2015-2016 Academic Year

Dear Dartmouth Student-Athlete,

It is a requirement under NCAA Bylaw 17.1.5 for all student-athletes beginning their initial season of eligibility and all students who are trying out for a team to undergo a medical exam before they are permitted to engage in any physical activity. This exam must take place within six months prior to the intended physical activity. The Dartmouth College Health Service follows this and the following as requirements for all students who plan to participate in Varsity and Rugby athletic programs.

All NCAA Division 1 student-athletes and students who plan to participate in Varsity and Rugby athletic programs must contact their doctor to:

1.) **Schedule an athletic health physical and ask your medical provider to complete the attached Athletic History and Physical Examination form.** Physical exams submitted in any format other than the attached forms will not be considered for medical clearance to participate. Please also note that NCAA regulations require pre-participation medical exams to be completed by a medical doctor (MD) or doctor of osteopathic medicine (DO). If the physical is completed by another medical provider, Dartmouth College requires that the physical be countersigned by an MD or DO.

2.) **Be tested for sickle cell trait (SST), provide Dartmouth College with documentation of prior test results, or sign the attached waiver declining to be tested.** You will not be able to practice with your team until you have complied with this NCAA requirement. Please submit test results or the completed waiver with the attached Athletic History and Physical Exam forms.
   - Many newborns in the United States are tested for sickle cell trait at birth, so test result information may already be available within your current medical record.
   - It is useful for you to know whether or not you have the sickle cell trait. If you wish to be tested now, you should have the test done at home, prior to reporting to campus in the fall.

3.) **Provide adequate documentation of diagnosis and treatment of conditions requiring the use of banned substances, including (but not limited to) stimulant use for ADHD/ADD.** In order to allow for a medical exception for athletes taking stimulant medication, please provide your medical provider with the attached Medical Exception Form—ADD/ADHD. Please submit completed forms with the attached Athletic History and Physical Exam forms prior to coming to campus.

Submission of all parts of this Athletic History and Physical Exam are due back to the Dartmouth College Health Service by no later than **July 1, 2015.**

Jeffrey Frechette, MSEd, ATC  
Head Athletic Trainer  
Dartmouth College Sports Medicine

John H Turco, MD  
Team Physician  
Dartmouth College Health Service

Continued on next page
CHECKLIST TO COMPLETE/SUBMIT:

- Athletic History and Physical Exam for Varsity Teams and Rugby (pages 3-5)
- Sickle cell trait testing results OR Release Form—Sickle Cell Trait Solubility Test (page 6)
- Appropriate documentation for use of banned substances, including Medical Exception Form—ADD/ADHD, if applicable (pages 7-9)

Failure to complete these three requirements will render you ineligible to participate in Varsity and Rugby sporting events while you are at Dartmouth.

Return completed forms by July 1, 2015

Please remember that any incomplete forms, and forms received later than July 1, 2015 may result in a delay in clearance to participate in Varsity and Rugby athletic programs, including: conditioning, weight training, team and individual practices, and competition.

Submit completed form with Athletic History and Physical Exam form to:

Dartmouth College Health Service
Attn: Medical Records—Athlete Record
7 Rope Ferry Road
Hanover, NH 03755
Fax: 603-646-9410
Email: tracy.a.purcell@dartmouth.edu
Dear Health Care Provider:

This form is **required** for students who intend to compete on Varsity Teams and Rugby. Incomplete forms will be returned and the athlete will be held from clearance to participate.

**Name of Student:** ___________________________________________  **DOB:** __________________

**Student phone:** __________________  **Student email (active):** ________________________________________

### A. Student intends to compete on these teams (mark all that apply):

- ○ Baseball
- ○ Equestrian
- ○ Field Hockey
- ○ Football
- ○ Softball
- ○ Volleyball

- ○ Basketball (M)
- ○ Golf (M)
- ○ Golf (W)
- ○ Hockey (M)
- ○ Hockey (W)
- ○ Diving (M)
- ○ Diving (W)
- ○ Lacrosse (M)
- ○ Lacrosse (W)
- ○ Sailing (M)
- ○ Sailing (W)
- ○ Skiing (M)
- ○ Skiing (W)
- ○ Track/Field (M)
- ○ Track/Field (W)

### B. Medications (chronic):

Please list all regular medications, including over-the-counter medications, multivitamins, and supplements:

(*) **NOTE TO PROVIDER:**

In order to clear this student to compete in intercollegiate athletics, we require the following test(s) for abnormalities noted below, or clearance by a board certified cardiologist or other specialist. The student will not be permitted to practice or compete in an intercollegiate sport until testing for abnormalities or specialist clearance is documented and submitted to the Health Service.

