

To All Student-Athletes and Their Parents / Guardians:

The information that is requested in the *Athletic Medical Screening Packet* is a vital part of both our Athletic Medical Screening process and our daily care and prevention program offered to all of our varsity student-athletes. The Sports Medicine Department is staffed by licensed, certified athletic trainers who provide expert care that includes emergency care, evaluation and rehabilitation of all athletic injuries.

“The athletic screening is not intended to substitute for a student-athlete’s regular health maintenance examination. Its purpose is to detect conditions that may predispose the student-athlete to injury, to detect conditions that may be life threatening or disabling; to meet legal and insurance requirements, to determine general health; to assess fitness level for sports and to counsel on health related issues.”¹

It is vital for both parents and student-athletes to understand these procedures and requirements, and be aware of your responsibilities in the event of injury or illness.

We ask that you provide us with four areas of information that include:

1. Personal & Insurance Information (including emergency contact information)
2. Consent Form signatures (within the MEDICAL HISTORY PACKET)
3. Medical History Questionnaire (completed by student-athlete and/or parents)
4. Consent to Participate in Varsity Athletics (signed by your home health care physician)

MEDICAL HISTORY AND PHYSICAL EXAM

Complete the Medical Screening Packet prior to your assigned Athletic Screening Date. You will **NOT BE ALLOWED TO PRACTICE OR COMPETE** without these forms being on file with the Sports Medicine Department.

If you have had any significant injury requiring surgery or physical therapy prior to your arrival on campus, you must bring a copy of your medical records pertaining to that injury (operation notes, physical therapy notes, current medications). If you are unable to bring your records, please provide your health care provider’s name, address and phone number.

If you have a heart murmur or a family history of heart disease, you will be required to provide written clearance for varsity athletic participation from a cardiologist and a copy of your echocardiogram and EKG. Please call the B.U. Sports Medicine Department @ 617-353-2746 if your health care provider is not familiar with the American Heart Association (AHA) guidelines for Cardiovascular Athletic Screening of Competitive Athletes or if you need a referral to a cardiologist.

Please review the following checklist carefully. It describes the procedures you must take in order to complete the Athletic Medical Screening process before competing as a Boston University athlete.

1. Preparticipation Physical Examination, p.1

STUDENT ATHLETE PARENT/GUARDIAN CHECKLIST

1. ____ Make an appointment for a physical examination with your family health care provider.
2. ____ Completely fill out the **Athletic Medical Screening Packet**.
 - Make sure Medical Insurance and Medical History information is complete and accurate.
 - Be sure to sign the *Consent to Treat and Medical Information Release* and *Informed Consent and Waiver of Claim Statements* on page 4.
 - Please include a front and back copy of your current **INSURANCE CARD**. This is required to be cleared for athletic participation.
3. ____ Have a physical examination with your family health care provider.
 - Have your family health care provider review the Medical History Questionnaire and complete the following:
 1. ***Consent to Participate in Varsity Athletics form***
 2. ***Health History and Physical Examination Report*** from Student Health Services
(This can be found in your admissions materials from the university or www.bu.edu/shs)

* * Incomplete information will result in significant delays in the student-athlete's ability to begin participation. * *

4. ____ Retain the Instructions, Checklist and Insurance Information pages for your information.
5. ____ Return the ***Medical Screening Packet*** and the ***Consent to Participate in Varsity Athletics*** form by August 15th*.

MAIL TO:

Boston University Sports Medicine
Attn: PreParticipation Screening
285 Babcock Street
Boston, MA 02215

* * If the student-athlete is going to train at Boston University during the summer the Athletic Screening Packet must be completed and returned to the Boston University Sports Medicine Department ***prior to training.*** * *

6. ____ Return the ***Health History and Physical Examination Report*** from your admissions packet directly to Boston University Student Health Services. (881 Commonwealth Ave., Boston, MA 02215).
* ***Do not return these forms to Boston University Sports Medicine.*** *

7. ____ Consider purchasing the BU Student Health Insurance Plan.
Please refer to the insurance information document found on the Boston University Athletics Website for more information:
8. ____ Check with your team's coaches for the date, time and place of the Athletic Screening for your team. This information will **NOT** be given out by the Boston University Sports Medicine staff.
9. ____ Show up for the Athletic Screening wearing shorts and tee shirt.
10. ____ Find out participation status from your coaching staff.

COMMONLY ASKED QUESTIONS:

Q : “Do I need a Physical Exam from my own family health care provider? ”

A: Yes. There are two forms that your home physician must sign in order for all requirements to be met. 1.) The “Health History and Physical Exam Report” that you received in your BU admissions packet and is returned directly to Student Health Services. 2.) The “Consent to Participate in Varsity Athletics” form that must be returned to the Boston University Sports Medicine Department.

Q : “What happens if you did not receive the above forms signed by my health care provider? ”

A: You will not be eligible to compete in varsity athletics until the Health History and “Physical Exam Report” is on file with Student Health Services and the “Consent to Participate in Varsity Athletics” is on file with the Boston University Sports Medicine Department. It is the student-athlete’s responsibility to obtain a Physical Exam from a health care provider.

Q : “I just saw my family health care provider, do I still need to have a physical conducted by the team physicians? ”

A: YES, the Sports Medicine Department is forced to obey rules set out by our insurance policy and the NCAA. In addition to the general physical exam administered by your family health care provider, we must have any student-athlete that competes for Boston University cleared by Boston University team physicians and the Compliance Coordinator.

Q : “ What is the Athletic Screening? ”

A: The Athletic Screening is a means for the Boston University Athletic Department to determine the health and well-being of its student-athletes prior to athletic participation. Prospective student-athletes must be physically able to meet the demands of intercollegiate athletics. The Sports Medicine Department also uses the results as a baseline for orthopedic injuries which are quite common in athletics.

Q : “ What is exactly involved in the Athletic Screening ”

A: The Athletic Screening consists of a series of stations manned by physicians and athletic trainers to determine the entry level health & well-being of the prospective student-athlete.

Stations include: Medical History, Height & Weight, Blood Pressure & Pulse, and General Medical and Orthopedic Physician Screenings.

Q : “I am planning on taking the weekend off and will not be back in time for the screening. Can I make it up another time? ”

A: NO. Due to the difficulty and logistics in scheduling the ATHLETIC SCREENING, it is important that your coaches convey to the student-athletes the importance of receiving their ATHLETIC SCREENING on the appointed day, scheduling is not an easy or inexpensive task.

Q : “ My parents are out of the country / on vacation and I do not know my insurance information. Why can’t I train / play and bring it in later? ”

A: Again, due to the Boston University insurance policy, we cannot allow a student-athlete to participate in athletics if we do not have the required information on file.

Q : “ If I miss the Athletic Screening, can I still practice / play ”

A: NO, the Sports Medicine department is required to abide by the rules and regulations set forth by our insurance policy and the NCAA. You will not be eligible to participate until a Boston University Athletic Department ATHLETIC SCREENING has been completed and all medical requirements have been met.