Dear Muhlenberg College Athlete,

The Department of Athletics would like to welcome you. Attached you will find the athletic pre-participation forms including the health questionnaire, physical examination form, and sickle cell testing information. We ask that you take your time filling out the forms and complete them in their entirety. **Student-athletes will not be permitted to participate in their sport(s) without the health questionnaire, physical examination, copy of the ECG, and sickle cell trait information on file.**

**Physical Examination and ECG:**

This should be completed and returned by June 20.

As per NCAA guidelines, a pre-participation medical evaluation is required upon a student-athlete’s entrance in the athletics program. Please complete the health questionnaire and have it reviewed by your physician during your physical exam. **Please take note that Muhlenberg College requires ECG’s for all athletes.** This is a quick, inexpensive test that should be done in your physician’s office as part of your physical exam. Please have your physician attach an interpretable copy of the ECG to the physical form. As ECG’s are currently required in the MLB, MLS, NBA and NFL, we anticipate this will be a required practice throughout the NCAA in the near future.

**Sickle Cell Trait Testing:**

In spring 2013 the NCAA issued a statement requiring confirmation of sickle cell trait status for all Division III student-athletes. Sickle cell disease affects millions of people throughout the world and is particularly common among people whose ancestors come from sub-Saharan Africa, Spanish-speaking regions in the Western Hemisphere (South America, Cuba, and Central America), Saudi Arabia, India, and Mediterranean countries such as Turkey, Greece, and Italy. Because of this, many states have required newborn screening for sickle cell since 1994. However, some student-athletes may not know if they have the trait or have even been tested.

It is important for student-athletes to be aware of their sickle cell trait status. Sickle cell trait is an inherited blood disorder, which is generally regarded as a benign condition. However, individuals with sickle cell trait may have rare complications, including fatal exertional heat illness with exercise and/or sudden idiopathic death with exercise. In rare cases, exercise-induced dehydration or exhaustion can cause healthy red blood cells to turn sickle-shaped, which can cause death during sporting activities. As such, athletes with sickle cell trait and the athletic staff must be aware of the athlete’s sickle cell status and the risks associated with sickle cell trait.

**All student-athletes must complete the Sickle Cell Trait Testing Student Form** (page 3 of the varsity sports form). The Sickle Cell Trait Testing Form serves as verification that the student has been informed about sickle cell trait. On that form, the student will also indicate whether
he/she had sickle cell trait testing done by their physician or is waiving this test. The student’s physician must also complete the Sickle Cell Trait Verification box on the physical exam form.

**ADHD Medication Information:**

The NCAA enacted a policy which went into effect August 1, 2009 regarding documentation for ADHD treatment with NCAA banned stimulant medications. The most common medications used to treat ADHD are Ritalin and Adderall, which are banned under the NCAA class of stimulants. In order for a medical exemption to be granted for use of these stimulant medications, the student-athlete must show that s/he has undergone standard assessment to identify ADHD. The student-athlete should either provide documentation of an earlier assessment, or undergo an assessment prior to using stimulant medications for ADHD. **If a student athlete has not undergone a standard assessment to diagnose ADHD, s/he has not met the requirements for the NCAA medical exemption.**

In order to comply with these guidelines, student-athletes must submit the necessary documentation regarding ADHD and stimulant use **annually before the start of the sports season.** Please refer to the Muhlenberg College Athletic Training website for the required information and form to submit regarding ADHD medicine.

Please be aware that if athletes are taking any other medications, in accordance with NCAA guidelines, these should be reported to the Athletic Training Staff. A list of all NCAA banned substances can be found on the Muhlenberg College’s Athletic Training website. **Please submit all the above information to the Muhlenberg College Athletic Training Office by June 20. Health forms that are not submitted by the deadline may result in a delay in athletic participation.** For extraordinary circumstances which may delay submission of these forms, please contact the Athletic Training staff.

The health and safety of every student athlete at Muhlenberg is our main priority. We look forward to another exciting year. Thank you for your cooperation in helping keep our athletes safe.

