UNIVERSITY OF MARYLAND SPORTS MEDICINE DEPARTMENT

Student-Athlete Pre-Participation Physical Examination Policy

The University of Maryland Department of Intercollegiate Athletics requires all student-athletes to receive medical approval / certification from the University of Maryland Sports Medicine Department BEFORE a student-athlete is issued equipment and/or permitted to attend any practice, strength and conditioning sessions, and/or compete in any intercollegiate athletic events. The pre-participation physical examination must be administered ***by a* University of Maryland *Team Physician and/or his/her designee.*** This procedure must be completed on an **ANNUAL basis**. *No member of the University of Maryland Department of Intercollegiate Athletics will permit a student-athlete to participate, nor will the University of Maryland provide insurance coverage to any student-athlete who has not completed the pre-participation physical examination procedure.*

Incoming Freshman and/or Transfer Student-Athletes-

Incoming transfer and freshman student-athletes must have the following materials completed and on file in the University of Maryland Sports Medicine Department in order to be considered for medical clearance / certification:

- Health History Questionnaire Form;
- Health Insurance Information & Authorization Form;
- Photocopy (front & back) of their Health Insurance Card;
- Medical Examination & Authorization Waiver;
- Authorization for the Use, Disclosure, & Release of Protected Health Information (PHI) Form; and
- Supplement Notification Form.

Every incoming transfer and freshman student-athlete must also undergo a Pre-Participation Physical Examination done by a University of Maryland Team Physician and/or his/her designee. The University of Maryland Pre-Participation Physical Examination will include, but is not limited to, the following:

- Medical history review;
- Height, weight, and vision screen;
- Pulse, blood pressure, and Marfan's Syndrome Screening Examination;
- Mouthpiece mold fitting *(football, lacrosse, and field hockey student-athletes);*
- Balance Error Scoring System (BESS) Baseline Test;
- ImPACT Neuropsychological Baseline Test;
- Medical Physical examination; and
- Orthopedic screening examination.

Selected individuals may also be required to complete additional tests such as:

- Blood test;
- Urinalysis;
- EKG and/or Echocardiogram;
- X-ray, MRI, CT scan, and/or bone scan;
- Isokinetic Evaluation; and/or
- Other diagnostic test(s) as prescribed by the University of Maryland Team Physician and/or his/her designee.

If, for any reason, the incoming freshman and/or transfer student-athlete is not medically approved / certified for intercollegiate athletics participation, he/she will be notified by the University of Maryland Team Physician and/or a member of the University of Maryland Sports Medicine Department at the end of the pre-participation physical examination.

- Costs associated with any tests, consultations, and/or medical procedures needed to gain medical approval / certification for participation will be sent to the student-athlete's primary health insurance for payment first.
- Costs not paid by the student-athlete's primary health insurance may be paid by the University of Maryland Sports Medicine Department.

The University of Maryland Sports Medicine Department reserves the right to refuse medical approval / certification for participation in University of Maryland Intercollegiate Athletics based on the medical opinion of the University of Maryland Team Physician and/or his/her designee. Under no circumstances may a student-athlete seek medical clearance / certification from a private (non-University of Maryland) physician.

Returning Student-Athletes-

To be considered for medical clearance / certification within the University of Maryland Department of Intercollegiate Athletics, returning student-athletes must complete the following materials on an annual basis-

- Health Insurance Information & Authorization Form;
- Photocopy (front & back) of their Health Insurance Card;
- Medical Examination & Authorization Waiver;
- Authorization for the Use, Disclosure, & Release of Protected Health Information (PHI) Form;
- Supplement Notification Form; and
- Medical Examination Recertification Form(s).

Every returning student-athlete must undergo a physical examination done by a University of Maryland Team Physician and/or his/her designee. The physical examination will include, but is not limited to, the following-

- Medical history review;
- Height and weight
- Pulse and blood pressure; and
- Recertification / Interim Physical examination.

Selected individuals may also be required to complete additional tests such as:

- Vision screen
- Blood test;
- Urinalysis;
- EKG, Echocardiogram and/or other cardiology-related test;
- X-ray, MRI, CT scan, and/or bone scan;
- Isokinetic Evaluation, Functional Knee Test and/or a Shoulder Stability Test/Screen;
- Other diagnostic test(s) as prescribed by the University of Maryland Team Physician and/or his/her designee.

If, for any reason, the returning student-athlete is not medically approved / certified for intercollegiate athletic participation, he/she will be notified by the University of Maryland Team Physician and/or a member of the University of Maryland Sports Medicine Department at the end of the pre-participation physical examination.

- Costs associated with any tests, consultations, and/or medical procedures needed to gain medical approval / certification for participation will be sent to the student-athlete's primary health insurance for payment first.
- Costs not paid by the student-athlete's primary health insurance may be paid by the University of Maryland Sports Medicine Department.

The University of Maryland Sports Medicine Department reserves the right to refuse medical approval / certification for participation in University of Maryland Athletics based on the medical opinion of the University of Maryland Team Physician and/or his/her designee. Under no circumstances may a student-athlete seek medical clearance / certification from a private (non-University of Maryland) physician.

Exit Physical Examinations:

Student-athletes are requested to schedule an appointment with a member of the University of Maryland Sports Medicine Department, ***prior to the completion of every spring academic term*****,** for the purpose of an "Exit Physical Examination". This examination will include a review of all injuries and/or illnesses received during participation as a student-athlete at the University of Maryland. Referrals for further examination and follow-up care, if applicable, will be made for the student-athlete at the time of his/her Exit Physical Examination by a member of the University of Maryland Sports Medicine Department.