

INSTRUCTIONS FOR OBTAINING A PRE-PARTICIPATION EXAMINATION AND CLEARANCE FOR SPORT CLUBS PARTICIPATION

All UCSB Sport Club athletes are **REQUIRED** to have a sport pre-participation examination **ANNUALLY**. Using the forms provided online in the Resource section of the UCSB Sport Club website <https://recreation.ucsb.edu/sport-clubs>, this pre-participation exam can be done with your primary care provider at home, with a provider at a local Santa Barbara clinic, or with a provider at UCSB Student Health Services (SHS). Additionally, all Sport Club athletes must also complete a baseline concussion test with the Athletic Training staff before participation. Please read section on baseline concussion test for further details and clarifications.

The UCSB Department of Recreation Sport Club Athletic Training Department will approve all Sport Club athletes who complete a successful pre-participation exam and baseline test to participate in team activities on the DSE system. Below are the steps to take to facilitate the physical clearance approval process.

If you plan to participate on a Sport Club team this year, plan ahead! Book your appointment now to have your Sport Pre-Participation exam completed. These exams are only valid for 12 months – plan accordingly so as not to miss out on sport participation. Appointments fill up quickly so call immediately to book your appointment. Waiting to book your pre-participation exams may delay your participation in team activities.

Follow the steps listed in the category that applies to your situation. See below:

Initial Sport Pre-Participation Examinations through UCSB Student Health (never before seen at SHS):

The physicians at UCSB Student Health Services (SHS) are working very hard to organize these pre-participation examinations and to make the process as easy and as straight forward as possible; therefore, we recommend using them if possible. Pre-participation Examinations for this year can be booked as early as now and appointments are available throughout the summer. Appointments at Student Health fill up quickly so contact them as soon as possible.

Instructions if this is your **FIRST** Sport Club Pre-Participation Examinations at Student Health:

- Log into the MyHealth Patient Portal at <https://studenthealth.sa.ucsb.edu/> :
- Click “Schedule an Appointment”
- On the next screen that comes up click “Schedule an Appointment” once again
- Click “Medical Services”
- Click “Preventive Care, Screening & Clearances”
- Click “Sport Club Pre-Participation, Initial”
- Complete the required questions, explaining “yes” answers in full including pertinent dates, and choose your appointment time.

Note: web booking only allows for appointments within the next three weeks. If no appointment is presented, contact our Appointment Desk **through our website** during our normal business hours. If your deadline is impending, consider using an off-campus location, which are listed on the Sport Clubs website.

- If you have UCSHIP or GAP insurance there is no fee. If you have other insurance you can still have your physical completed at Student Health Services for a fee charged to your BARC account. Inquire with Student Health Services Billing Office about the cost of your Sport Physical if you do not have UCSHIP or GAP. Any additional testing that the providers find necessary may incur an additional cost.
- Arrive AT LEAST 15 minutes prior to your scheduled appointment or it may be canceled and you will incur a charge on your BARC account. At Student Health Services your Initial sport club pre-participation examination will be an in-person visit.

In subsequent years, you may complete this clearance online in many cases. However, this is only the case if you have had your INITIAL sports physical at Student Health Services. See below for those instructions for returning athlete pre-participation examination clearances through UCSB SHS.

Returning Athlete Pre-Participation Examination Clearances through UCSB SHS:

For returning Sport Club Athletes who HAVE HAD their INITIAL Sport Pre-Participation Examination at SHS before, you can avoid a new examination by completing the online clearance. An online questionnaire can be used in lieu of an appointment in most cases. To submit the questionnaire, log into the MyHealth Patient Portal on the SHS website <https://studenthealth.sa.ucsb.edu/> However, this is ONLY the case if you have had your INITIAL Sports Club Pre-Participation Examination at Student Health Services (All other returning athletes must complete a full sports pre-participation examination).