Any questions, please contact the Muhlenberg College Athletic Training Office (484-664-3391 or snemes@muhlenberg.edu)

Sincerely,

Stephen Nemes, ATC
Head Athletic Trainer

Corey Goff
Athletic Director
GENERAL QUESTIONS
1. Has a doctor ever denied or restricted your participation in sports for any reason?
   [ ] Yes  [ ] No
2. Do you have any ongoing medical conditions? If yes, please identify:
   [ ] Asthma  [ ] Diabetes  [ ] Seizures  [ ] other
3. Have you ever spent the night in a hospital?
   [ ] Yes  [ ] No
4. Have you ever had surgery? If yes, specify:

HEART HEALTH QUESTIONS ABOUT YOU
5. Have you ever passed out or nearly passed out DURING exercise?
   [ ] Yes  [ ] No
6. Have you ever passed out or nearly passed out AFTER exercise?
   [ ] Yes  [ ] No
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?
   [ ] Yes  [ ] No
8. Does your heart race or skip beats at rest or during exercise?
   [ ] Yes  [ ] No
9. Has a doctor ever told you that you have
   [ ] High Blood Pressure  [ ] High Cholesterol  [ ] other
   [ ] Heart Murmur  [ ] Heart Infection
   [ ] Kawasaki Disease  [ ] Arrhythmias (extra heart beats)
10. Has a doctor ever ordered a test for your heart? (for example, ECG, Echocardiogram). Have you ever seen a cardiologist for any reason? If yes, specify ______
11. Do you get more tired or short of breath more quickly than your friends during exercise?
   [ ] Yes  [ ] No
12. Have you ever had an unexplained seizure?
   [ ] Yes  [ ] No

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY
13. Has any family member or relative died of heart problems or an unexpected or unexplained sudden death before age 50? If yes, specify ______
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, long QT syndrome, short QT syndrome, arrhythmogenic right ventricular cardiomyopathy, WPW (wolf Parkinson white syndrome) Brugada syndrome, or catecholamine polymorphic ventricular tachycardia?
15. Does anyone in your family have a heart problem, pacemaker, or implantable defibrillator?
16. Has anyone in your family died for no apparent reason?
   [ ] Yes  [ ] No

BONE AND JOINT QUESTIONS
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or game? If yes, circle affected area:
   [ ] Chest  [ ] Upper back  [ ] Lower back  [ ] Hip  [ ] Thigh  [ ] Knee  [ ] Calf/Shin  [ ] Ankle  [ ] Foot/Toes
18. Have you ever had surgery? If yes, specify:
   [ ] MRI, CT, surgery, injections, rehabilitation, physical therapy, brace, cast, or crutches?
   [ ] Yes  [ ] No
19. Have you had a bone or joint injury that required X-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, brace, cast, or crutches? If yes, circle affected area below.
   [ ] Yes  [ ] No
20. Have you ever had a stress fracture?
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?
22. Do you regularly use a brace or assistive device?

MEDICATIONS AND ALLERGIES
Please list all the prescription and over the counter medicines and supplements (herbal and nutritional) that you are currently taking:

   __________________________________________________________

Do you have any allergies? [ ] Yes  [ ] No
   [ ] Pollens  [ ] Food  [ ] Stinging Insects  [ ] Medications
**Follow-Up Questions on More Sensitive Issues**

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you feel stressed out or under a lot of pressure?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you feel safe?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you currently smoke?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>During the past 30 days did you use chewing tobacco, snuff or dip?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>During the past 30 days have you had at least 1 drink of alcohol?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you ever taken steroids without a doctor’s prescription?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you ever taken any supplements to help you gain or lose weight or improve performance?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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This part to be Completed by a Licensed Health Care Professional

- **Date:** __________
- **Height:** ________
- **Weight:** ________
- **BMI:** ________
- **B/P Arm:** ________
- **Pulse:** ______
- **Pupils:** Equal ____ Unequal ____
- **Vision:** R 20/ ____ L20/ _____
- **Corrected:** Y N

**NORMAL**

<table>
<thead>
<tr>
<th>Appearance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyes/ears/nose/throat/hearing</td>
</tr>
<tr>
<td>Lymphatics</td>
</tr>
</tbody>
</table>