1.) **Obtain/submit images and report of an echocardiogram if:**
- There is a heart murmur that has not already been documented to be benign;
- The student has a history of light-headedness, syncope, chest pain, or significant dyspnea with exercise;
- Symptomatic palpitations or other arrhythmias;
- Documented Marfan Syndrome, or suspected Marfan Syndrome based on body habitus including arm span greater than height, men 6’4” or taller, women 6’0” or taller, kyphoscoliosis, pectus excavatum, cardiac murmur or mid-systolic click, joint laxity.
- Family history of sudden death;
- Family history of hypertrophic obstructive cardiomyopathy;

2.) **Obtain/submit report of Holter monitor or cardiac event monitor if fainting or dizziness occurs with exertion.

3.) **Obtain/submit report of an exercise treadmill test in cases of known coronary artery disease, chest pain or excessive dyspnea with exertion.

4.) **If the athlete has already been evaluated for symptoms or a cardiac condition as described above, a letter from a board certified cardiologist and documentation of testing supporting clearance to participate and compete in intercollegiate sports should be provided to be reviewed.**
### C. Personal and Family Health History (please circle yes or no for ALL questions)

#### CARDIAC (Personal History)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exertional chest pain/discomfort</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unexplained syncope/fainting or near-syncpe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excessive exertional and unexplained dyspnea/fatigue, associated with exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prior recognition of a heart murmur</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elevated systemic blood pressure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prior restriction from participation in sports due to cardiovascular reasons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prior testing for the heart, ordered by a physician (*)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### CARDIAC (Family History) (*)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Premature death (sudden and unexpected, or otherwise) before age 50 years old, due to heart disease in one or more relatives</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability from heart disease in a close relative less than 50 years old</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertrophic or dilated cardiomyopathy, long-QT syndrome, or other ion channelopathies, Marfan Syndrome, or clinically significant arrhythmias; specific knowledge of genetic cardiac conditions in family members</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### NEUROLOGICAL

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concussion(s)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Migraine headaches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head/neck injury</td>
<td></td>
<td></td>
</tr>
<tr>
<td>History of seizures</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### GENERAL

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic illness(es)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise induced bronchospasm/asthma</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Joint instability/joint surgery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating disorder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other medical or psychological issues or concerns</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heat-related illness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loss of a paired organ</td>
<td></td>
<td></td>
</tr>
<tr>
<td>History of bleeding disorder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Severe anemia</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### MARFAN SYNDROME (*)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Known personal history of Marfan Syndrome</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Known family history of Marfan Syndrome</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NOTE TO PROVIDER:

Questions marked with (*) and answered with a Yes in the above section will require additional documentation. Please refer to instructions on page 3 for more information.

**Without proper documentation, the athlete will not be cleared for sports participation.**

Please comment on all Yes answers in **Section C. Personal and Family Health History**. Include dates and details of onset, predominant symptoms, time lost from sport and/or school, and whether issues persist or have resolved:
### D. ADHD Treatment

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the student taking prescribed medication for Attention Deficit Hyperactivity Disorder (ADHD)?</td>
<td></td>
</tr>
<tr>
<td>If yes, please refer to instructions on pages 6-8 regarding NCAA guidelines on banned substances</td>
<td></td>
</tr>
</tbody>
</table>

### E. Testing for Sickle Cell Trait

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has the student been tested for Sickle Cell Trait?</td>
<td></td>
</tr>
<tr>
<td>If yes, please submit documentation of test results with this packet</td>
<td></td>
</tr>
<tr>
<td>If no, please refer student to page 5 (Release Form—Sickle Cell Solubility Test)</td>
<td></td>
</tr>
</tbody>
</table>

### F. Athletic Physical Exam (please circle all answers individually)

**NOTE TO PROVIDER:** Any questions marked with (*) and answered with a **Yes** or **Abnormal** in this category will require additional documentation. Please refer to instructions on page 3 for more information.

Without proper documentation, the athlete will not be cleared for sports participation.

