

## Medical Eligibility Requirements and Procedures for Intercollegiate Athletics Participation

### PLEASE READ ALL REQUIREMENTS THOROUGHLY

The medical eligibility requirements for all students participating in intercollegiate athletics at the University of Southern Maine (USM), the Pre-Participation Physical Evaluation (PPE) procedures and the PPE Schedule for 2023 are described below. Prospective student-athletes should read all information carefully prior to arriving for a “**Required**” PPE appointment at University Health and Counseling Services (UHCS).

#### MEDICAL ELIGIBILITY REQUIREMENTS:

Each of the following requirements **MUST** be met **prior** to being administered the PPE at UHCS and **prior** to participating (includes try-outs and conditioning practices) in intercollegiate athletics at USM:

1. **Pre-Participation Physical Evaluation (PPE):** An *initial* comprehensive PPE is “**required**” to be administered at the UHCS for all “**new**” student-athletes prior to participation in intercollegiate athletics at USM. *Your primary health insurance will be billed for the physical examination at the time of the PPE. Please note that most insurance plans will only pay for one annual physical examination per year.* A health history and PPE update, including blood pressure check, is also “**required**” to be administered at the UHCS for all *returning* student-athletes prior to participation in intercollegiate athletics at USM, on an annual basis. In the event a health concern, that requires examination beyond the scope of a physical, is brought up during the exam, additional charges may apply. **All PPEs for initial and returning student-athletes must be conducted at the UHCS in 156 Upton Hall and on the Gorham campus.** USM does not require a physical simply to enroll as a student. PPE Scheduling conflicts must be resolved in advance by contacting USM Athletic Healthcare via email at [Kelleigh.oneill@maine.edu](mailto:Kelleigh.oneill@maine.edu)
2. **Student Portal – Health Record (required to be completed/updated annually):** Prior to arriving for the scheduled PPE appointment each student-athlete must complete the appropriate Health History (New or Returning Student) forms that can be found under “Student Athlete Pre-Participation Forms” in the Health Record. **The Health History or Health History update, along with all other required medical eligibility forms (listed below in #3-#12) must be completed by July 31, 2023, for all fall sport participants and August 6, 2023 for all winter and spring sport participants.** Please note optional forms (#13-15) may be required based on your age or health needs. USM Athletic Healthcare Services Staff (ATs), the UHCS and USM Team Physicians will be the only individuals with access to the Health History Summary
3. **Primary Health Insurance Coverage Requirement (required form in Health Record):** Student-athletes must carry adequate health and accident insurance coverage to defray the cost of any injury or illness that may be incurred while participating in intercollegiate athletics at USM. Written verification in the form of a current insurance enrollment card or certificate of enrollment from the student’s own health insurance company must be documented in the Health Record of the Patient Portal prior to PPE. **An image of both sides of the health insurance enrollment card must be uploaded to the Health Record under “Uploads” section.**
  - a. The PPE will not be administered without this written verification. **A COPY OF THE PREVIOUS YEAR’S ENROLLMENT CARD IS NOT VALID!**
  - b. Student-athletes not presently covered by individual or parental health insurance must secure adequate health insurance prior to participation in intercollegiate athletics at USM.
  - c. Domestic students may enroll in the voluntary student health insurance plan. Information can be found via student financial services at [Student Health Insurance – Student Financial Services \(maine.edu\)](#)
  - d. International students should check with the Office of International Programs 207-780-4959 to consider enrolling in the international health insurance plan or the USM voluntary Student Health Insurance Plan.
  - e. The plan **MUST** allow the student-athlete to seek care local to USM. In addition, the plan must, at a minimum, allow for emergency care when out of state (i.e., travelling with their team)

- f. Medicaid (e.g., MaineCare) plans generally do not cover students for out-of-state health care needs other than medical emergencies.
- g. The Athletic Department carries a rider policy, administered through Gallagher Health, that provides limited insurance coverage for student-athletes from \$5,000 to \$90,000. You must meet the \$5,000 deductible threshold with other insurance before this rider policy takes effect.
- h. The NCAA provides all member institutions with catastrophic insurance coverage for intercollegiate athletics that begins at \$90,000 (deductible amount)
- i. **It is the responsibility of the student-athlete to notify the USM Athletic Healthcare Services Staff regarding insurance coverage changes or if coverage has been discontinued for any reason, while participating in athletics**
- j. *Student-athletes with lapsed coverage become immediately ineligible to participate in intercollegiate athletics at USM.*
- k. **If none of the above insurance options will work for you, please contact Greater Portland Health at 207-874-2141 to schedule an appointment with a financial assistance counselor and they may be able to assist you with enrolling in an insurance policy through the Affordable Care Act.**

4. **Insurance Acknowledgement (required form on Health Record)**

5. **Assumption of Risk for Athletic Participation (required form on Health Record)**

6. **Injury/Illness Sport Related Concussion Reporting Acknowledgment (required form on Health Record):**

This form must be completed and electronically signed by all student-athletes on an annual basis prior to participation in athletics. **Student-athletes are required to review the educational NCAA “Fact Sheet” and watch an educational “video” related to Concussion and then electronically sign the form in their Health Record prior to arriving at UHCS for their PPE appointment.**

7. **Release of Health Information from UHCS to AHS and from AHS to UHCS (required form on Health Record):** This form allows health information to be shared between Athletic Healthcare Services (AHS) and University Health and Counseling Services (UHCS) throughout the year. Any information shared relates to health information that may affect athletic participation. **Each student-athlete is required to complete and electronically sign this form prior to arriving at UHCS for their PPE appointment.**

