinent information about our program. The mission of our program is to provide the most comprehensive health care for our student athletes and visitors.

The Certified Athletic Trainer is a highly educated and skilled professional specializing in athletic health care. In cooperation with physicians and other allied health personnel, the certified athletic trainer functions as an integral member of the athletic health care team. Certified athletic trainers have fulfilled the requirements for certification established by the National Athletic Trainers' Association Board of Certification, Inc. (NATABOC).

Students who want to become certified athletic trainers must earn a degree from an accredited athletic training curriculum. Accredited programs include formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic modalities, and nutrition. Classroom learning is enhanced through clinical education experiences. More than 70 percent of certified athletic trainers hold at least a master's degree.

[Athletic Training Services](#)

In the event of an injury/illness that occurs during your participation in your sport, each athlete is required to report their injury/illness to the athletic trainer responsible for that sport. Each injury will then be documented and kept on file in the Athletic Training Clinic. In the event that an athletic trainer determines that you will need further medical evaluation, **the athletic trainer will establish this appointment for you.** Most appointments with physicians will be during the physicians' hours in the athletic training clinic. Physicians' hours will be posted in the athletic training clinic

The SUNY IT athletic training staff provides sports medicine services to the student athletes at SUNY IT. The services provided include prevention of athletic injuries, recognition, evaluation and treatment of athletic injuries, rehabilitation and reconditioning of athletic injuries and health and wellness education.

Note: **ALL Injuries** must be brought to the attention of the athletic training staff immediately.

[Medical Forms](#)

Please note that **all new student-athletes/transfers** at SUNYIT must have a completed physical before being allowed to participate in any intercollegiate sport. All **returning student-athletes** are required to complete an annual health questionnaire from prior to

the start of their season. The physical must be completed within 6 months of your athletic start date. All student athletes are also required to have a current insurance information and insurance card on file with the Athletic Training Staff.

Physical Exam Form (pdf)

YOU MUST HAVE A PHYSICAL BEFORE YOU CAN PARTICIPATE IN ANY PRACTICE OR COMPETITION. **THIS PHYSICAL MUST BE COMPLETED ON OR AFTER APRIL 1, 2009.** The Health and Wellness Center at SUNYIT will not provide physicals; therefore, you must have a physical completed by your own physician. Please print and complete the first two pages of this form. The last two pages will be completed by your health care provider.

Medical History Questionnaire (pdf)

This is a confidential medical history form that will help us understand any current or past injury/illness that you may have or had treatment for in the past. Please note that if you are currently under the care of a physician, physical therapist, chiropractor, etc. for an injury and/or illness, please have that health care personnel provide documentation as to the status of your injury/illness. Written medical clearance may be needed before participation is permitted.

Medical Release Form (pdf)

Please read through each of these statements carefully. Due to HIPAA regulations, most doctors' offices and insurance companies will not provide information regarding health information unless given permission to do so by signature. If these statements are signed ahead of time, we can process your claims and medical information in a timely manner.

Participation Agreement and Assumption of Risk Form (pdf)

Please read through this form carefully. Although it is exciting to be a part of athletics, there are risks involved with participation. This form explains those risks so that informed decisions can be made on whether to participate.

Insurance Information

It is a policy at SUNYIT that each student has health insurance. Each semester you are billed automatically for the Student Health Plan (SHP). You have three options when it comes to insurance coverage as an athlete.

Option 1 - Continue to use your own private insurance and waive the SHP. Even though you play intercollegiate athletics for SUNYIT, your insurance is the primary insurance. To waive the SHP, you must show proof that you have other insurance coverage.

Option 2 - Continue to use your own private insurance as primary insurance and use the SHP as secondary insurance. It is our suggestion that you have both plans (private/college) for "unexpected happenings". For example, sometimes parent insurance coverage ends on the day of graduation. At times, our teams make post-season play which may be past the graduation date. If the athlete were to get injured after graduation,

there will be no coverage.

Option 3 - If you don't have private insurance coverage, your plan will consist of the SHP. Only at this time does the college insurance act as the primary insurance. This policy has coverage from August to August and covers up to \$3,500. If your injuries exceed this amount, the Athletic Department has insurance coverage that will begin at \$3,500 and cover up to \$75,000. At that point the NCAA Catastrophic Insurance begins coverage at \$75,000.

It is important for you to realize that with any insurance coverage there could be out-of-pocket expenses for above reasonable and customary charges, or deductibles for items such as crutches, braces, etc. that the insurance company will not pay. Therefore, playing intercollegiate athletics can translate into some out-of-pocket medical expenses.

Are you an international student-athlete?

Our international student health plan is different from the general student health plan. Please be aware that International Student-Athletes are only covered up to \$1,500 for athletic injuries. It is our suggestion that if you are planning on playing Intercollegiate Athletics, that you purchase the Student Health Plan.

