Dear Returning Student-Athletes,

We need to receive certain information from you in order to clear you to participate in your sport. Please refer to the checklist below in order to submit all of the necessary completed information. It is imperative that we receive completed forms no later than _______. If your health file is not complete, you will not be cleared to participate in your sport in the fall. We will not be doing any clearances later in the summer or when you return in the fall unless there are unresolved injuries that need to be addressed and cleared.

Do NOT mail, fax, or send emails with attachments; all forms must be completed through the portal.

** Please email me directly with any questions/concerns regarding this procedure: mnrello@amherst.edu

**Please complete these forms with dates and comments/explanations for all YES answers. You do not need to complete any forms not listed below**

Link to the patient portal where you will fill out all forms:
https://amherst.medicatconnect.com/
Varsity and Club Sport Athletes:

1. **Pre-participation Health History Questionnaire:** Please be as complete as possible indicating dates and explanations for all “yes” answers. If you intend to participate in sports and have recently sustained a serious injury or have undergone related surgery, please upload an operative report and notes from your specialist containing treatment plan for rehabilitation to the Patient Portal. If you are currently under medical treatment, please upload a summary of the medical evaluation and treatment plan to the Patient Portal. If you have had recent injuries or operations (within the last year), please upload a medical report which includes any applicable restrictions or limitations to the Patient Portal.

2. **Head Injury Tracking Consent Form:** Access and electronically sign this form in the portal.

3. **Educational Requirements/Mandatory Forms:** To be compliant with NCAA regulations, all student athletes must be provided education regarding the topics below. You are required to read/view the provided documents/video in the Forms section on the Patient Portal and electronically sign off that you have done so.

   - Concussion Education
   - Injury and Illness Acknowledgement form
   - MRSA Information
   - Title 9 Education Video
   - Preventing Sexual Violence
   - Wellness/Mental Health Information
   - NCAA Banned Drugs Education
   - Cocaine Effects Education
   - Alcohol Safety form
   - Heat/hydration Education

4. **Baseline Concussion Testing**

Thank you and please email me directly with any questions/concerns regarding this process at mnrello@amherst.edu

Sincerely,

Maria

Maria Rello
Senior Woman Administrator
Associate Director of Athletics
Director of Sports Medicine
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