

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 2019 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 student-athletes prior to participation in intercollegiate athletics for the first time at USM. 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. **All PPEs for initial and returning student-athletes must be conducted at the UHCS in 156 Upton Hall on the Gorham campus.** *A physical evaluation screening fee will be charged to each student-athlete’s primary health insurance plan at the time of the PPE. Please note that most insurance plans will only pay for one annual physical examination per year. Therefore, Student-athletes are advised not to have an annual physical exam prior to coming to USM.* USM does not require a physical simply to enroll as a student. PPE Scheduling conflicts must be resolved in advance by contacting UHCS via email at usmhealthcounseling@maine.edu
- 2. Primary Health Insurance Coverage Requirement (electronic signature required form on Privit Profile):** 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 Privit Profile prior to the PPE. **An image of both sides of the health insurance enrollment card must be upload to Privit Profile under the “Manage Documents” section.**
 - The PPE will not be administered without this written verification. **A COPY OF THE PREVIOUS YEAR’S ENROLLMENT CARD IS NOT VALID!**
 - Student-athletes not presently covered by individual or parental health insurance must secure adequate health insurance prior to participation in intercollegiate athletics at USM
 - **Student-athletes who are not currently covered by health insurance are required by the University of Maine System to enroll in the Student Health Insurance Plan (SHIP) at a cost of \$2,157 for the coverage year (August 1, 2019 thru July 31, 2020). Detailed coverage benefits and restrictions and enrollment procedures are outlined on the USM Health and Counseling website at: <https://usm.maine.edu/uhrs/student-health-insurance-plan-ship>**
 - International students should check with the Office of International Programs 207-780-4959 to consider enrolling in the international health insurance plan. This plan has an aggregate maximum of \$10,000 per condition/incident related to intercollegiate athletic participation
 - Medicaid (e.g. MaineCare) plans generally do not cover students for out-of-state health care needs other than medical emergencies
 - The Athletic Department carries a rider policy, administered through Cross Insurance Agency that provides limited insurance coverage for student-athletes from \$10,000 to \$90,000. You must meet the \$10,000 deductible threshold with other insurance before this rider policy takes effect
 - The NCAA provides all member institutions with catastrophic insurance coverage for intercollegiate athletics that begins at \$90,000 (deductible amount)
 - **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**

- *Student-athletes with lapsed coverage become immediately ineligible to participate in intercollegiate athletics at USM*

If none of the above insurance options will work for you please contact Greater Portland Health at 207-874-2141 and push number 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.

3. **Assumption of Risk for Athletic Participation (required form on Privit Profile):** Each student-athlete is required to complete and electronically sign this form prior to arriving at UHCS for their PPE appointment
4. **Injury/Illness Sport Related Concussion Reporting Acknowledgment (required form on Privit Profile):** This form must be completed and electronically signed by all student-athletes on an annual basis prior to participation in athletics. There is a concussion education “Fact Sheet” and a 9:30 minute educational concussion “video” that are imbedded in the form as web links. **Student-athletes are required to review the educational NCAA “Fact Sheet” and watch a 6:22 minute educational “video” related to Concussion and then electronically sign the form on Privit Profile prior to arriving at UHCS for their PPE appointment**
5. **Release of Health Information from UHCS to AHS (required form on Privit Profile):** Health information is 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**
6. **Release of Health Information from AHS to UHCS (required form on Privit Profile):** Health information is shared between UHCS and AHS 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**
7. **Sickle Cell Trait Testing Consent or Waiver (required form on Privit Profile):** The NCAA requires that all first year and new student-athletes participating in athletics provide results of Sickle Cell Trait Testing (completed at birth) and must receive education regarding this condition. Each student-athlete has the following options to comply: Submit test results; consent to have testing done at UHCS; or, sign a waiver form and decline the testing. The Sickle Cell Trait Testing Consent/Waiver Form is available on the Privit Profile website. Returning student-athletes who have completed the testing at USM or have submitted test results previously will not be required to be retested. Returning student-athletes who declined the testing last year have the same options available to them: Submit test results; Consent to testing; or sign a waiver to decline having the test. **The waiver option must be undertaken annually.** 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 Privit Profile. The consent or waiver form must then be electronically signed on Privit Profile prior to arriving at UHCS for their PPE appointment.**
 - 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. The fee will be billed to the student-athletes insurance. If a student’s own health insurance denies payment a fee of \$15 will be billed by Quest Labs directly to the student.
8. **Minor Consent (form on Privit Profile):** 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 Privit Profile website after logging in. A Parent/guardian must be added by the minor student-athlete on Privit Profile for them to sign the Minor Consent form.
9. **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 Matthew Gerken, Athletic

Healthcare Administrator, via email at matthew.gerken@maine.edu well in advance of the scheduled PPE date. A Medical Records Release Request form should be downloaded from Privit Profile under “Additional Information” 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.

10. Medications or Nutritional Supplements Disclosure*: 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 Privit Profile e-PPE 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 For ADHD** (Form is on Privit Profile under “Additional Information”). 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 complete a **NCAA Medical Exception Documentation Reporting Form for Anabolic Agents or Peptide Hormones** (form is on Privit Profile under “Additional Information”). This form is for pre-approval and must be completed **prior** to participation in athletic related activity. You must download this form from Privit Profile and submit to your appropriate healthcare provider requesting medical documentation, **prior** to participating in intercollegiate athletics.

***It is the student-athletes responsibility to produce the necessary documentation and submit to USM Athletic Healthcare Services as a part of the PPE process.**

11. 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 for the current immunization requirements and to download a copy of the form. (The Privit Profile electronic Pre-Participation Physical Evaluation (e-PPE), health history questionnaire, described in #12 below, 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 Privit 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.**

12. ImPACT Baseline Concussion Testing (required for first year student-athletes at USM): Prior to the initial participation in athletics at USM, each student-athlete is required to complete an on-line baseline concussion testing. The ImPACT testing will be incorporated into the PPE process and will be conducted in the computer lab in Bailey Hall. **First-Year and Transfer Student-Athletes are not cleared for participation until this baseline concussion testing has been completed.**

13. Privit Profile e-PPE (required to be completed/updated annually):

- Prior to arriving for the scheduled PPE appointment each student-athlete must complete the web-based Privit Profile e-PPE which is a web-based electronic health history questionnaire. • **The Privit Profile e-PPE and all required medical eligibility forms must be completed by August 2, 2019 for fall sports participants and August 23, 2019 for winter and spring sports participants**

- Coaches will be monitoring student-athletes progress toward completion of Privit Profile, on-line, for their respective student-athletes. Coaches only have access to insurance information, emergency contact information and significant medical conditions that may affect participation in athletics

- USM Athletic Healthcare Services Staff (ATs), the UHCS and USM Team Physicians will be the only individuals with access to the e-PPE Health History Summary

Any questions regarding the above information may be directed to the UHCS via email at usmhealthcounseling@maine.edu, or the Athletic Healthcare Administrator, Matthew Gerken, via email at matthew.gerken@maine.edu