[Emergency Procedures](#)

Emergency Action Plan
SUNYIT Athletic Training

Updated 8/13/08

Components of the Emergency Action Plan

1. Emergency Personnel
2. Emergency Communication
 - 2A. Activating EMS
 - 2B. Venue Directions
3. Emergency Equipment
4. Emergency Procedures
 - 4A. Role of Emergency Care Provider
 - 4B. Emergency Procedure at SUNYIT
 - 4C. Emergency Procedure at an Away Event
5. NCAA Guidelines to Use During a Serious On-Field Player Injury
6. Automated External Defibrillator Policy
7. Lightning Policy

1. Emergency Personnel:

The emergency personnel may include but is not limited to the following:

- Certified Athletic Trainers
- Physicians
- Emergency Medical Technicians
- Coaches
- Other institutional Personnel
- And, possibly, bystanders

With intercollegiate athletic practice (traditional season) and competition, the first responder to an emergency situation is typically a certified athletic trainer or coach. During intercollegiate athletic practice (non-traditional season), individual training sessions, and weight lifting, the first responder is usually a coach, assistant coach, or other institutional personnel.

*The Department of Athletics does not recognize “captain’s practice” as official intercollegiate activity. Therefore, the Athletic Training staff does not cover these practices. In some instances, some non-traditional season practices may not be covered due to lack of staff.

All coaching staff must have current certification in CPR, First Aid, and AED. The Emergency Plan must be reviewed by all staff members associated with practices, competitions, and strength and conditioning.

Athletic Training Staff:

Head Athletic Trainer: Kelly Colbert, 315-792-7519 (office), 315-868-1152 (cell)

Assistant Athletic Trainer: Jessica Dunster, 315-792-7514 (office), 315-430-8865 (cell)

Role as a member of the Emergency Personnel:

- Immediate care of the athlete
- Emergency equipment retrieval
- Activation of the EMS
- Direction of EMS to scene

2. Emergency Communication:

2-way radios, cell phones, campus call boxes, and land lines can be used for communication.

2-way radio:

- Channel set on 1
- Radio the situation to the athletic trainer on duty
- If warranted, you can request an ambulance from this channel. Channel 1 is heard by University Police.

Cell phones:

- A cell phone may be used to dial 911. After calling 911 please call the athletic trainer to notify him/her of the situation.

Campus Call Box:

- Campus call boxes will connect you direct to University Police. Please identify who you are, where you are, and the situation.

Land Lines:

- When using a campus land line you must dial 8 to get an outside line, then the number. Local EMS is 911. Dial X7106 to call University Police. University Police has a direct dispatcher with local EMS.

Activation of Emergency Medical System (EMS)

- A. Call 911
- B. Name of individual making call
- C. Give telephone number of caller (they may need to call you back)
- D. Number of injured athletes
- E. Condition of injured athletes
- F. First Aid treatment initiated by first responder
- G. Specific location of emergency. (See venue directions; include street names and how to access sites)
- H. Other information as requested by dispatcher
- I. Notify University Police at 315-792-7106

Venue Directions/Access to Facilities From Edick Rd.:

A. Soccer Game Field: Located off of Campus Drive. Turn right onto campus from Edick Rd. Follow road through two stop signs. After second stop sign, turn right into Parking Lot E and soccer field is at the end of the parking lot.

B. Soccer Practice Field/Baseball Field/Softball Field: Located off of the service road. Turn right onto campus from Edick Rd. Follow road to first left (turn by facilities building) and then make your second right onto the service road (first right is parking lot for facilities). Follow service road through the middle of campus past all buildings and make a right onto the paved pathway that leads to the fields.

C. Campus Center Gymnasium: Located off of the service road. Turn right onto campus from Edick Rd. Follow road to first left (turn by facilities building) and then make your second right onto the service road (first right is parking lot for facilities). Follow the service road through the middle of campus to your first left which leads you to the back of the gymnasium.

Venue Directions/Access to Facilities From Rt. 12 and Mulaney Rd.:

A. Soccer Game Field: Located off of Campus Drive. Turn left onto campus from Mulaney Rd. and continue to the stop sign. Make a right at stop sign and make your next right into Parking Lot E and the soccer field is located at the end of the parking lot.

B. Soccer Practice Field/Baseball Field/Softball Field: Located off the service road. Turn left onto campus from Mulaney Rd. and continue to the stop sign. Make a right at the stop sign and make your first left onto the service road. At the bottom of the hill make a left onto the paved pathway that leads to the fields.

C. Campus Center Gymnasium: Located off of the service road. Turn left onto campus from Mulaney Rd. and continue to the stop sign. Make a right at the stop sign and make your first left onto the service road. At the bottom of the hill make your first right which leads to the back of the gym.

