Policy #: 26
Title: Pre-Participation Screenings – Varsity Athletics
Distribution: Athletic Department, All clinical staff

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NCAA Division I Manual 2015-2016 17.1.5 Mandatory Medical examination. [#]Prior to participation in any practice, competition or out-of-season conditioning activities (or in Division I, permissible voluntary summer conditioning or individual workouts, or permissible required summer athletic activities in basketball and football), student-athletes who are beginning their initial season of eligibility and students who are trying out for a team shall be required to undergo a medical examination or evaluation administered or supervised by a physician (e.g., family physician, team physician). The examination or evaluation must be administered within six months prior to participation in any practice, competition or out-of-season conditioning activities. In following years, an updated history of the student-athlete’s medical condition shall be administered by an institutional medical staff member (e.g., sports medicine staff, team physician) to determine if additional examinations (e.g., physical, cardiovascular, neurological) are required. The updated history must be administered within six months prior to the student-athlete’s participation in any practice, competition or out-of-season conditioning activities for the applicable academic year. (Adopted: 1/8/07 effective 5/1/07, Revised: 8/5/08, 6/5/15)

I. STUDENT-ATHLETE MEDICAL COMPLIANCE PROCESS – VARSITY ATHLETICS

a. Prospective Student-Athletes (Freshmen/Transfers)

In order to be deemed medically compliant to participate, all prospective (incoming/transfer) student-athletes must successfully complete the requirements of Section i: Health Information Documentation, Section ii: Pre-participation Screening, Section iii: Transfer Medical Records and Section iv: Further Evaluation and Testing prior to participation in any practice, competition or out-of-season conditioning activities.

i. Health Information Documentation:

1. Completion of the STUDENT HEALTH SERVICES HEALTH HISTORY AND PHYSICAL EXAMINATION REPORT (CRC) which is a requirement for admission in to the university.
2. Provide proof of physician consent to participate in highly competitive collegiate athletics. The following are acceptable forms of proof when signed by a primary care physician within six months of the student-athlete’s initial participation:
   a. Completion of HEALTH STATEMENT within STUDENT HEALTH SERVICES HEALTH HISTORY AND PHYSICAL EXAMINATION REPORT

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(CRC) indicating clearance to participate in highly competitive athletics.
b. Copy of physical from primary care physician with statement clearing the student-athlete for highly competitive athletics.
   i. Other acceptable wording includes: “cleared for all sports”, “cleared for collision/contact sports”
   ii. Unacceptable statements include: “cleared for _____ sport” or only “without restriction”
   iii. Signature and date need to be included in box or area of clearance
3. Submit proof of primary and all supplemental health insurance.
   Valid proof includes:
   • Insurance card copy – both sides
   • Letter from insurance company
   • Enrollment in the Student Health Insurance Plan
4. Acceptance of “Consent to Treat and Disclosure of Information” and “Acknowledgment of Risks and Waiver of Claim” Statements
   a. If the student-athlete is a minor (younger than 18 years of age), these statements must also be signed by a parent or legal guardian.
5. Complete the Athletic Training Services ONLINE MEDICAL HISTORY QUESTIONNAIRE.
6. Documented results of a Sickle Cell Solubility Test or a signed waiver of testing. NCAA Division I Manual 2015-2016 17.1.5.1
   a. If the student-athlete is a minor (younger than 18 years of age), the waiver must also be signed by a parent or legal guardian.
7. Provide ADHD evaluation documentation to support an ADHD / ADD diagnosis and treatment plan.
   a. Acceptable proof includes:
      i. a comprehensive clinical evaluation, recording observations and results from ADHD rating scales, a physical exam and any lab work, consideration of a non-stimulant medication and reason they were not utilized, blood pressure and heart rate readings and analysis, previous treatment for ADHD, and the diagnosis and recommended treatment and follow-up.
      ii. The physician can provide documentation of the above with a
          • cover letter and attachments or
          • provide the medical record.
      iii. A simple statement from the prescribing physician that he or she is treating the student-athlete for ADHD with said medication IS NOT adequate documentation.
     iv. Assessment must have taken place within 3-5 years of matriculation at Boston University. If a FULL assessment as described above has not been completed then the student-athlete must undergo a full assessment as described above. This
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may be conducted on campus, through a community mental health service, or by any experienced clinician.

v. Documentation of an annual follow-up with the prescribing physician must be submitted for each year of participation. It can be reflected in a letter from the physician or a copy of the medical record, with written indication of the current treatment.

ii. Pre-Participation Screening
   • Conducted on-campus by Athletic Training Services and will include the following:
     1. Confirmation of student-athlete demographics, emergency contacts, insurance information, and detailed medical history in the Boston University electronic medical record system.
     2. Height and Weight measurement and Body Mass Index (BMI)
     3. Blood Pressure and Heart Rate measurement
     4. Vision Screening
     5. Medical History Review
     6. Confirmation of Sickle-Cell Solubility documentation or Waiver
     7. General Medical Evaluation by team physician
     8. Orthopedic Evaluation by team physician
     9. Cardiac Screening

iii. Transfer Medical Records: All transfer student-athletes must submit medical records from their prior institution for review by Athletic Training Services before the student-athlete will be deemed medically compliant to participate in intercollegiate athletics.

