

POLICY: Procedure for Providing Annual Health Screenings to ECSU Students Participating in Club Sports on Campus

General Statement

The ECSU Student Health Service (SHS) has agreed to assist the Department of Student Affairs and the Athletic Department with periodic (annual) health screenings of Club Sport athletes at no charge to the students. The officially recognized Club Sports are: Men's Rugby, Ice Hockey, Fencing, Cheerleading; also Women's Rugby and Men's Football. A specific SPORT PPE screening form has been developed by SHS which evaluates the student's medical history, screens for any indications of risk from sudden cardiac events and other potential health problems, and provides a document for recording the physical exam findings. Students may elect to have a physical exam and health screening done by their health care provider at home, but they are required to use our SPORT PPE form in order to be officially cleared to participate. The individual team/club coaches have the final responsibility of insuring that their student athletes have had an updated physical and evaluation before participating in any club sport for that year.

First Year ECSU Students

All full-time students enrolling at ECSU are required to complete a CSU Health Form with their health care provider before starting school. SHS, Student Affairs and the Athletic Department have agreed that the student should also present his or her SPORT PPE form for completion by said health care provider at the same time. This is a requirement for any student who plans to participate in any intercollegiate varsity or club sport. First year students will be restricted from practice, tryouts, and participation in intercollegiate athletics or club sports until their University Health Form and SPORT PPE evaluation are complete and on file at SHS. If the student has already sent in his or her Health Form and then decides to participate in club sports at ECSU, he or she can be seen at SHS to complete the screening process.

Returning ECSU Club Sport Participants

Students who have had an initial health screening and completed a SPORT PPE form are still required to have an annual health screening if they wish to continue participating in club sports at ECSU. The SHS will provide this service to students who schedule an appointment with our office. The individual coaches will be notified and reminded about the health screenings for their athletes. They will be asked to provide an updated team roster to SHS before the start of their season or tryouts.

Returning students participating in Women's Rugby will be offered their annual health screenings in February.

Returning students participating in Cheerleading will be offered their annual health screenings in March.

Returning students participating in Fencing will be offered their annual health screenings in April.

Returning students participating in Hockey will be offered their annual health screenings in May.

Returning students participating in Football will be offered their annual health screenings from May – June.

Returning students participating in Men's Rugby will be offered health screenings from June – August.

If athletes scheduled for physicals over the summer do not live within close proximity to campus (more than an hour's drive away), they can be seen in September.

Clearance for Participation

After being screened at SHS or by their health care provider, the individual athlete will usually be cleared for participation in club sports. If the vital signs, physical exam and medical history are all negative or within normal limits, no restrictions will be placed on the student. If there is a positive finding on the medical history or exam, the student may be required to undergo further evaluation prior to participating in his or her club sport. The individual coach will be notified of the student's restricted status. The student will not be allowed to participate until the required follow-up and evaluation are complete. In addition, there may be times when the student is mostly cleared for participation, but requires a follow-up visit at SHS to re-check one of the physical exam findings. In this case he or she would be allowed to practice, but would need to complete any follow-up visits prior to the start of the season. If noncompliant, he or she would then be placed on restricted status.

Sickle Cell Trait Policy

As of 2011, all student athletes are required to be educated about Sickle Cell Trait and the potential health problems that can be associated with this genetic disorder. This is per NCAA guidelines for intercollegiate athletics. SHS has decided to apply this same standard to students participating in club sports. A specific form has been developed by SHS for the student athletes to review and complete. This is done only once. Any student who has the sickle cell trait will not be prohibited from participating in club sports; he or she and the coach would simply be educated about the necessary precautions to take during strenuous physical activity (see Sickle Cell Trait policy and waiver form).

Notification of Coaches

SHS staff will communicate with individual coaches on a regular basis in terms of obtaining updated rosters and notifying them about which club participants have and have not been medically cleared for the season. Whenever possible, a list of scheduled appointment times will be emailed to the coach so his or her players can sign up for their physicals at SHS. Prior to the start of their individual seasons, the coaches will be updated weekly on the status of their team rosters. Students who miss more than one appointment with SHS may be required to have their annual physical and health screening done by their health care provider at home. The final responsibility for verifying that their club athletes have been medically cleared rests with the individual coaches.