

Policy #	Title: Club Sport PPEs	Distribution: Athletic Department, All clinical staff
Effective date: 9.1.12	Revision date: 12/2015	Planned Review:
Approvals	Last Reviewed: n/a	Reviewed by: JB, JC, HW

The following procedures for pre-participation screening have been put forth to ensure the health and well-being of Boston University’s club sport student-athletes

The chart below uses information from both the Bethesda Classification of Sports and the NCAA to categorize all club sports at Boston University as follows:

Category A	Category B	Category C	Category D
<ul style="list-style-type: none"> • Ice Hockey (Men’s) • Ice Hockey (Women’s) • Rugby (Men’s) • Rugby (Women’s) • Soccer (Men’s) • Soccer (Women’s) 	<ul style="list-style-type: none"> • Equestrian • Gymnastics • In-line Hockey • Jiu Jitsu • Kendo • Kung Fu • Shotokan Karate • Sailing • Ski Racing • Snowboarding • Triathlon • Water Polo (Men’s) • Water Polo (Women’s) 	<ul style="list-style-type: none"> • Badminton • Baseball • Cycling • Figure Skating • Synchronized Skating • Synchronized Swimming • Squash • Ultimate Frisbee (Men’s) • Ultimate Frisbee (Women’s) • Volleyball (Men’s) • Volleyball (Women’s) 	<ul style="list-style-type: none"> • Cricket • Fencing • Golf • Table Tennis

Chart 1: Adapted from Bethesda Classification of Sports depicting where each sport falls regarding static and dynamic cardiac load.

Below is a table for reference that outlines all the necessary requirements for each student-athlete to participate in their respective sport based off of category classification. In successive years of competition, participants will be required to update their questionnaire. If a student-athlete does not participate in a club sport in successive years, all intake documentation must be completed in full.

	Category			
	A	B	C	D
Health History Questionnaire	✓			
Pre-Participation Questionnaire		✓	✓	✓
Highly Competitive Statement	✓	✓	✓	

*If a student-athlete wishes to participate in a different sport, requirements will automatically defer to the highest category.

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I. MEDICAL COMPLIANCE PROCESS – CATEGORY A

In order to be deemed medically compliant to participate, all prospective student-athletes must successfully complete the requirements of Section i: Health Information Documentation, Section ii: Pre-participation Screening, iii: 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 1 year of the student-athlete's initial participation:
 - a. Completion of HEALTH STATEMENT within [STUDENT HEALTH SERVICES HEALTH HISTORY AND PHYSICAL EXAMINATION REPORT \(CRC\)](#) 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 Incoming Health History Questionnaire

ii. Pre-Participation Screening

- Conducted on-campus by Boston University Athletic Training Services and will include the following:

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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. General Medical Evaluation by team physician
 7. Orthopedic Evaluation by team physician
- iii. 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.

II. MEDICAL COMPLIANCE PROCESS – CATEGORY B & C

In order to be deemed medically compliant to participate, all prospective student-athletes must successfully complete the requirements of Section i: Health Information Documentation and Section ii: Further Evaluation and Testing.

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 1 year of the student-athlete's initial participation:
 - a. Completion of HEALTH STATEMENT within [STUDENT HEALTH SERVICES HEALTH HISTORY AND PHYSICAL EXAMINATION REPORT \(CRC\)](#) 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

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3. 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.
 4. Complete the Athletic Training Services Pre Participation Questionnaire (PPQ).
 - a. Any yes answer will be flagged and patient will have an in-person evaluation with AT Services.
- ii. Further Evaluation and Testing: If an athletic trainer deems Section i.1.4.a requires further evaluation by a team physician, they will be scheduled, within a reasonable amount of time, at the availability of a team physician. If the 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 referral.

III. MEDICAL COMPLIANCE PROCESS – CATEGORY D

In order to be deemed medically compliant to participate, all prospective student-athletes must successfully complete the requirements of Section i: Health Information Documentation and Section ii: Further Evaluation and Testing.

i. Health Information Documentation:

1. 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.
 2. Complete the Athletic Training Services Pre Participation Questionnaire (PPQ).
 - a. Any yes answer will be flagged and patient will have an in-person evaluation with AT Services.
- ii. Further Evaluation and Testing: If an athletic trainer deems Section i.1.4.a requires further evaluation by a team physician, they will be scheduled, within a reasonable amount of time, at the availability of a team physician. If the 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 referral.

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