8. **Sickle Cell Trait Testing (required form on Health Record):** The NCAA requires that all first year and new student-athletes participating in athletics provide results of Sickle Cell Trait Testing (may have been completed at birth) and must receive education regarding this condition. Each student-athlete has the following options to comply: Submit test results or consent to have testing done at UHCS. The Sickle Cell Trait Testing Form is available in the Health Record website. Returning student-athletes who have completed the testing at USM, submitted test results or previously completed a waiver, will not be required to be retested. Returning student-athletes who declined the testing last year have the option to submit test results or have the testing done at UHCS if they choose to do so. Student-athletes who initially waive the testing may choose to have the sickle cell trait testing at any time and may make an appointment at UHCS to do so. **Student-athletes are required to review the educational NCAA “Fact Sheet” and watch a 6:22 minute educational “video” on Sickle Cell Trait. Both the Fact sheet and the video are imbedded as web links on the Sickle Cell form in the health record. The form must then be electronically signed prior to arriving at UHCS for their PPE appointment.**

- a. All newborns in the United States are tested for Sickle Cell Trait. Student-athletes may be able to search out those birth records and submit them to the University Health Services or have testing done by their primary care provider. Testing cannot be completed on the same day as the PPE. Testing will be available the day prior to physicals for the fall athletes and winter/spring athletes can schedule the test with UHCS upon their arrival to campus. The fee will be billed to the student-athletes insurance.

9. **Student Athlete Contract (required form on Health Record):** The student athlete contract reviews guidelines and expectations related to COVID-19 and athletic participation at USM. Each student-athlete is required to complete and electronically sign this form prior to arriving at UHCS for their PPE appointment.

**10. Emergency Information (Required in Health Record)**

**11. PHQ-9 (Required form in Health Record)**

**12. GAD-7 (Required form in Health Record)**

**13. NCAA Consent Form (Form in Health Record):** This form allows for the reporting of injury data, without any identifying information, to the NCAA.

**14. Parental Consent for Minors (optional form available on Health Record):** Student-athletes **under age 18** at the time of the PPE at Health Services are required to have written parent/guardian permission prior to completing the PPE. The Minor Consent form can be found on the Health Record under Athlete Pre-Participation forms after logging in.

**15. Medical Exemption Form - Medications or Nutritional Supplements Disclosure (Optional form available on Health Record) \*:** The NCAA requires that student-athletes disclose any and all medications (prescription or over the counter) or nutritional supplements that they may be using. You will be asked about medications or supplements in the on-line health history questionnaire.

- a. If a student-athlete has been diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) and is taking legitimately prescribed medications, which may be on the NCAA banned substance list, such as Adderall, Vyvance, Concerta, Ritalin, etc, further documentation must be acquired by the student-athlete from their treating physician. This must be done prior to competing in intercollegiate athletic activities at USM. If a student-athlete is drug tested and tests positive for an NCAA banned substance he/she must file for medical exception. A copy of the **NCAA Medical Exception Documentation Reporting Form** is available in the Health Record under “Pre-participation Forms” You must download this form and submit to your appropriate healthcare provider requesting medical documentation.
- b. Any student-athlete that is prescribed Anabolic Agents or Peptide Hormones must also complete the **NCAA Medical Exception Reporting Form**. This form is for pre-approval and must be completed **prior** to participation in athletic related activity. You must download this form from Health Record and submit to your appropriate healthcare provider requesting medical documentation, **prior** to participating in intercollegiate athletics.
- c. **\*It is the student-athletes responsibility to produce the necessary documentation and submit it to USM Athletic Healthcare Services as a part of the PPE process.**

**16. Significant Medical Condition(s):** Student-Athletes with a significant medical history of injury or illness may be required to provide medical records specific to the condition and possibly written clearance from an appropriate health care provider prior to athletic participation. Students anticipating this situation should contact Kelleigh O’Neill, Head Athletic Trainer/Athletic Healthcare Administrator, via email at [Kelleigh.oneill@maine.edu](mailto:Kelleigh.oneill@maine.edu) well in advance of the scheduled PPE date. A Medical Records Release Request form should be downloaded **from Health Record under “Athlete Preparticipation Forms”** to submit to your healthcare provider for request of records related to any medical condition that may affect clearance to participate. Download and submit this form to your appropriate healthcare provider well in advance of the scheduled PPE.

**17. Immunization Shot Records:** Must be up-to-date and on-file at UHCS. Student athletes should go to [www.usm.maine.edu/uhrs/immunization-information](http://www.usm.maine.edu/uhrs/immunization-information) for the current immunization requirements and to download a copy of the form. (The electronic health history questionnaire, described in #13, will ask for immunization shot records, including dates. Student-athletes should be sure to have documentation available prior to going on-line to complete the Privot Profile. Student-athletes are required by the NCAA to submit immunization shot records for participation in intercollegiate sports. **There is no opting out for student-athletes.**

**18. ImPACT Baseline Concussion Testing (required for first year student-athletes at USM):** Each student-athlete is required to complete an on-line baseline concussion testing and balance assessment test (BESS). The IMPACT and BESS testing will be incorporated into the PPE process and will be conducted in Bailey Hall 219.

**First-Year and Transfer Student-Athletes are not cleared for participation until this baseline concussion testing has been completed.**

Any questions regarding the above information may be directed to the UHCS via email at [usmhealthcounseling@maine.edu](mailto:usmhealthcounseling@maine.edu), or Head Athletic Trainer/Athletic Healthcare Administrator, Kelleigh O'Neill, MS, ATC at [kelleigh.oneill@maine.edu](mailto:kelleigh.oneill@maine.edu)