**ABNORMAL FINDINGS**

- **Cardiovascular:**
  - Heart rhythm [ ] Normal [ ] Abnormal
  - Heart murmur [ ] No [ ] Yes
  - Systolic murmur grade 3 or more [ ] Yes [ ] No Location____
  - Does murmur increase with Valsalva? [ ] Yes [ ] No
  - Diastolic murmur [ ] Yes [ ] No Location____
  - Delay in femoral pulses? [ ] Yes [ ] No
  - Marfan Criterias (Chest deformities, long arms and legs, wrist/joint hyperflexibility flat footedness, scoliosis, lens dislocation, high arched palate, etc): [ ] Yes [ ] No If yes, specify: __________________
  - Comments: __________________

- **Lungs**
- **Abdomen**
- **Genitourinary/Testicles**
- **Hernia**
- **Skin**

**MUSCULOSKELETAL**

- **Neck**
- **Back**
- **Shoulder/arm**
- **Elbow/forearm**
- **Wrist/hand/fingers**
- **Hip/thigh**
- **Knee/leg**
- **Ankle/foot/toes**

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**Sickle Cell Trait Status Physician Verification (NCAA requires confirmation of sickle cell trait status for all Division III athletes or signed waiver)**

- [ ] I verify that the above named individual has been tested for sickle cell trait.
  - Date of Sickle Cell Trait Testing __________ Results (circle): Positive Negative
- [ ] Student declined sickle cell trait testing. Student has signed sickle cell testing waiver (on page 3 of this form).

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**12-lead Resting ECG Required. Please attach interpretable copy of ECG.**

- [ ] Cleared without restriction [ ] Cleared with restriction. Specify: __________________
- [ ] Not cleared. Reason: __________________

- **Name of physician (print/type) ___________________ Date ___________________**
- **Signature of physician ___________________ MD or DO**
- **Address ___________________ Phone ________________**
Muhlenberg College Athletic Training Office

Sickle Cell Trait Testing Student Form

About Sickle Cell Trait:
• Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells
• Although sickle cell trait is most predominant in African-Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait.
• Sickle cell trait has been associated with a condition known as exertional rhabdomyolysis, renal failure and death. Complicating factors include extreme exertion, increased heat, altitude and dehydration.
• Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to a crescent or “sickle” shape). Sickled cells can accumulate in the bloodstream and “logjam” blood vessels, leading to a collapse from the rapid breakdown of muscle starved of blood.
• Please review “Sickle Cell Trait – A Fact Sheet for Student-Athletes” from the NCAA. http://fs.ncaa.org/Docs/health_safety/SickleCellTraitforSA.pdf

Sickle Cell trait Testing:
• The NCAA requires confirmation of sickle cell trait status for all Division III student-athletes.
• Muhlenberg College requires confirmation of sickle cell trait status for all Men’s Ice Hockey & Women’s Rugby players

ALL STUDENT-ATHLETES MUST CHECK ONE OF THE BOXES BELOW:

Sickle Cell Trait Testing Verification or Sickle Cell Trait Testing Waiver
• After reviewing the above information and the NCAA “Sickle Cell Trait – A Fact Sheet for Student-Athletes” I have elected to do one of the following (please check and fill in):

□ I have provided documented proof of my Sickle Cell Trait status by having my physician complete the Sickle Cell Trait Status Physician Verification Section of the physical examination form.

□ I, _____________________________, understand and acknowledge that the NCAA and Muhlenberg College recommends that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts about sickle cell trait testing.

I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify, and hold harmless the Muhlenberg College, its officers, employees, and agents from any and all costs, liabilities, expenses, claims demands, or causes of action on account of any loss or personal injury that might result from my non-compliance with the recommendation of the NCAA and Muhlenberg College.

ALL STUDENT-ATHLETES MUST COMPLETE THE SECTION BELOW:
I have read and signed this document with full knowledge of its significance. I further state that I am at least 18 years of age and competent to sign this waiver.

