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GARRISON-FOSTER HEALTH CENTER

Instructions for All Prospective Varsity and Rugby Student Athletes

Whether you have already committed to or are still considering participation in a varsity sport or the rugby club, the following information is important to your eligibility to play.

NCAA Six-Month Physical Examination Rule

Your physical exam must meet the NCAA Six-Month Rule. Athletic physicals are not provided by Garrison-Foster Health Center. Varsity athletes need to have their physical exam done after April 1, 2017 to meet this requirement. Please note your healthcare provider must complete the Required Exam For Athletic Clearance on the enclosed form for you to be cleared for athletic participation.

NCAA Mandates Sickle Cell Trait Screening Documentation

The NCAA states that all student-athletes must confirm their Sickle Cell Trait status if that information is not already known. Under certain conditions, people with Sickle Cell Trait are at increased risk of medical complications, including sudden death. If the information obtained during your newborn screening is not available, testing should be done prior to coming to Colby. Your physician can arrange for you to have a simple blood test. Test results from screening should be sent in with your physical exam form. Students with Sickle Cell Trait are permitted to participate on Colby athletic teams. For more information on Sickle Cell visit NCAA.org and click on "Health and Safety."

NCAA Medical Exceptions for Banned Substances, Including ADD/ADHD Medications

Student athletes must comply with the NCAA rule on medical exceptions for banned substances, including medications for stimulants used to treat ADHD/ADD and male-pattern baldness. The student athlete must have complete documentation on file at Colby's Health Center. This includes a letter signed by the prescribing physician and all pertinent physical and psychological tests related to the diagnosis and treatment of the condition. A simple letter from the physician stating the diagnosis will not suffice.

Colby Sports Medicine Annual Online Health Questionnaire

Each year varsity athletes and rugby players must fill out the online **Colby Sports Medicine Annual Health Questionnaire** and meet with a staff athletic trainer for medical clearance prior to participation in any practices/games/team testing activities. A staff athletic trainer will contact you via email with further information regarding this online form.

Please feel free to contact me if you have any questions.

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