

FULL INSTRUCTIONS FOR OBTAINING A PRE-PARTICIPATION EXAMINATION AND CLEARANCE FOR SPORT CLUBS PARTICIPATION

All UCSB Sport Club athletes are **REQUIRED** to have a sport pre-participation examination **ANNUALLY**. Physicals clearances are valid for 12 months from the examination date. Using the forms provided online in the Resource section of the UCSB Sport Club website <https://recreation.ucsb.edu/sport-clubs>, this pre-participation exam can be done with your primary care provider at home, with a provider at a local Santa Barbara clinic, or with a provider at UCSB Student Health Services (SHS). Please review the steps listed in the category that applies to your situation (see below).

Additionally, all Sport Club athletes must also first complete a baseline concussion test with the Athletic Training staff before initial participation. This is done only once unless you suffer a concussion during Sport Club participation. Please read section on baseline concussion test for further details and clarifications (see below).

The UCSB Department of Recreation Sport Club Athletic Training Department will approve all Sport Club athletes who complete a successful pre-participation exam and baseline test to participate in team activities on the DSE system. Below are the steps to take to facilitate the physical clearance approval process. Please pay close attention to the category that applies best to your situation.

If you plan to participate on a Sport Club team this year, plan ahead! Book your appointment now to have your Sport Pre-Participation exam completed before the deadline. Again, these exams are only valid for 12 months – plan accordingly so as not to miss out on sport participation. Appointments fill up quickly so call immediately to book your appointment. Waiting to book your pre-participation exams may delay your participation in team activities. Sport Clubs athletes whose physicals are still valid for a few more months may wait to plan their physical closer to their expiration date.

Initial Sport Pre-Participation Examinations through UCSB Student Health (never before seen at SHS):

The physicians at UCSB Student Health Services (SHS) are working very hard to organize these pre-participation examinations and to make the process as easy and as straight forward as possible; therefore, we recommend using them if possible. Pre-participation Examinations for this year can be booked as early as now and appointments are available throughout the summer. Appointments at Student Health fill up quickly so contact them as soon as possible.

Instructions if this is your **FIRST** Sport Club Pre-Participation Examinations at Student Health:

- Log into the MyHealth Patient Portal at <https://studenthealth.sa.ucsb.edu/> :
- Navigate to → Schedule an Appointment → Medical Services → Preventative Care, Screening & Clearances → Sport Club Pre-Participation, Initial
- Complete the required questions, explaining “yes” answers in full including pertinent dates, and choose your appointment time.

Note: If you need help scheduling, contact the Appointment Desk at 805-893-3371 during normal business hours. If your deadline is impending, consider using an off-campus location,

which are listed on the Sport Clubs website.

- If you have UCSHIP or GAP insurance there is no fee for this visit. If you have other insurance you can still have your physical completed at Student Health Services for a fee charged to your BARC account. Inquire with Student Health Services Billing Office about the cost of your Sport Physical if you do not have UCSHIP or GAP. Any additional testing that the providers find necessary may incur an additional cost.
- Arrive AT LEAST 20 minutes prior to your scheduled appointment or it may be canceled and you will incur a charge on your BARC account. At Student Health Services your Initial sport club pre-participation examination will be an in-person visit.
- Your clearance will be communicated to the Athletic Training staff directly. There is no need to ask for a hard copy.

In subsequent years, you may complete this clearance online in many cases. However, this is only the case if you have had your INITIAL sports physical at Student Health Services. See below for those instructions for returning athlete pre-participation examination clearances through UCSB SHS.

Returning Athlete Pre-Participation Examination Clearances through UCSB SHS:

For returning Sport Club Athletes who HAVE HAD their INITIAL Sport Pre-Participation Examination at SHS before, you can avoid a new examination by completing the online clearance. An online questionnaire can be used in lieu of an appointment in most cases. To submit the questionnaire, log into the MyHealth Patient Portal on the SHS website <https://studenthealth.sa.ucsb.edu/> However, this is ONLY the case if you have had your INITIAL Sports Club Pre-Participation Examination at Student Health Services (All other returning athletes must complete a full sports pre-participation examination).