Student-Athlete Name: __________________________________________   Date of Birth: _____________
(please print)

Student-Athlete Signature ________________________________________ Date _____________________

Parent/Guardian Signature (if under 18 years of age) _______________________________Date: ___________

Parent/Guardian Name _________________________________________
(please print)
The undersigned herewith:

1. Understands that the above information will be reviewed by the Health Services and Athletic Training staff, who will determine the athlete’s ability to fully participate in athletics. The athlete may not participate until such time medical clearance is granted.
2. Understands that he/she must refrain from practice or play while ill or injured, whether or not receiving medical treatment and during medical treatment, until he/she is discharged from treatment or is given permission by the physician/athletic trainer to restart participation despite continuing treatment.
3. Understands that having passed the physical examination does not necessarily mean that he/she is physically qualified to engage in athletics, but only that the examiner did not find medical reason to disqualify him/her at the time of said examination.
4. Certifies that the answers to the questions above are correct and true.
5. Allows Muhlenberg College Health Services to share all health information relevant to my athletic participation with the Muhlenberg College Athletic Training Staff for the duration of my enrollment at Muhlenberg College, and understand that subsequent disclosure of that information, i.e. to coaches, cannot be controlled by Health Services.

Signature of Student Athlete ___________________________ Date ____________

Printed Name of Student Athlete ____________________________________________ DOB: ____________________

BELOW TO BE COMPLETED BY MUHLENBERG COLLEGE SPORTS MEDICINE

CARDIOVASCULAR SYSTEM

<table>
<thead>
<tr>
<th>Heart Rate at Rest</th>
<th>BPM</th>
<th>Cardiology work-up if resting HR &lt;40 or &gt;100 beats/min or irregular</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure at rest</td>
<td>mmHg</td>
<td>Cardiology work-up if BP ≥ 140/90</td>
</tr>
</tbody>
</table>

History (see answers to heart questions in player history)

- Normal
- Abnormal

Physical Examination

- Normal
- Abnormal

12-lead resting ECG

- Normal
- Abnormal

Current Risk Rating (circle one):

0: Minimal Risk: No history of heart disease or symptoms, negative family history, normal examination, normal ECG.

1: Low Risk: CLEARED

- History of grade 2 or less systolic murmur which does not increase with Valsalva
- Corrected heart disease for which Bethesda Guidelines allow play
- Treated blood pressure ≤140/90 mmHg
- Mildly abnormal ECG but normal history and physical
- Positive family history, but unlikely to have inherited heart disease

2: Significant Risk (circle any or all that apply): NOT CLEARED

- B/P ≥ 140/90
- More than 10mm Hg difference in B/P in arms
- Cardiac symptoms suspicious for underlying heart disease
- Delay in femoral pulses
- Grade 3 or more systolic murmur, or murmur that increases with Valsalva
- Diastolic murmur
- Positive answers to family history, likely to have inherited heart disease
- Stigmata of Marfans
- Distinctly abnormal ECG.

GENERAL & ORTHOPEDIC PARTICIPATION CLEARANCE

Current Risk Rating: 0 1 2 3 4 5/1 5/2 5/3 5/4 5/5 (Circle one)

0: Minimal Risk: No injuries - normal examination.
1: Low Risk: History of injury or problem - otherwise normal examination.
2: Medium Risk: Problem by history, examination or radiograph that may cause significant problems in the future but does not effect current playing status (i.e.: meniscus tear, post op subtotal meniscectomy or mild articular damage).
3: Significant Risk: Significant injury that has undergone successful treatment but player has not yet proven the ability to return to pre-injury activities (i.e.: post op ACL reconstruction with excellent functional strength that has not played).
4: High Risk: Significant current problem (i.e.: degenerative joint disease, ACL or PCL deficiency) that will almost guarantee lost time and/or is potentially career ending.
5: No Play: This category is to be used for someone who is currently unable to play due to orthopedic condition or suspected cardiac or medical illness. The number next to the FIVE (5) indicates physician’s best estimate of the risk rating the player will receive after the player achieves maximum medical improvement/permanent and stationary status.

Comments:______________________________________________________________________________________________________

Date: _____ Not approved; Requires: ___________________________ Signature: ___________________________

Date: _____ Approved for participation. Evaluating Physician Signature: ___________________________

Athletic Office Use Only:

Date Received: _______ Athletic Office Initials: ___________ Date: ________ ATR Initials: ___________

PPE Date: ________ Signature: ___________________________