<table>
<thead>
<tr>
<th>Abnormal</th>
<th>Normal</th>
<th>Cranial Nerves (II-XII)</th>
<th>Abnormal</th>
<th>Normal</th>
<th>Lungs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abnormal</td>
<td>Normal</td>
<td>Eyes/ears/hearing</td>
<td>Abnormal</td>
<td>Normal</td>
<td>Abdomen</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>Glasses or contact lenses</td>
<td>Yes</td>
<td>No</td>
<td>Hernia</td>
</tr>
<tr>
<td>Abnormal</td>
<td>Normal</td>
<td>Reflexes</td>
<td>Abnormal</td>
<td>Normal</td>
<td>Skin</td>
</tr>
<tr>
<td>Abnormal</td>
<td>Normal</td>
<td>Balance/coordination</td>
<td>Abnormal</td>
<td>Normal</td>
<td>Oral cavity/teeth</td>
</tr>
<tr>
<td>Abnormal</td>
<td>Normal</td>
<td>Hips</td>
<td>Abnormal</td>
<td>Normal</td>
<td>Neck/back</td>
</tr>
<tr>
<td>Abnormal</td>
<td>Normal</td>
<td>Genitalia/testicles (men only)</td>
<td>Abnormal</td>
<td>Normal</td>
<td>Shoulders</td>
</tr>
<tr>
<td>Abnormal</td>
<td>Normal</td>
<td>Legs/knees/feet</td>
<td>Abnormal</td>
<td>Normal</td>
<td>Arms/wrists/hands</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(lower extremity)</td>
<td></td>
<td></td>
<td>(upper extremity)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Abnormal</th>
<th>Normal</th>
<th>Cardiovascular</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>No</td>
<td>Does the student have a heart murmur? (*)</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>Does the student have a cardiac arrhythmia? (*)</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>Does the patient present with physical stigmata of Marfan’s Syndrome? (*)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Abnormal</th>
<th>Normal</th>
<th>Bilateral femoral pulses to exclude aortic coarctation</th>
</tr>
</thead>
</table>

### G. Vital Signs

- Height (in): _________
- Weight (lbs): ________
- Resting Pulse (bpm): _________
- Brachial artery blood pressure in sitting (Must complete both arms):
  - Left arm (mmHg): _______ / _______
  - Right arm (mmHg): _______ / _______

### H. MEDICAL CLEARANCE

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are additional test results or cardiology consults pending? (If so, please send results.)</td>
<td></td>
</tr>
<tr>
<td>In your opinion is this student medically able to participate in sports?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physician’s name (please print): ____________________________</th>
<th>MD</th>
<th>DO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician’s Signature: ___________________________ Date: ____________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician’s signature is required. Form will not be accepted without signature.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Address: ____________________________

Phone number: ____________________________ Fax number: ____________________________
Release From—Sickle Cell Trait Solubility Test

NCAA requirements state that student-athletes, prior to participation in an NCAA-recognized sport, including any weight training or conditioning workouts, be required to undergo a medical examination or evaluation administered by a physician. The examination or evaluation now must include a sickle cell trait (SST) solubility test unless documented results of prior testing are provided to the institution, or the student-athlete declines the test and signs a written release. For educational materials about SST, go to the following NCAA website:

http://www.ncaa.org/health-and-safety/medical-conditions/sickle-cell-trait

I, __________________________________ (first and last name), hereby acknowledge that I have received the letter from Dartmouth College stating that I am required to have been tested, be tested for SST, or to indicate in writing that I decline to be tested. I have chosen to decline this testing with the knowledge that I may have undiagnosed SST or disease, and this may lead to an increased risk of injury or death related to athletic activities.

By signing this waiver, I release Dartmouth College, including its Athletic Department, Health Service, Team Physicians, Athletic Training staff, and associated health professionals from any liability related to my sickle cell trait status.

The undersigned hereby acknowledges that he/she has read and understands this waiver form. This waiver is intended to be legally binding.

If the student is not 18 or older, a co-signature from a parent or guardian is also required.

Name (please print): ___________________________ Date of Birth: ________________

Signature of student: ___________________________ Today’s Date: ________________

Signature of parent/guardian: ___________________ Today’s Date: ________________
(If student is under 18)

Submit completed form with Athletic History and Physical Exam form to:

Dartmouth College Health Service
Attn: Medical Records—Athlete Records
7 Rope Ferry Road, Hinman Box 6143
Hanover, NH 03755
Fax: 603-646-9410
Email: tracy.a.purcell@dartmouth.edu
Dear Health Care Provider,

Your patient, a student at Dartmouth College, plans to or already participates in intercollegiate athletics at our institution. The NCAA has compiled a list of prescribed medications which are composed of substances that are generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete. These medications are banned for use by NCAA athletes.