3. Emergency Equipment

- Medical kits supplied to each team at the beginning of the season for all practices
- Automated External Defibrillator (AED)
- Splint bag
- Spine Board
- Biohazard supplies

All Emergency Equipment will be available in the Athletic Training Room, if not present on the field.

It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

4. Emergency Procedures

4A. Role of Emergency Care Provider(s):

The Emergency care providers (1st responders) are considered to be all coaches (trained in CPR/First Aid/AED) and administrative staff who will be assisting the Certified Athletic Trainer at the time of an emergency. The first responder should notify the certified athletic trainer if an emergency occurs, and then proceed to call 911 if instructed to do so by ATC, if the ATC is unavailable or detained by another emergency, or if the situation warrants it.

- a. Contact Certified Athletic Trainer (if not present)
- b. Immediate care of injured/ill athlete
- c. Equipment retrieval
- d. Activation of EMS (call911): see directions under Emergency Communication
- e. Notify University Police and/or other administration as necessary
- f. Direct EMS to scene:
 - i. University Police can meet them at the entrance of campus to direct them to site.
- g. Keep other players clear of the area

4B. Emergency Procedure at Home Athletic Event:

- a. Contact a certified athletic trainer if one is not already present

- b. The coach will provide **basic 1st Aid** until the ATC arrives, or ATC will immediately begin to provide 1st Aid.
- c. If the emergency warrants it, an ATC or coach will call 911.
- d. If the injured athlete needs to go to the hospital, either a parent or a representative of SUNYIT or the visiting college (i.e. coach or assistant coach) will accompany the athlete. The athlete is **NOT** to be sent to the hospital alone, with a teammate, nor another student.

4C. Emergency Procedure at an Away Event:

- a. If an ATC is traveling with the team, he/she will provide emergency care to all SUNYIT athletes.
- b. Should a team be traveling without an athletic trainer, the Coach will provide **basic 1st Aid**.
- c. The Coach will ask for assistance from the host team's athletic training staff and allow the host athletic trainer to activate their emergency plan if needed.
- d. If the injured athlete needs to go to the hospital, either a parent or a representative of SUNYIT (i.e. a coach or assistant coach) will accompany the athlete. The athlete is **NOT** to be sent to the hospital alone, with a teammate, nor another student.
- *The athletes' insurance information is given to each coach at the beginning of the season and must be with the coach on all away trips.**
- e. Contact SUNYIT athletic trainer upon return to the school to notify them of who was injured, as well as the extent of the injury.

5. NCAA Guidelines to Use During a Serious On-Field Player Injury:

- A. Players and coaches should go to and remain in the bench area once medical assistance arrives. Adequate lines of vision between the medical staffs and all available emergency personnel should be established and maintained.
- B. Players, parents and nonauthorized personnel should be kept a significant distance away from the seriously injured player or players.
- C. Players or non-medical personnel should not touch, move or roll an injured player.
- D. Players should not try to assist a teammate who is lying on the field (i.e., removing the helmet or chin strap, or attempting to assist breathing by elevating the waist).
- E. Players should not pull an injured teammate or opponent from a pile-up.
- F. Once the medical staff begins to work on an injured player, they should be allowed to perform services without interruption or interference.
- H. Players and coaches should avoid dictating medical services to the athletic trainers or team physicians or taking up their time to perform such services.

6. Automated External Defibrillator Policy:

A. In the event the emergency action plan is activated for a cardiac emergency, an AED unit is centrally located in the Athletic Training Room, Room 123, in the Campus Center. The athletic training staff will have an AED available at contests occurring on the SUNYIT campus.

B. If there is more than one home game occurring on the SUNYIT campus, the AED will be placed at the contest with the higher risk of injury.

C. Should the AED be needed at another event or outdoor athletic facility, a cell phone or 2-way radio should be used to communicate with the athletic trainer with the AED. The athletic trainer will promptly transport the AED to the appropriate field.

D. If a cardiac emergency occurs and the athletic training AED is unavailable, the SUNYIT University Police also have an AED which can be summoned by dialing the X7106 from a campus phone, 792-7106 from an outside line or by the 2-way radio.

7. Lightning Procedure (In accordance with NCAA and NEAC recommendations):

All coaches and athletes will use following guidelines in the event of lightning:

In the event of lightning being present, the Athletic Trainer will alert all coaches when the lightning detection system detects lightning within 6-12 miles. Once the monitor reads 6-12 miles with imminent signs of a storm or reads 0-6 miles, clearing of the athletic site should begin. Should an Athletic Trainer not be present, use the Flash to Bang Method:

Flash to Bang Method:

A. Begin counting when sighting a lightning flash.

B. Counting is stopped when the associated bang (thunder) is heard.

C. Divide the number you counted by 5 to determine the distance to the lightning flash (in miles).

D. For example, a flash-to-bang count of thirty seconds equates to a distance of 6 miles.

E. Note: Lightning has struck from as far away as 10 miles from the storm center. In either event, all individuals are to leave the athletic site and head for safe shelter. It is recommended that you not return to the field for 30 minutes after the last sound of thunder.

