

SPORTS MEDICINE: Pre-Participation Physical Policy



Pre-Participation Physical Policy
Updated 8/22/18
Reviewed: 8/15/2023

New student athletes that wish to participate in practice or competition must complete and upload the New Student Athlete physical packet, and cleared by the ERAU team physicians. Until all of the necessary paperwork and testing is complete, the student athlete is not allowed to participate in any activities.

Returning student athletes must complete and upload the Returning Student Athlete packet. Returning student-athletes packets will be reviewed by Sports Medicine Staff. If the Sports Medicine Staff finds any "red flags" the student athlete will be notified to attend a selected ERAU sports physical for clearance. Returning student athletes can also request a physical if they feel one is needed. During physical examination with team physicians, athlete and physician will be accompanied in room with ERAU athletic trainer. The door to room where physical is taking place will be unlocked and slightly ajar.

The Sports Medicine Department will work with each coach on scheduling dates for their team to receive physicals. We ask that coaches make their best effort to have all needed athletes at the physical date and time. Sports Medicine and Compliance will schedule mandatory team meetings prior to/or around the date of the physical exams. At this meeting sports medicine paperwork will be completed, policies will be discussed, and any information pertaining to Sports Medicine will be given and or answered.

ERAU Physical paperwork is located on Privit (Sports Medicine Software). This paperwork will be emailed out to student athletes on how to create an account, complete the paperwork, and upload to ERAU Sports Medicine by the given date. If this paperwork is not received in time, or if the student athlete misses the designated physical date, he/she will be responsible for paying for their physical through Halifax Hospital Team Physicians. Athletes who missed physical appointments should contact the Sports Medicine Department to receive information on how to schedule their appointment.

On the day of the physical, all athletes must wear proper attire (shorts & t-shirt for males; shorts, t-shirt, and sports bra for females). If an athlete does not show up, or is not cleared for, athletic participation by ERAU Team Physician, they will not be able to participate in ANY team activities. During physical with team physicians, athlete and physician will be accompanied in room with ERAU athletic trainer. The door to room where physical is taking place will be unlocked and slightly ajar.

Any new student athlete who has sustained an injury or has a medical condition that was evaluated by a physician within the past two years will need to submit a letter from his/her doctor on signed letterhead stating the injury, any rehab, and that he/she is cleared to participate in sports. They will also need to submit any related doctors notes.

Returning athletes who were injured over the summer and were evaluated by a physician will also need to submit the same information. If the student athlete does not submit this clearance letter and information, they will not be able to participate in any athletic activities until the Sports Medicine Department receives the needed information.

All new athletes will be required to either be tested for Sickle Cell Trait or show proof of testing and provide results. Baseline concussion testing will be mandatory for all student athletes. Sports Medicine will coordinate all testing.

- **New Student Athlete needed information/testing:**
 - Create an account, complete the Initial Physical Packet, and upload into Privit
 - Upload a copy of their current insurance card, front and back
 - Proof of Sickle Cell Trait testing or have testing completed at physical
 - Any doctors notes and clearance letters if treated for injury over the past two years.
 - Concussion ImPACT baseline and/or SCAT testing per Sports Medicine staff
 - Attend Sports Medicine/Compliance team meeting and complete needed paperwork
 - Completed physical by ERAU Team Physicians
- **Returning Student Athlete needed information/testing:**
 - Upload the Returning Student Athlete Packet into Privit
 - Upload an updated copy of current insurance card, front and back
 - If injured during summer turn in all related doctors notes and clearance letter
 - Attend Sports Medicine team meeting and complete needed paperwork
 - Complete physical if requested by Sports Medicine
 - Complete SCAT testing (if not previously completed).