These instructions only apply to those who have had an Initial Sport Pre-Participation Examination at SHS before:

- Log onto your MyHealth Patient Portal at <https://studenthealth.sa.ucsb.edu/>
- Navigate to → Messages → New Message → Sport Club Clearance-returning (online)
- Complete and submit questionnaire, explaining all “yes” answers in full including pertinent dates and descriptions
- Keep an eye out for reply messages in your portal that will either request additional requirements from you or confirm your clearance request was submitted. Based on your health history and status, you may be required to schedule an appointment with a SHS physician or specialist prior in order to obtain your final clearance. This requirement will be communicated via MyHealth secured messages and an alert will be sent to your email account. If you are cleared, a clearance letter will be posted to your portal and should also be communicated directly to the Athletic Training staff. Please be sure to check your messages!
- Once you have been given your clearance, please print it for your records. If you have not been approved on DSE within 10 days of your clearance please submit a copy to Kelly Walsh in the Sport Club Athletic Training Room, Robertson Gymnasium 1131/1133, in person or by fax at 805-893-5950. Clearances may also be submitted to ucsbsportclub.athletictrainers@ucsb.edu
- If you have difficulty, call SHS during normal business hours: 805-893-3317 to speak with a patient service associate.

Sport Pre-Participation Examinations NOT conducted through UCSB:

If you are planning to join a Sport Club or continue with a team but are not in the area, below are instructions on how to complete your sport pre-participation examination through another provider. A Santa Barbara/ Goleta/ Isla Vista Clinic list is provided for your convenience on the Sport Club website, listed as Local Clinic List.

- Contact your primary care physician or a provider covered under your primary health insurance. Explain to the medical office that you need an appointment to have a sport pre-participation examination completed for sport participation.
Note: If you have already had a physical completed within the previous few months you may ask your clinician to fill out our clearance form rather than seek a new appointment. This process takes time so plan accordingly and have patience for the office staff assisting you.
- Your pre-participation examination must be completed by an MD, DO, PA or NP **only**. *Other health care providers, such as chiropractors, will not be allowed to clear you for sport.*
- We **WILL NOT** accept clearances completed by family members, regardless of credentials.
- Print out the Physical Clearance Initial History form and complete it. Bring this to your appointment for the clinician to review during your exam, and return it with your clearance form.
- Print the Sport Physical Clearance Form, fill out your name and sport, and bring it to your appointment for the clinician to sign.
- Be prepared to discuss your COVID history at your appointment.
- Once your examination is completed, the medical office must stamp the Sport Club Physical Clearance form or place your patient sticker on the form, and there must be a legible signature. Return both forms to Kelly Walsh in Robertson Gymnasium 1133/1131, emailed to Kelly Walsh at recreation-ucsbsportclub.athletictrainers@ucsb.edu or fax it to 805-893-5950.
- If there is no clinic stamp or patient sticker AND clinician signature, the clearance form is invalid, and will not be accepted to clear you for sport participation.
- If you have had a recent physical, valid under the 12 month rule, you can simply fill out the Physical Clearance Initial History form and have your clearing clinician sign our Sport Physical Clearance Form based on your last visit. A letter from that clinician stating that you “are healthy and allowed to participate in physical activity and sport without restriction” will also be acceptable. An after visit report from your patient portal that does not explicitly state you are cleared for participation and signed by a clinician will not be accepted.

Baseline Concussion Testing for new Sport Club athletes– Approximately 10-30 minutes to complete:

- Baseline tests can be completed in a group format for your team. Contact your team leadership (coaches, captains, president) to check if arrangements have been made. If your team is returning prior to week zero of Fall Quarter Welcome Week, this is an ideal time to arrange for baseline testing.
- If no team arrangements have been made, or you have a conflict with your team’s scheduled testing times, contact Kelly Walsh at kewalsh@ucsb.edu as well as recreation-ucsbsportclub.ati@ucsb.edu to schedule baseline concussion testing.

- Baseline testing will be conducted by the staff members of the Department of Recreation Sport Club Athletic Training, Rob Gym 1133/1131. No outside testing is accepted or available.
- All Sport Club athletes must complete their initial concussion baseline test PRIOR to participation. Testing is only needed once unless you suffer a concussion during Sport Clubs participation.

Baseline Concussion Testing for returning Sport Club athletes:

- If you are a returning Sport Club athlete who had a concussion baseline test completed for a previous academic year, you do not need to complete a new baseline test, with the following exceptions:
- If you sustained a concussion during the previous academic year, you will need to complete a new baseline test if you haven't already done so. Contact Kelly Walsh at kewalsh@ucsb.edu to schedule baseline concussion testing.
- If you sustained a concussion over the summer, you must report it to the Athletic Training Room staff. You will need to complete a new baseline test once recovered from your concussion. Contact Kelly Walsh at kewalsh@ucsb.edu to schedule baseline concussion testing.

Thank you for your compliance with these requirements. Please address any questions, comments or concerns about these requirements to:

Kelly Walsh, MS, LAT, ATC, PES
Head Athletic Trainer UC Santa Barbara | Department of Recreation
kewalsh@ucsb.edu
805-893-8977 (office)
805-448-3516 (cell)
805-893-5950 (fax)