

1st Year/Transfer Student-Athlete Medical Clearance for Athletics Checklist

- ❑ 1. Download and review the annual preparticipation education and notices.
 - Download here: <http://bit.ly/CCATSMnoticesV19>
- ❑ 2. Download and complete the 1st Year/Transfer Student preparticipation forms.
 - Download here: http://bit.ly/ccatsm_forms_1st_years_rev2019
- ❑ 3. Bring your completed **Preparticipation Health History Form and the Preparticipation Physical Exam Form** to your primary healthcare provider.
 - Review your completed health history form with your provider.
 - Have your provider complete the physical exam form.
- ❑ 4. Scan all completed forms into a single document in the following page order:
 - 1. Preparticipation Health History Form
 - 2. Preparticipation Physical Exam Form
 - 3. Sickle Cell Trait Testing Lab Report
 - 4. Assumption of Risk, Release & Waiver of Liability, Indemnity Agreement, Consent to Treat, and Acknowledgements Form
 - 5. Authorization for Release of Health Information
- ❑ 5. **Name the saved file:**
“2026 Medical Clearance Forms - Your Name - Graduation Year”
 - **Ex → 2026 Medical Clearance Forms - John Doe - 2029**
- ❑ 6. Go to <http://bit.ly/ccatsmwebportal>
 - **Have your current health insurance card available**
 - Fill out the online form
 - Upload your scanned documents in the field titled, “1st Year/Transfer Student Preparticipation Clearance Forms Upload.”
- ❑ 7. Keep all original forms in a safe place for as long as you are enrolled at the College. They must be available upon request from the College.
- ❑ 8. Complete your SWAY Baseline Concussion Test
 - **[CLICK HERE FOR SWAY INSTRUCTIONS AND TESTING CODES](#)**

If you receive a 403 Forbidden Error when downloading or submitting forms

1. *Make sure you are logged into your Connecticut College Google Account and try again.*
2. *Clear your internet browser's history and cookies, then log in to your Connecticut College Google Account and try again.*
3. *Try a different web browser and then follow steps 1 and 2.*

Connecticut College Sports Medicine Medical Clearance Procedures for Athletics

1st Year and Transfer Students

Preseason Education and Notices

Please read all notices carefully prior to filling out any forms. These notices are required to be read by the NCAA and institutional policies. Download here: <http://bit.ly/CCATSMnoticesV19>

1. NCAA Concussion Fact Sheet for Student Athletes
2. Mental Health Information Sheet
3. Fueling with a Purpose Information Sheet
4. Heat Illness/Hydration/Cold Injury Information Sheets
5. Prescription Opioid Fact Sheet
6. NCAA Sickle Cell Fact Sheet
7. Sports Medicine Facility Rules and Regulations
8. Emergency Action Plan Overview

Forms

All required forms can be downloaded here: http://bit.ly/ccatsm_forms_1st_years_rev2019, and should only be viewed and printed using **Adobe Reader** which can be downloaded for free at <https://get.adobe.com/reader>. Other pdf readers do not preserve the formatting correctly. Additionally, all forms contain fillable fields so that you may type your answers and save the completed documents prior to printing.

All forms must be scanned into a single document* and submitted via the online form at <http://bit.ly/ccatsmwebportal> by **August 15th**. We welcome earlier submissions!

*You may download the free **Adobe Scan Mobile App** which allows you to use your mobile device's camera to create a multipage pdf file if you do not have access to a scanner.

You must be logged into the Google account associated with your Connecticut College email address to access and submit forms

Please be aware that your form submission may not be reviewed for some time (review process usually begins in August). If you have any urgent medical or mental health issues, please contact your primary health care provider or go to your local emergency department.

Sports Medicine operates independently from and uses a different system than Student Health Services. Please do not submit our forms via the Student Health Webportal. Be advised that the College also requires 1st Year and Transfer students to submit a separate Medical Clearance and Proof of Immunizations form via the [Student Health Portal](#). Details can be found on the [Student Health Center's web page](#).

