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. **All students who will be participating in varsity athletics, men’s ice hockey and women’s rugby are required to complete these forms.** 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 EKG, and sickle cell trait information on file.**

**Physical Examination and EKG:**

A 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 EKG’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 EKG to the physical form. As EKG’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 yellow 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 above information to Muhlenberg College Athletic Training Office using the enclosed pre-addressed envelope by June 25, 2015. Failure by athletes to submit health forms 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, LAT
Head Athletic Trainer

Corey Goff
Athletic Director