June 15, 2009

Dear Prospective Varsity Student-Athlete:

The information below is provided to explain the medical eligibility policy for varsity intercollegiate athletes at Colby-Sawyer College. Also enclosed is information detailing medical eligibility, NCAA requirements, and insurance coverage policy.

The Athletic Training staff employs a number of strategies with the intent of assisting student-athletes to participate in college athletics safely and effectively. This is initially accomplished by a review of each student-athlete’s medical record, along with a musculoskeletal screening in the form of a pre-participation exam (PPE) administered by a certified athletic trainer. Additionally, we are implementing a sports concussion management program this year. As a component of this program we will require that each student-athlete participating in a sport determined to have a moderate to high risk of concussion be baseline tested. This entire process will assist the Certified Athletic Trainers in preparing the student-athlete to participate as completely and successfully as possible. To facilitate this process in an orderly manner we have enclosed a schedule of student-athlete appointments.

First year student-athletes

You will be required to attend two appointments related to medical clearance on Friday, August 21st.

1. **Completion of the pre-participation exam (PPE)** with a certified athletic trainer. This will take place in the Stock Sports Medicine Clinic in the Hogan Athletic Center. To further assist the Athletic Training staff in carrying out this exam all student-athletes are requested to follow these reminders:
   - Wear a sleeveless or short-sleeved T-shirt and shorts.
   - Do NOT exercise immediately prior to the scheduled appointment.
   - Bring all insurance information/card to the appointment.

2. **Completion of the computerized neurocognitive baseline test** as a component of the sports concussion management program. This exam will take place in the computer classroom on the second floor of the Susan Colgate Cleveland Library. You need not bring any special materials to this appointment. Please be on time as it is a group session and all participants must start at the same time. Any late arrivals will be required to re-schedule another time to complete this test. This could delay the medical clearance process and affect the student-athlete’s participation in early team practices. Please take a moment at your convenience to review the components of the ImPACT brand test we are using. You can find information about the test on their website: [http://www.impacttest.com](http://www.impacttest.com)

Additionally, all first-year, transfer, or upper class students who have not previously participated as a Colby-Sawyer varsity athlete must have submitted the “Authorization for Release of Medical Information” form as well as the “Sports Medicine Student Profile” to the Stock Sports Medicine Clinic using the addressed stamped envelope provided in this mailing. Both forms can be downloaded and printed from the Colby-Sawyer College Athletics web page at the link provided at the end of this letter. These two forms must be mailed by no later than July 31st, 2009 to allow adequate time for processing.
Returning student-athletes
We ask all returning student-athletes to download and complete a “health update questionnaire” prior to your arrival at the Stock Sports Medicine Clinic for your scheduled PPE appointment. This form can also be found at the link provided at the end of this letter.

IMPORTANT: Effective August of 2009 the NCAA has instituted a new policy regarding those student-athletes taking prescription medications for ADHD. If you are taking medications to treat these conditions, you MUST complete the process outlined in the following link to be eligible to participate in varsity athletics.

Web link to all athletic medical clearance forms:

www.colby-sawyer.edu/athletics/sportsmed/forms.html

If you have any questions about the information provided or schedule please contact Athletics Administrative Assistant Georgann Armstrong at 603-526-3610. On behalf of the Athletic Training staff at Colby-Sawyer we wish you a pleasant and injury free summer.

Sincerely,

Scott J. Roy, M.S., ATC, N.H.LAT
Head Athletic Trainer

Enclosures