The NCAA recognizes that some banned substances are used for legitimate medical purposes and allows exception to be made for those student-athletes with a documented medical history demonstrating the need for treatment with a banned medication. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, beta blockers, diuretics, anti-estrogens, beta-2 agonists, peptide hormones and anabolic agents.

**Student-athletes taking stimulant medication for the treatment of ADD/ADHD must provide specific documentation of diagnosis and treatment to allow for medical exception.** The Dartmouth College Health Service requests the information indicated on the enclosed form: Medical Exception Form—ADD/ADHD. This additional documentation is critical for his/her eligibility in athletics.

**Use of peptide hormones and anabolic agents must be pre-approved by the NCAA before the student-athlete is allowed to participate in competition while taking these medications.** This can be accomplished through the coordination of the prescribing physician and the Head Athletic Trainer.

For all other medications in the banned substance categories listed above, prescribing physicians may submit as documentation: a letter or copies of medical notes documenting how the diagnosis was reached, and that the student-athlete has a medical history demonstrating the need for treatment with the banned medication. The letter should contain information as to the diagnosis (including appropriate verification of the diagnosis), medical history and dosage information.

**Documentation of the use of these banned medications is required to be re-submitted annually as long as your patient continues to participate in NCAA athletics.** In providing this required documentation, you acknowledge that you have reviewed the patient’s health history and have provided safety information regarding banned substance use as well as misuse guidelines.

Jeffrey Frechette, MSEd, ATC  
Head Athletic Trainer  
Dartmouth College Sports Medicine  

John H. Turco, MD  
Team Physician  
Dartmouth College Health Service
Medical Exception Form—ADD/ADHD

Date: _____________
Student-athlete name: ________________________________________ Date of birth: ____________________

To be completed by student-athlete:

I, ___________________________________________, give __________________________________________________________ (physician) permission to release all information regarding my treatment for ADHD to The Dartmouth College Health Service and National Collegiate Athletic Association. This authorization will be valid for one calendar year, beginning on the date I sign this authorization. I may revoke this authorization at any time by submitting a letter in writing to the Director of The Dartmouth College Health Service, understanding that all information released prior to my revocation is excluded. My signature below indicates that I have read and understood the above statement.

Signature: ____________________________________________ Date: _______________________________

Parent/Guardian signature : __________________________________ Date: ____________________________
(If student is under 18)

To be completed by Health Care Provider:

Provider: Your patient is a student-athlete participating in intercollegiate athletics. The NCAA bans the use of some stimulant medications and requires that the following documentation is submitted to support a request for a medical exception in the case of a positive drug test for such use. For additional information, please visit the NCAA Health & Safety website: http://www.ncaa.org/health-and-safety/policy/drug-testing

Date of Clinical Evaluation: __________________________

1.) Required ADHD documentation components:

Attach written report of comprehensive clinical evaluation. Please note that this includes the original clinical notes of the diagnostic evaluation. This evaluation should include individual and family history, address any indication of mood disorders, substance abuse, and previous history of ADHD treatment, and incorporate the DSM criteria to diagnose ADHD. Attach supporting documentation, such as completed ADHD Rating Scale(s) scores. Please also submit copies of test results for inclusion in student-athlete’s College medical record.

The evaluation can and should be completed by a clinician capable of meeting the requirements detailed above.

Continued on next page
Medical Exception Form—ADD/ADHD, continued

Student-athlete name: ______________________________ Date of birth: __________________

2.) Optional ADHD evaluation summary:
(This may not replace the required documentation requested on pg 8):

- Comprehensive clinical evaluation (using DSM-IV criteria): ______________________________
- Previous documentation of ADHD/Diagnosis: ______________________________
- Medication(s) and dosage: ______________________________
- Alternative non-banned medications which have been considered: ______________________________

- Adult ADHD Rating scale score: ______________________________
  (e.g. Adult ADHD self report scale (ASRS), CONNER’s Adults ADHD reports scale (CAARS))
- The student athlete will follow-up in: 3 months 6 months 12 months other _________
  (please circle)
- Monitored blood pressure and pulse: ______________________________
- Other/comments: ______________________________

Physician Name (printed): ______________________________ MD DO
Physician signature: ______________________________ Date: ___________
Specialty: ______________________________
Office address: ______________________________
Office phone: ______________________________

Submit completed form with Athletic History and Physical Exam form to:

Dartmouth College Health Service
Attn: Medical Records—Athlete Record
7 Rope Ferry Road, Hinman Box 6143
Hanover, NH 03755
Fax: 603-646-9410
Email: tracy.a.purcell@dartmouth.edu