These instructions only apply to those who have had an Initial Sport Pre-Participation Examination at SHS before:

- Log onto your MyHealth Patient Portal at <https://studenthealth.sa.ucsb.edu/>
- On the left-hand side click "Messages", "New Message", "Sport Club Clearance-returning (online)"
- Complete and submit questionnaire, explaining all "yes" answers in full including pertinent dates and descriptions
- Keep an eye out for reply messages in your portal to either request additional requirements or confirm your clearance request was submitted. Based on your health history and status, you may be required to schedule an appointment with a SHS physician or specialist prior in order to obtain your final clearance. This requirement will be communicated via MyHealth secured messages and an alert will be sent to your email account. Please be sure to check your messages!
- You will likely receive a message back detailing the what to expect back from Student Health. Please be sure to check your secured messages that may also be sent to your @ucsb.edu email!
- Once you have been given your clearance, please print it and submit it to Kelly Walsh or Jeremy Alvarez in the Sport Club Athletic Training Room, Robertson Gymnasium 1131/1133, in person or by fax at 805-893-5950.

- If you have difficulty, call SHS during normal business hours: 805-893-3317 to speak with a patient service associate.

Sport Pre-Participation Examinations *NOT* through UCSB:

If you are planning to join a Sport Club or continue with a team but are not in the area, below are instructions on how to complete your sport pre-participation examination through another provider. A Santa Barbara/ Goleta/ Isla Vista Clinic list is provided for your convenience on the Sport Club website, listed as Local Clinic List.

- Contact your primary care physician or a provider covered under your primary health insurance. Explain to the medical office that you need an appointment to have a sport pre-participation examination completed for sport participation.
- Your pre-participation examination must be completed by an MD, DO, PA or NP **only**. *Other health care providers, such as chiropractors, will not be allowed to clear you for sport.*
- We **WILL NOT** accept clearances completed by family members, regardless of credentials.
- Print out the Physical Clearance Initial History form and complete it. Bring this to your appointment for the clinician to review during your exam, and return it with your clearance form.
- Print the Sport Physical Clearance Form, fill out your name and sport, and bring it to your appointment for the clinician to sign.
- Once your examination is completed, the medical office must stamp the Sport Club Physical Clearance form or place your patient sticker on the form, and there must be a legible signature. Return both forms to Kelly Walsh in Robertson Gymnasium 1133/1131, emailed to Kelly Walsh and Jeremy Alvarez at recreation-ucsb sportclub.athletictrainers@ucsb.edu or fax it to 805-893-5950.
- If there is no clinic stamp or patient sticker AND signature, the clearance form is invalid, and will not be accepted to clear you for sport participation.

Baseline Concussion Testing for new Sport Club athletes– Approximately 10-30 minutes to complete:

- Contact Jeremy Alvarez at Jeremyalvarez@ucsb.edu to schedule baseline concussion testing.
- Baseline testing will be completed in the Department of Recreation Sport Club Athletic Training Room, Rob Gym 1133/1131.
- All Sport Club athletes must complete a concussion baseline test PRIOR to participation.
- Baseline tests can be completed in a group format for your team. Contact your team leadership (coaches, captains, president) to make arrangements. If your team is returning prior to week zero of Fall Quarter, this is an ideal time to arrange for baseline testing.

Baseline Concussion Testing for returning Sport Club athletes:

- If you are a returning Sport Club athlete who had a concussion baseline test completed for a previous academic year, you do not need to complete a new baseline test, with the following exceptions:
- If you sustained a concussion during the previous academic year, you will need to complete a new baseline test. Contact Jeremy Alvarez at Jeremyalvarez@ucsb.edu to schedule baseline concussion testing.
- If you sustained a concussion over the previous summer, you must report it to the Athletic Training Room staff. You will need to complete a new baseline test once recovered from your concussion. Contact Jeremy Alvarez at Jeremyalvarez@ucsb.edu to schedule baseline concussion testing.

Thank you,

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