I. PURPOSE

To document the Seawolves Sports Medicine (“SSM”) policy and procedures regarding treatment as it applies to specific types of persons during either Open Gym or a Tryout.

II. DEFINITIONS

A. Perspective Student Athlete (“PSA”): A PSA is a student who has started classes for the ninth grade. In addition, a student who has not started classes for the ninth grade becomes a PSA, if the institution provides such an individual (or the individual’s relatives or friends) any financial assistance or other benefits that the institution does not provide to prospective student generally. An individual remains a PSA until one of the following occur:
   a. The individual officially registers and enrolls in a minimum full-time program of studies and attends classes in any term of a four-year collegiate institution’s regular academic year (excluding summer); or
   b. The individual participates in a regular-squad practice or competition at a four-year collegiate institution.

B. Tryout: Any physical activity, on campus or at a site at where practice or competition is normally conducted, at which one or more PSA reveal, demonstrate or display their athletics abilities in any sport to, or at the direction of a coach. Considered CARA if with current Student-Athletes.

C. Open Gym: Distinctly different from a Tryout, as there is no CARA component. The physical activity must be voluntary, initiated by the PSA, and not directly or indirectly at the direction of, or supervised by a coach.

D. Current Student: A student who is currently enrolled and attending classes at Sonoma State University, but who is not active on a Squad List.

E. Current Student-Athlete: A student who is active on a Squad List.

F. Countable Athletic Related Activity (“CARA”): Any required activity with an athletics purpose, involving Student-Athletes and at the direction of, or supervised by, any member(s) of the coaching staff (including strength and conditioning coaches) and must be counted within the weekly and daily limitations.
III.  PROCEDURES:

A.  **Treatment of PSAs or Current Students on Tryout:**
    
    In addition to ice, the SSM staff may only provide basic emergency response and CPR treatment to a PSA or Current Student during a Tryout. For additional medical attention, the PSA or Current Student must seek an alternative form, such as urgent care or an emergency room visit. This applies year-around.

B.  **Treatment of PSA or Current Student in Open Gym:**
    
    In addition to ice, the SSM staff may only provide basic emergency response and CPR treatment to a PSA or Current Student during Open Gym. For additional medical attention, the PSA or Current Student must seek an alternative form, such as urgent care or an emergency room visit. This applies year-around.

C.  **Treatment of Current Student-Athlete on Tryout:**
    
    Participation in a Tryout by a Current Student-Athlete is considered CARA and will be treated in accordance with SSM policy for all CARA. Per NCAA Bylaw 16.4, Current Student-Athletes are permitted full access to the SSM and Team Doctors, provided the injury was sustained during CARA.

D.  **Treatment of Current Student-Athlete in Open Gym:**
    
    Participation in Open Gym by a Current Student-Athlete is not considered CARA. In addition to ice, the SSM staff may only provide basic emergency response and CPR treatment to a Current Student-Athlete during Open Gym. For additional medical attention, the Current Student-Athlete must seek an alternative form, such as urgent care or an emergency room visit. This applies year-around.