

Health Requirements for Student-Athletes

1. Schedule an appointment for a **PHYSICAL EXAM** with your healthcare provider **no sooner than 6 months** prior to your scheduled pre-season/practice start date.*
 - a. Bring the physical exam form **and** pre-participation screening form with you to your appointment.
 - i. Your healthcare provider will need to sign the form attesting whether you are cleared to participate in sports without restrictions.
 - b. Obtain a copy of your **complete immunization records**** at this appointment (including MMR, Varicella, Tdap, MenACWY, and Hepatitis B series).
 - i. If you do not have record of your MMR, Varicella or Hepatitis B vaccines, ask your provider to order you a blood test for your titers.
 - ii. If you are missing a vaccine, ask if your doctor's office carries the vaccine, or go to a local pharmacy.
 - c. Ask for a copy of your laboratory results of **sickle cell trait screening** (such as newborn screen results). All student-athletes are required to know their sickle cell trait status.
 - i. If you do not have record of prior sickle cell trait testing, ask your provider to order you a blood test for your Hemoglobin S (Sickledex or hemoglobin solubility test) at this appointment.
2. Upload a copy of your completed health forms to your AIC patient portal by going to <https://aic.medicatconnect.com/>, selecting "Upload," and choosing the appropriate document from the drop-down menu.
3. Once you have uploaded your health forms, contact the Athletic Training Department to complete your baseline concussion testing and other athletic requirements.

* NCAA requires a physical exam be completed **within 6 months** prior to beginning participation in college athletics. Please plan accordingly. While we understand there may be frustration surrounding this requirement as most insurance companies only cover a physical exam once each calendar year, we cannot accept a physical exam that is outside of the 6-month timeframe.

(Example: If your first pre-season practice starts on August 1st, the physical must be conducted on or after February 1st. If your first pre-season practice starts on December 1st, the physical must be conducted on or after June 1st)

** Immunization Requirements:

- Two doses of MMR (Measles, Mumps and Rubella) or laboratory report stating immunity (positive titers).
- One dose of Tdap (Tetanus, diphtheria, and pertussis). Td or Tdap should be given if ≥ 10 years since Tdap.
- Complete Hepatitis B vaccine series (3 doses) or laboratory report stating immunity (positive titers).
- Two doses of Varicella vaccine or laboratory report stating immunity (positive titers).
- Meningococcal vaccine (1 dose of MenACWY (formerly MCV4) is required for all full-time students 21 years of age or younger). The dose of MenACWY must have been received on or after the student's 16th birthday. Meningococcal B vaccine is recommended but does not meet the meningococcal (MenACWY) vaccine requirement.