

INSTRUCTIONS FOR OBTAINING A PHYSICAL AND CLEARANCE FOR SPORT CLUBS PARTICIPATION

All UCSB Sport Club athletes are **REQUIRED** to have a sport clearance physical **ANNUALLY**. Using the forms provided online in the Resource section of the UCSB Sport Club website <https://recreation.ucsb.edu/sport-clubs>, this physical 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). Additionally, all Sport Club athletes must also complete a baseline concussion test before participation.

The UCSB Department of Recreation Sport Club Athletic Training Department will clear all Sport Club athletes who complete a successful physical and baseline test during the summer to participate in team activities on the DSE system. Below are the steps to take to facilitate the physical clearance process.

If you plan to participate on a Sport Club team this year, plan ahead! Book your appointment now to have your Sport Physical completed. Physicals 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 physical may delay your participation in team activities.

Follow the steps listed in the category that applies to your situation. See below:

Physical Examinations through UCSB Student Health – Approximately 30 minutes to complete:

The physicians at UCSB Student Health Services (SHS) are working very hard to organize these physical examinations and to make the process as easy and as straight forward as possible; therefore we recommend using them if possible. Physicals 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 Clearance at Student Health:

- Download the “SHS Confidential History Form”, the “Sport Clubs Preparticipation Questionnaire”, and the “COVID-19 Questionnaire” from the Resource section of the Sport Clubs website <https://recreation.ucsb.edu/sport-clubs> and complete them, making sure to explain “yes” answers in the provided space.
- Log into your Student Health Gateway Patient Portal by clicking on the yellow “Patient Portal” button on the SHS website <https://studenthealth.sa.ucsb.edu/>
- Upload all three completed forms to your patient to portal
- On the left-hand side click "Message", "New Message", "Sport Clubs, Initial Physical" box
- You will receive a phone call to schedule your in-person physical within 5-7 days
- If you have UCSHIP or GAP insurance there is no fee. 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 physicians find necessary, may incur an additional cost.
- Print the Sport Participation Clearance form and bring it with you to your appointment.
- *If you arrive without having completed your forms, your appointment may be cancelled.*
- At Student Health Services your Initial sport physical will be an in-person visit.
- Arrive **AT LEAST 15 minutes** prior to your scheduled appointment or it may be cancelled.
- Check in on the computers using the first 6 digits of your perm #
- Once your physical is completed, return the signed clearance form to Kelly Walsh in Robertson Gymnasium 1133/1131, email it to kelly.walsh@recreation.ucsb.edu or have it faxed to 805-893-5950.
- 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.

Returning Physical Examinations through UCSB SHS:

The providers at UCSB Student Health Services (SHS) are working very hard to organize these physical examinations and to make the process as easy and as straight forward as possible. For returning Sport Club Athletes who HAVE HAD their INITIAL Sport Physical at SHS before, you can avoid a new examination by completing the online clearance process. An online questionnaire can be used in lieu of an appointment in most cases. To submit the questionnaire, log into the Student Health Services Gateway through the SHS website. However, this is ONLY the case if you have had your INITIAL Sports Physical at Student Health Services (All other returning athletes must complete a full sports physical).

These instructions only apply to those who have had an Initial Sports Physical at SHS before:

- Log onto your Student Health Gateway Patient Portal
- On the left-hand side click "Messages", "New Message", "Sport Clubs, Returning Athletes"
- Complete and submit questionnaire
- Keep an eye out for reply messages in your portal to either request additional requirements or confirm your clearance 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 the gateway secured messages and an alert will be send to your email account. Please be sure to check your messages!
- You will likely receive a reply within 5 business days. Please be sure to check your secured messages that may also be sent to your @ucsb.edu email!
- Once you have been given your clearance, please print it and submit it to Kelly Walsh in the Sport Club Athletic Training Room, Robertson Gymnasium 1131/1133, in person or by fax at 805-893-5950.
- If you have difficulty with this process, please send a secure message through the Student Health Gateway to Kristen Rogers for assistance.

Physical Examinations NOT 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 physical 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 physical completed for sport participation.
- Your physical examination must be completed by an MD, DO, PA or NP **only**. *Other health care providers will not be allowed to clear you for sport.*
- We **WILL NOT** accept physicals 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.
- Print your COVID questionnaire, complete it, bring it with you to your appointment for the clinician to review. Your answers will help them determine if special testing is required for your clearance.
- 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 kelly.walsh@recreation.ucsb.edu , or fax it to 805-893-5950.
- If there is no stamp or sticker AND signature, the clearance form is invalid, and will not be accepted to clear you for sport participation.

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

- Contact Jeremy Alvarez at Jeremyalvarez@ucsb.edu to schedule baseline concussion testing.
- Baseline testing will be completed in the Department of Recreation Sport Club Athletic Training Room, Rob Gym 1133/1131.
- All Sport Club athletes must complete a concussion baseline test PRIOR to participation.
- Baseline tests can be completed in a group format for your team. Contact Jeremy Alvarez to arrange. If your team is returning prior to week zero of Fall Quarter, this is an ideal time to arrange for baseline testing.

Baseline 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. Contact Jeremy Alvarez at Jeremyalvarez@ucsb.edu to schedule baseline concussion testing.

- If you sustained a concussion over the previous 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 Jeremy Alvarez at Jeremyalvarez@ucsb.edu to schedule baseline concussion testing.

Thank you,

Kelly Walsh, Head Athletic Trainer UC Santa Barbara | Department of Recreation
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