Dear New-Student Athlete,

Welcome to the University of Vermont, and congratulations on beginning your career as a Catamount! Before you begin participating in UVM Athletics, you will need to complete a Pre-Participation Physical Medical Exam (PPME) by the UVM Athletic Medicine Staff; there are a number of forms and steps required to be cleared for participation, so the following information is meant to walk you through the process.

We encourage you to have a Sports Physical completed by your Primary Care Provider at home to limit group sizes for on-campus physicals. **This appointment MUST be in-person and CANNOT be a telehealth appointment.** If you choose this option, you/your PCP will need to fax a copy of your Sports Physical to 802-656-9578 or send it via secure file transfer at <https://filetransfer.uvm.edu/>, (enter your Athletic Trainer’s e-mail when prompted). A copy of the required PPE form is attached to this e-mail. **We will NOT accept other version/PPE forms.** This physical will only be accepted if it was completed **AFTER May 1st**and it is due **NO LATER THAN AUGUST 1st UNLESS OTHERWISE DIRECTED BY YOUR ATHLETIC TRAINER.** Once received, the physical will be reviewed by the Athletic Medicine Staff, and ***University of Vermont Athletic Medicine reserves the right for final clearance.***

If you are unable to have your physical exam completed by your PCP at home, we will be able to provide a physical exam for you on campus. We will have more information regarding dates for On-campus physicals and concussion testing throughout the summer and it will be communicated to you by your athletic trainer. Please let your athletic trainer ASAP know if getting a physical through your PCP is not an option.

In addition to the PPME, there are forms online that ALL new student-athletes are required to complete. Using your NetID and Password, log on to your “My Wellbeing” Portal, found at <https://mywellbeing.uvm.edu/login_directory.aspx> . The forms necessary for athletic clearance are all noted AM (Athletic Medicine) and are due no later than **August 1st (unless otherwise directed by your Athletic Trainer).** Please do not hesitate to reach out with any questions you may have regarding these forms!

1. New Student-Athlete Medical History Form
2. Injury/Illness Reporting form

* Make sure you check **Yes** for ALL STATEMENTS

1. Insurance Information/Coverage and Emergency Contact form

* Please fill out ALL information
* Have your Insurance Card with you to provide the information in full. **You will also need to take a picture of the front and back of your insurance card and upload it to your portal. These are separate actions. If the picture is being taken on your phone, please turn “Live Photo” off as the file type is not viewable in our system.**

1. Informed Consent Form
2. Sickle Cell Disclosure Form

* Everyone must read/sign the NCAA Sickle Cell Position Statement
* **ALL NEW STUDENT ATHLETES MUST COMPLETE SICKLE CELL TESTING.** This is commonly done at birth, however, if you cannot find records of this, you will need to be tested again. Go to your primary care doctor and get tested for sickle cell trait. Have them fill out and sign the Sickle Cell Disclosure Form. If you are transferring in, please obtain your test results from your previous institution. The signed form **AND** a copy of the results can be faxed to your athletic trainer at 802-656-9678.

\*\***IF YOU ARE NOT YET 18 YEARS OLD, you must print out ALL of the *completed* forms, have your parent/guardian sign it, and fax it to your Athletic Trainer at 802-656-9578.\*\***

Throughout the year, there will be randomized drug testing by the University of Vermont, as well as potentially by the NCAA. You can find more information regarding NCAA banned substances for your review [here](https://www.ncaa.org/sports/2015/1/23/medical-exceptions-procedures.aspx), which includes links to the banned substance list, as well as a Medical Exemption Form. This form can also be found [here](https://ncaaorg.s3.amazonaws.com/ssi/substance/SSI_MedicalExceptionReportingForm.pdf). **Part of this process is new so please read carefully and thoroughly.** If you are prescribed a medication that is an NCAA banned substance, you will need to fill out a Medical Exemption Form and submit the required documents listed at the bottom of the form (required documents may differ depending on the medication so please read closely).

If you are prescribed a medication that falls under the list requiring “Pre-Approval”, **there are extra steps that need to be taken that could delay your participation if not done correctly. Please refer to the list of required documents at the bottom of the exemption form and submit everything to your Athletic Trainer, who will then submit them for approval. The approval process can take up to 2 weeks, so do not delay submission.** The NCAA requires the form for drugs requiring Pre-Approval to be updated **every 6 months,** so you will need to re-submit an updated form/documentation before each semester.Banned drugs that do NOT require Pre-Approval only need to be updated annually before the beginning of each school year. Additionally, information about ingredients in nutritional/dietary supplements can be obtained by contacting AXIS at 816-474-7321 or creating an account on [axis.drugfreesport.com](https://axis.drugfreesport.com/).

As a reminder, all incoming UVM students must provide 2 required immunization forms. One is an online form which can be found at your MyWellbeing Portal and another is a printable form that must be filled out by your PCP. More information on immunization compliance, including where to fax forms, can be found at <https://www.uvm.edu/health/immunization-faq>. Specific questions can be directed to [ImmunizationCompliance@uvm.edu](mailto:ImmunizationCompliance@uvm.edu).

Lastly, in accordance with recent NCAA legislation, ALL student-athletes MUST complete regular concussion baseline testing. This will be completed once you arrive to campus. More information regarding specific dates will be provided to you. This test MUST be completed in order to be cleared for team participation and **you will not be permitted to practice or train until this is complete.**

Shortly before you arrive on campus, you will also be sent surveys regarding mental and behavioral health. Be on the lookout for these surveys and please complete them upon receipt.

We understand that there is a lot of information in the email. If you have any questions or need any clarification, please don’t hesitate to reach out to your athletic trainer directly.

Welcome to UVM and we look forward to seeing you on campus soon!

UVM Athletic Medicine Staff

**Pre-Participation Physical Medical Exam Checklist**

**Use this check list to make sure you have submitted all of the required documentation**

* **Physical Exam Form (Fax or secure file transfer)**
* **New Student-Athlete Medical History Form**
* **Injury/Illness Reporting Form**
* **Insurance Information/Emergency Contact Form**
* **Upload Picture of Insurance Card (Front AND Back of Card)**
* **Informed Consent Form**
* **Dry Needling Consent Form**
* **Sickle Cell Disclosure Form**
* **Sickle Cell Test Results (Fax or secure file transfer)**
* **Medical Exemption Form & Required Documentation (if applicable)**