Incomplete or incorrectly completed forms will result in your medical clearance to participate in athletics to be delayed. Please be sure to follow all directions carefully.

You must be at least 18 years old on the date that you sign any forms. If you are under 18 years old you must have your parent or guardian print and sign their name below your signature.

YOU WILL NOT RECEIVE ANY RECEIPT VERIFYING THAT WE HAVE RECEIVED YOUR SUBMISSION! You will only be contacted if your submission is incomplete or corrections need to be made.

Required Forms for 1st Year and Transfer Students

(All forms must be completed and submitted here: <http://bit.ly/ccatsmwebportal> by August 8th

1. Preparticipation Health History Form

- **You must fill out this form on a computer or in ink and bring it to your primary care provider (physician/nurse practitioner) at the time of your physical exam.**
- Your **primary care provider** must review the completed form.
- You must thoroughly describe the details including the dates, duration, and disposition of any conditions where you checked "Yes."
- You must sign and date the form (Must sign by hand or use an [Adobe Digital ID](#) - **DO NOT JUST TYPE YOUR NAME**).

2. Preparticipation Physical Exam Form

- Your primary care provider (physician/nurse practitioner) should complete this form at the time of your physical exam.
- **The form must be completed in its entirety.** All fields must be completed. Incomplete forms will be rejected.
- **No substitute forms will be accepted.**
- **Physical Exams should be completed after April 1st.**
 - By NCAA Rule and institutional policy, **the exam date must not be earlier than 6 months prior to your 1st participation in athletic activity** that is officially sanctioned by Connecticut College. Exams completed after April 1st should safely meet this requirement.
- Attach your **Sickle Cell Solubility Test Lab Report**
 - The NCAA requires screening for sickle cell trait as part of the preparticipation medical examination process. All newborns in the U.S. are screened for Sickle Cell Trait. You should be able to obtain a copy of this lab report from your pediatrician. If you are unable to locate this record:

Sickle cell testing can be completed through Quest Labs by clicking here:
<https://sicklecelltesting.pwnhealth.com>

3. Assumption of Risk, Release & Waiver of Liability, Indemnity Agreement, Consent to Treat, and Acknowledgements Form

- Fill out the fields on the top of the form.
- Carefully review the information in the form
- You must sign and date the form (Must sign by hand or use an [Adobe Digital ID](#) - **DO NOT JUST TYPE YOUR NAME**).

4. Authorization for Release of Health Information

- Fill out the fields on the top of the form.
- Carefully review the information in the form
- You must sign and date the form (Must sign by hand or use an [Adobe Digital ID](#) - **DO NOT JUST TYPE YOUR NAME**).

5. Additional Forms (if applicable):

- [**Asthma Action Plan**](#)
 1. You must submit an Asthma Action Plan that has been completed by your primary health care provider if you have been diagnosed with asthma and/or regularly take medication to manage asthma symptoms.
 2. You may [download our Asthma Action Plan Form here](#), or submit your provider's form if it is similar in both content and format.

- [**ADD/ADHD Medication Therapeutic Use Exception Form**](#)
 1. You must complete this form if you take stimulant medication for treatment of ADD/ADHD.
 2. The [ADD/ADHD Medication Exception Form can be downloaded here](#), and must be submitted along with all supporting documentation listed in the directions and on the form.

Baseline Concussion Assessments

You must complete annual neurocognitive and balance baseline exams using the SWAY app as part of the medical clearance process for athletics at Connecticut College. Multisport athletes (excluding XC/T&F) need to repeat testing prior to each sport season.

SWAY combines cognitive testing with objective balance measures using accelerometers and sensors that are built into your Apple iOS or Android mobile device.

CLICK HERE FOR SWAY INSTRUCTIONS AND TESTING CODES

Please take the test as soon as possible. You will not be allowed to participate with your team until you have completed this requirement.

You will need to download the SWAY Medical app from the [Apple App Store](#) or [Google Play](#)