SUNYIT Lightning Policy

A. Establish who will monitor threatening weather (usually athletic trainer) and who will determine the removal of athletic teams from an athletic field. (In most cases the game officials will determine when the athletes should go to safe shelters).

B. Designate the closest building or "safe shelter" for evacuation of teams and spectators to go in the event of lightning. If vehicles are to be used as safe shelter, these vehicles must be in close proximity to the playing field so that teams and spectators can

reach safety in a timely manner. Dugouts and pavilions are not safe shelters and should never be used in the event of lightning. Each member school should have a “safe shelter” designated for each venue and visiting teams should be informed when arriving at that venue where to go in the vent of lightning.

Safe Shelters:

- 1.) Soccer Game Field: The home team will use the storage shed as a safe shelter. Visiting teams and fans must use cars, buses or the campus center.
- 2.) Baseball/Softball/Practice Fields: The home team will use the storage/concession stand building. Visiting teams and fans must use cars, buses or Donovan Hall.

Staff

Kelly Colbert, MS Ed, ATC

Assistant Athletic Director / Head Athletic Trainer

Office: (315) 792-7519 / Fax: (315) 792-7536

kelly.colbert@sunyit.edu

Kelly Colbert is the Assistant Athletics Director and Senior Women's Administrator at SUNYIT. She also serves as the institution's Head Athletic Trainer. Colbert is primarily responsible for all NCAA compliance and academic success of the SUNYIT student-athletes. She also oversees all equipment purchasing and all athletic training services.

As Compliance Coordinator, Colbert tracks the academic and athletic eligibility of student-athletes to ensure that all requirements are being met for the NCAA. Colbert also serves as the Academic Success Coordinator for the student-athletes, and is a liaison between the student-athletes and faculty. She tracks the student-athletes' progression and provides support for any academic needs.

During her time here at SUNYIT, Colbert has established an active Student-Athlete Advisory Committee (SAAC) and a CHAMPS/Life Skills program. The Life Skills program is sponsored by the NCAA to promote success in student-athletes within five areas: academics, athletics, personal, career and community service. Additionally, she has developed an annual scholar-athlete luncheon for student-athletes with a 3.0 GPA or higher and also organizes the fall and spring athletic award banquets.

Colbert is a graduate of the NACWAA/HERS 2003 Institute for Administrative Advancement, which has allowed her to understand all facets of running a successful athletics program.

As a licensed Certified Athletic Trainer, Colbert is in charge of overseeing all the athletic training services and provides coverage to any and all sports at SUNYIT.

Colbert received a Bachelor of Science degree in physical education/athletic training from Canisius College. She went on to receive a Master of Education degree in health education from SUNY Cortland.

Visiting Team Information

Dear Visitors:

Welcome to SUNY Institute of Technology! This letter is to inform you of the Athletic Training Services available to your teams during your visit to our campus. The Athletic Training Room will be open two hours prior to the start of your contest. If a contest is scheduled prior to your event, athletic training services may be provided to your team on the sideline of the event that is taking place. The training room will remain open for 30 minutes following the conclusion of the contest for any post-competition needs.

- Per our NEAC Conference Athletic Training Operating Codes, treatments will be limited to taping, wrapping, moist heat packs, or ice.
- A Certified Athletic Trainer will be available during all home competitive events.
- Ice, water, cups, and necessary emergency equipment will be provided.

Please send a well stocked medicine kit with your teams so that we may meet their needs appropriately. If you have a team in high demand for athletic training services, an advance phone call or email would be greatly appreciated.

If a significant injury occurs while your team is visiting, every effort will be made to contact your Athletic Training Staff to alert them to the nature of the injury and the action that was taken.

Thank you in advance. Please do not hesitate to call or email me if you have any special needs. Good Luck and have a great year!

Athletic Training Staff

Kelly Colbert, MS Ed, ATC

Assistant Athletic Director

Head Athletic Trainer

Office: (315) 792-7519

Fax: (315) 792-7536

Email: kelly.colbert@sunyit.edu

Team Physician

Dr. Alfred J. Moretz

Orthopedic/ Sports Surgery

Slocum Dickson Medical Group

1729 Burrstone Rd

New Hartford, NY 13413

Office: (315) 798- 1431

Local Hospitals

St. Luke's Hospital

1676 Sunset Ave

Utica, NY 13502

(315) 624-4663

AND

St. Elizabeth Medical Center

2209 Genesee St

Utica, NY 13501

(315) 798-8100

