



July 15, 2009

Prospective Student-Athletes and Parents/Guardians:

The purpose of this letter is to outline the medical eligibility requirements for all intercollegiate athletes at the University of Southern Maine (USM) and to inform student-athletes of the **pre-participation physical evaluation (PPE)** schedule. It is important that the student-athletes read and follow all instructions carefully prior to arriving for their scheduled PPE.

An annual PPE is required of all student-athletes and is conducted at the University Health and Counseling Services (UHCS) in 110 Upton Hall on the Gorham campus. An administrative fee will be charged at the time of the examination. The fee is \$50 for the initial comprehensive PPE and \$30 for subsequent year health history updates. **The fees may be doubled (\$100 for initial and \$60 for returning athletes) for failure to arrive on the scheduled PPE date. Conflicts must be resolved in advance by contacting UHCS at 207-780-4211 or 207-780-5411 to have the PPE rescheduled.**

MEDICAL ELIGIBILITY:

Each of the following requirements **MUST** be met **prior** to being administered the PPE and **prior** to participating (includes try-outs and conditioning practices) in intercollegiate athletics at USM.

1. Electronic Pre-Participation Physical Evaluation (e-PPE):

- Prior to arriving for the scheduled PPE appointment each student-athlete must complete the **new** on-line electronic pre-participation physical evaluation medical history questionnaire called e-PPE. To complete the e-PPE and download additional PPE required forms, go to: <http://www.usm.maine.edu/health/ppeforms.htm> A link to the e-PPE and all instructions will be found at this site.
- **The e-PPE must be completed by August 10, 2009 for fall sports participants; August 21, 2009 for winter and spring sports participants; and October 16, 2009 for Indoor and Outdoor Track participants**
- Coaches will be monitoring student-athletes progress toward completion of the e-PPE on-line for their respective student-athletes. Coaches only have access to insurance information, emergency contact information and significant medical conditions that may affect participation in athletics.
- The Certified Athletic Trainers, the UHCS and USM Team Physicians will be the only individuals with access to the e-PPE Health History Summary
- Once the e-PPE medical history questionnaire is completed the student-athlete will be instructed to download the e-PPE Medical History Summary, the Physical Examination form, Emergency Medical information form, and additional forms that are required to be completed prior to the PPE appointment at USM. **Students must complete all forms prior to the PPE**

2. **Health Insurance:** Student-athletes must carry adequate **health and accident insurance coverage** to defray the cost of significant injury or illness that may be incurred while participating in intercollegiate athletics at USM. Written verification in the form of a current insurance enrollment card or certificate of coverage from the insurance company must be presented at the time of the PPE.

- **The PPE will not be administered without this written verification** (a copy of the previous years enrollment card is not valid)
- **It is the responsibility of the student-athlete to notify the Certified Athletic Trainers regarding insurance coverage changes or if coverage has been discontinued for any reason, while participating in athletics.**
- **Student-athletes with lapsed coverage become immediately ineligible to participate in intercollegiate athletics at USM**
- Student-athletes not presently covered by individual or parental insurance may contact UHCS at 207-780-4923 for information regarding purchasing the Student Health Insurance Plan at a cost of \$2,293.00 for one full year beginning September 1, 2009 (coverage is extended to include preseason dates in August for fall student-athletes). Please note that this plan will only pay for services as outlined in the policy and for services not covered by any other insurance plan. This plan will cover one physical per year beginning fall 2009. There is an aggregate maximum of \$50,000 per condition/incident. The Athletics and Recreation Department carries a secondary policy that provides limited coverage for student-athletes from \$50,000 to \$75,000. The NCAA provides all member institutions with catastrophic insurance coverage for intercollegiate athletics that begins at \$75,000 (deductible amount).

3. **Significant Medical Condition(s):** Athletes with a significant medical history of injury or illness may be required to provide medical records specific to the condition and possibly written clearance from an appropriate health care provider prior to athletic participation. Students anticipating this situation should contact the UHCS well in advance of the scheduled PPE date.

4. **Medications or Nutritional Supplements Disclosure:** The NCAA requires that student-athletes disclose any and all medications (prescription or over-the-counter) or nutritional supplements that they may be using. You will be asked about medications or supplements in the on-line e-PPE questionnaire. If a student-athlete has been diagnosed with ADHD (Attention Deficit Hyperactivity

Disorder) and is taking legitimately prescribed medications, which may be on the NCAA banned substance list, further documentation must be acquired by the student-athlete. In the event that a student-athlete is drug tested and tests positive for an NCAA banned substance he/she must file for medical exception. A copy of the documentation form is listed on-line with the other required forms for PPEs. It is the student-athletes responsibility to produce the necessary documentation and submit it to the Athletic Training Staff as a part of the PPE process.

5. **Immunization records:** Must be up-to-date and on-file at the UHCS. Please go to www.usm.maine.edu/health for current immunization requirements

PPE INSTRUCTIONS:

- Bring official written documentation of adequate health insurance coverage to PPE appointment (noted in #2 above)
- Athletes under age 18 must have signed permission from parent or guardian prior to the PPE
- Student-athletes should arrive dressed in T-shirt and gym shorts for the PPE appointment
- All student-athlete candidates should report on-time for their scheduled PPE appointment. Missing the scheduled appointment may jeopardize eligibility for sports participation as there are limited opportunities for rescheduling PPE appointments. Students will also be charged double the normal rate for rescheduling the PPE (see 2nd paragraph above)
- Call the UHCS at 207-780-4211 or 207-780-5411, in advance of PPE date, regarding questions or PPE scheduling conflicts.

PRE-PARTICIPATION PHYSICAL EXAMINATION (PPE) SCHEDULE FOR 2009 IS AS FOLLOWS:

<u>TEAM</u>	<u>DATE</u>	<u>TIME</u>
M. Soccer	Tuesday, August 18	9 00 am
Field Hockey	Tuesday, August 18	9:45 am
W. Soccer	Tuesday, August 18	10:30 am
W. & M. Cross Country	Tuesday, August 18	11:15 am
Golf, W. Tennis & Volleyball	Tuesday, August 18	11:45 am

Make-up date for student-athletes that live great distances from USM and are unable to attend the August 18th date:

W. Cross Country	Friday, August 21	8:30 am
Golf	Friday, August 21	10:00 am
W. Tennis	Friday, August 21	11:00 am

W. Ice Hockey	Friday, September 4	8:30 am
M. Ice Hockey	Friday, September 4	9:15 am
Baseball	Friday, September 4	10:00 am
Softball	Friday, September 4	10:45 am
W. Lacrosse and M. Tennis	Friday, September 4	11:15 am
M. Lacrosse	Friday, September 4	11:45 am
Cheering	Friday, September 4	12:15 pm
Wrestling	Friday, September 4	12:45 pm
M. Basketball	Friday, September 4	1:15 pm
W. Basketball	Friday, September 4	1:45 pm

W. Track & Field	Friday, October 23	9:00 am
M. Track & Field	Friday, October 23	9:30 am

Athletic Training students will be assisting with some aspects of the PPE under strict medical confidentiality. Their role is primarily for learning and applying proficiency skills as part of the educational requirements in the Athletic Training major. Any concerns regarding this procedure should be addressed to the Director of UHCS.

Any questions regarding the above information may be directed to the UHCS at 207-780-4211, 207-780-5411 or the Head Athletic Trainer at mgerken@usm.maine.edu.

Thank you in advance for your complete cooperation in this extremely important medical eligibility process.

Sincerely,

Matthew D. Gerken, ATC
Head Athletic Trainer