iv. Further Evaluation and Testing: If a team physician deems further review of records or additional testing is necessary for medical compliance, the student-athlete must complete these requirements and then be re-evaluated by a team physician. Athletic Training Services will help facilitate the student-athlete in obtaining the necessary referrals.

b. Prospective Student-Athletes (Freshmen/Transfers) Early Arrival (Summer Term)

i. Prospective student-athletes that wish to practice and/or work out with a team during the summer term prior to their first full academic year at Boston University, must successfully complete all pre-participation requirements as outlined in Section i: Health Information Documentation, Section ii: Pre-participation Screening, Section iii: Transfer Medical Records and Section iv: Further Evaluation and Testing prior to participation in any practice, competition or out-of-season conditioning activities.
c. Try-out Student-Athletes

In order to be deemed medically compliant to try-out for any athletic team all prospective (incoming/transfer) student-athletes must successfully complete the requirements of Section i: Health Information Documentation prior to participation in any practice, competition or out-of-season conditioning activities. Please refer to try-out policy for sport specific requirements.

i. When the above requirements are completed, the student will be allowed a 2-week try-out period with the respective team. If a student is selected to participate with a team by a coach, they must successfully complete the requirements of Section i: Health Information Documentation, Section ii: Pre-participation Screening, Section iii: Transfer Medical Records and Section iv: Further Evaluation and Testing prior to participation in any practice, competition or out-of-season conditioning activities.

d. Returning Student-Athletes

In order to be deemed medically compliant to participate, all returning student-athletes must successfully complete the requirements of Section i: Health Information Documentation and Section ii: Pre-participation Screening.

i. Health Information Documentation:

1. Submit proof of primary and all supplemental health insurance
   Valid proof includes:
   - Insurance card copy – both sides
   - Letter from insurance company
   - Enrollment in the Student Health Insurance Plan

2. Acceptance of “Consent to Treat and Disclosure of Information” and “Acknowledgment of Risks and Waiver of Claim” Statements
   a. If the student-athlete is a minor (younger than 18 years of age), these statements must also be signed by a parent or legal guardian.

3. Complete the Athletic Training Services ONLINE MEDICAL HISTORY QUESTIONNAIRE.

4. Provide updated annual ADHD evaluation documentation to support an ADHD / ADD diagnosis and treatment plan.
   a. Acceptable proof includes:
      i. The physician can provide documentation of the above with a
         - cover letter and attachments or
         - provide the medical record.
ii. A simple statement from the prescribing physician that he or she is treating the student-athlete for ADHD with said medication IS NOT adequate documentation.

iii. Documentation of an annual follow-up with the prescribing physician must be submitted for each year of participation. It can be reflected in a letter from the physician or a copy of the medical record, with written indication of the current treatment.

ii. Pre-Participation Screening
   • Conducted on-campus by Athletic Training Services and will include the following:
     1. Update & confirmation of student-athlete demographics, emergency contacts, insurance information, and detailed medical history in the Boston University electronic medical record system.
     2. Height and Weight measurement and Body Mass Index (BMI)
     3. Blood Pressure and Heart Rate measurement
     4. Vision Screening
     5. Medical History Review
     6. Cardiac Screening
     7. Team Physician Evaluation
        a. If a student-athlete has had any significant general medical condition or orthopedic injury that Athletic Training Services deems necessary for physician follow-up, the student-athlete must be evaluated and cleared by a team physician.

II. PRE-PARTICIPATION SCREENING DATES

Boston University Athletic Training Services will conduct Pre-Participation Screenings in order to medically evaluate and deem student-athletes compliant for participation in highly competitive athletics prior to the designated start date of their competitive season.

a. Returning student-athletes
   i. The pre-participation screening process may begin on July 1st of the current year. Returning student-athletes must complete the medical clearance process each academic year. *If gap between screenings is greater than twelve months, student-athlete will be required to be seen by a team physician.

b. Fall Season Sports
   i. Pre-participation screenings will be scheduled the day before or on the allowable start date for the following sports:
      • Cross Country, Men’s & Women’s
      • Field Hockey, Women’s

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• Soccer, Men’s & Women’s

c. Winter/Spring Sports
   i. Pre-Participation Screenings will be scheduled on the 1st weekend of the academic year and will include the prospective & returning student-athletes from the following sports:
      • Basketball, Men’s & Women’s
      • Cheerleading and Dance
      • Crew, Men’s
      • Golf, Women’s
      • Ice Hockey, Men’s & Women’s
      • Lacrosse, Women’s & Men’s
      • Rowing & Lightweight Rowing, Women’s
      • Softball, Women’s
      • Swimming & Diving, Men’s & Women’s
      • Tennis, Men’s & Women’s
      • Track and Field, Men’s & Women’s

d. Late Addition Student-Athletes
   i. If a student-athlete is added to any team after the Fall semester screenings have been completed, the student-athlete will be allowed to complete their pre-participation medical requirements at the discretion of Athletic Training Services and at the availability of a team physician, within a reasonable amount of time prior to participation in any practice, competition or out-of-season conditioning activities.
   ii. This includes prospective student-athletes added as a result of tryouts, matriculation during the Spring semester as a new admission, or as a transfer.