



August 1, 2008

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 you of the **pre-participation physical examination (PPE)** schedule. Please read this carefully prior to arriving for your 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 **\$40** for the **initial** comprehensive PPE and **\$20** for **subsequent year(s)** health history updates. **The fees may be doubled (\$80 for initial and \$40 for returning athletes) if you do not arrive on the scheduled date or call UHCS in advance to make other arrangements.** A team of medical doctors, nurse practitioners, registered nurses, certified athletic trainers and athletic training students administer the PPEs. Prior to completing the PPE each student-athlete will fill out appropriate forms for health history, emergency contact information, medical release, informed consent, and NCAA Injury Surveillance Consent.

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. **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.
2. 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 your 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 Athletics and Recreation Department 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.** If you are not presently covered by individual or parental insurance you may contact UHCS at 207-780-4923 for information regarding purchasing the Student Health Insurance Plan at a cost of \$2,123 for one full year beginning September 1, 2008 (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 2008. 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). (Contact the Athletics and Recreation Department for specific information regarding catastrophic insurance coverage.)
3. **Athletes with a significant medical history of injury or illness may be required to provide written clearance from an appropriate health care provider prior to athletic participation. If you anticipate this situation, please contact the UHCS well in advance of your scheduled PPE date.**

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.

PPE Instructions:

Bring official written documentation of adequate health insurance coverage to PPE appointment. Athletes under age 18 must have signed permission from parent or guardian prior to the PPE. All PPE forms are posted on-line at (<http://www.usm.maine.edu/health/ppiforms.htm>) . A copy of this cover letter is also on-line if you need to refer to it. Simply follow online instructions to download all appropriate forms, fill out in advance and bring with you to the PPE on your scheduled date. To expedite the examination process you 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. If you miss your scheduled appointment, you may jeopardize your candidacy for sports participation during the preseason, as there are limited opportunities for rescheduling. You will also be charged double the normal rate for rescheduling your PPE. Call the UHCS at 780-5411 if you have any questions or scheduling conflicts.

Student-Athlete Pre-Participation Physical Examination (PPE) Schedule for 2008 is as follows:

<u>TEAM</u>	<u>DATE</u>	<u>TIME</u>
M. Soccer	Sunday, August 17	9 00 am
Field Hockey	Sunday, August 17	9:45 am
W. Soccer	Sunday, August 17	10:30 am
W. Cross Country	Sunday, August 17	11:15 am
M. Cross Country	Sunday, August 17	11:45 am
Golf & W. Tennis	Sunday, August 17	12:15 pm
W. Ice Hockey	Friday, September 5	8:30 am
M. Ice Hockey	Friday, September 5	9:15 am
Baseball	Friday, September 5	10:00 am
Softball	Friday, September 5	10:45 am
W. Lacrosse and M. Tennis	Friday, September 5	11:15 am
M. Lacrosse	Friday, September 5	11:45 am
Cheering	Friday, September 5	12:15 pm
Wrestling	Friday, September 5	12:45 pm
M. Basketball	Friday, September 5	1:15 pm
W. Basketball	Friday, September 5	1:45 pm
W. Track & Field	Friday, October 24	9:00 am
M. Track & Field	Friday, October 24	9:30 am

Custom Mouth Guard Fitting:

For athletes desiring a custom molded mouth guard, for sports participation, USM Team Dentist will be available during the PPEs on Sunday, August 17 and Friday, September 5, 2008 to take mouth guard impressions. The fee for these mouth guards is \$30. You may pay cash or arrange to have it billed to your student account at USM. We highly encourage all athletes in contact sports to take advantage of this outstanding offer. The mouth guards take 10-14 days to be completed following the impression. Only custom molded mouth guards provide the level of protection and comfort necessary to prevent dental injuries in sports participation.

Any questions regarding the above information may be directed to the UHCS at 207-780-5411, Athletic Training Services at 207-780-5140, or the Athletics and Recreation Department at 207-780-5430.

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

Sincerely,

Matthew D. Gerken, ATC
Head Athletic Trainer