Risks and/or Inconveniences of Participation

Although very unlikely, the risks of participation in the Pre-College Summer at UConn Sports Medicine session are as follows: (1) musculoskeletal and/or head injury, and (2) cardiovascular injury and/or illness.

Risk Mitigation

The following steps will be taken to limit the aforementioned risks.

1. To mitigate risks related to musculoskeletal and/or head injury, precautions will be made (e.g., safety spotters during concussion balance testing) to insure proper safety and technique during all session and laboratory related activities.

2. To mitigate the risks associated with cardiovascular injury and/or illness, all instructors are trained in cardiopulmonary resuscitation and the use of an automated external defibrillator (AED [a device that electrically stimulates the heart to restore rhythm in people who are experiencing cardiac arrest]). Furthermore, an AED is located in the laboratory for expedient access if necessary.

3. All instructors are board certified and Connecticut licensed athletic trainers.

4. In the unlikely event an individual suffers from one of the above aforementioned risks, 911 will be contacted. Additionally, instructors are trained in the prevention, recognition, assessment, and treatment for the stated conditions.

5. The Korey Stringer Institute will not require an individual to participate in any activity if they do not feel comfortable in doing so, and the activities are for educational purposes only.

List of Possible Strenuous Activities

- Concussion balance testing
- Cold water immersion mock simulation
- Athletic taping procedures
- Mock CPR simulations
- ETC.

If there are any questions or concerns regarding the information provided, please contact Rachel Katch, MS, ATC, at rachel.katch@uconn.edu.