The University of Tulsa Athletic Training Department
Disordered Eating Management Policy

Only medical personnel, including athletic trainers or approved specialists (as determined by the staff athletic trainer) may weigh athletes, set weight goals, measure body composition, or interact with student-athletes in any manner about body composition or body weight. Each coaching staff will be provided the weights of the student-athletes in the player-profile updates distributed by the strength and conditioning staff.

Weight charts will be kept confidential and monitored by the athletic training staff. Weight charts will not be posted at any time.

Coaches who are concerned about the weight or body composition of any athlete must contact his/her athletic trainer regarding this issue. Coacher may not approach the student-athlete about weight or body composition.

Athletes given weight or composition goals, as determined by the above specialist, must also undergo nutrition education counseling. Such counseling will be set up and organized by the supervising athletic trainer. Athletes may also require nutritional counseling at any time for any reason.

Coacher or athletic department personnel may not comment to a student-athlete about his/her weight regardless if there appears a positive or negative change in their opinion. In addition, athletic department personnel may not, at any time, make joking comments regarding a student-athlete's weight or body composition even if such a comment is meant to be harmless.

Coaches, athletic trainers, and athletic department personnel should emphasize the role of proper nutrition in optimizing athletic performance. They should not stress the impact of lower weight on performance. Coachers and other athletic department personnel should never, under any circumstance, suggest or encourage purging behavior.

Only medical personnel may recommend dietary supplements to an athlete based on proper individual nutritional evaluation

Coaches or other athletic department personnel suspecting a student-athlete of having an eating disorder should report any signs or symptoms noticed to the supervising athletic trainer. The Disordered Eating Management Plan will be activated as deemed necessary. Eating disorders are highly confidential and coaches must understand that information may be limited. Coaches may be involved in treatment at the request of the athlete and management group.

Athletes with an eating disorder may be prohibited from athletic participation if the student-athlete fails to comply with treatment or if deemed necessary by the management group.

Student-athletes and coaches shall be required to attend mandatory educational sessions on eating disorders and nutrition yearly. Administrators and other athletic department personnel are strongly encouraged to attend the eating disorder educational session provided yearly.

Appendix A: NCAA Sports Medicine Handbook

Appendix Y: ACSM Position Stand on Female Athletic Triad

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Description of Duties

Team Physician:	Individual contacted when athlete suspected of disordered eating. Determines if suspicion warranted. Diagnoses disordered eating in conjunction with Laureate psychologist. Makes ultimate decision regarding athletic participation.
Laureate Therapists:	Referral from team physician or athletic trainer and confirms evaluation. Conducts psychological assessment and develops Clinical Therapist treatment plan. Informs team physician and contact athletic trainer of plan.
Contact Athletic Trainer:	Acts with staff athletic trainer to refer student-athlete to team physician. Acts as liaison between involved staff athletic trainer, team physician, and Laureate therapist.
Staff Athletic Trainer:	Staff athletic trainer that directly oversees affected student-athlete. Most often, first individual to hear of athlete with suspected problem. Informs contact athletic trainer of suspected problem. May refer to team physician.
Head Coach:	Head coach of team on which student-athlete participates. He/She will become informed of progress at request of student-athlete.