Dear New Amherst Students,

Welcome to Amherst College and to Amherst College Athletics. We need to receive certain information from you in order to clear you to participate in your sport. Please refer to the checklist below to submit all of the necessary completed information. It is imperative that we receive completed forms no later than ________, but please get them in as soon as you can so we can address any potential issues that might impact clearance. If your health file is not complete, you will not be able to participate in your sport.

The Patient Portal contains all required forms necessary for participation. The Patient Portal can be accessed by visiting the following web page https://amherst.medicatconnect.com/ and using your Amherst College credentials to log in. READ THE FOLLOWING INSTRUCTIONS FULLY BEFORE ACCESSING THE PORTAL.

Varsity and Club Sport Athletes:

1. **Physical Examination**: Athletes must have a full sports physical signed by an MD or DO who is not a family member. The examination must have been performed within six months of your arrival at Amherst. The documentation of the sports physical exam must be completed on the Amherst College Sports Physical form located on the Patient Portal. No substitute forms will be accepted. Please print out the Pre-Participation physical form, have your MD or DO fill out and sign (if an NP or PA completes the physical, the form must still be signed by a MD or DO), and then upload the form back to the Patient Portal. **Note—you must submit the Amherst College Form and it must be complete. A minute clinic visit will not suffice.**

2. **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 within the last year, 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 including any applicable restrictions or limitations please upload a summary of the medical evaluation and treatment plan to the Patient Portal.

3. **Sickle Cell Form**: The NCAA requires compliance with Sickle Cell Screening. This can be done by either reading and electronically signing the Sickle Cell Information Sheet and the waiver on the Patient Portal, uploading evidence of the test taken at birth, or asking your medical provider to order a screening test for “sickle cell trait” which you will then upload to the Patient Portal.

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

5. **Educational Requirements**: To be compliant with NCAA regulations, all student athletes must be provided education regarding concussions, substance abuse, injury and illness reporting, mental
health, MRSA and sexual assault/Title 9. 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.

6. ImPact Concussion Baseline Test: Below you will find a link to the Impact website. For this test you will need a quiet space, a computer/laptop and a mouse. You cannot complete this test using the tracker pad on laptops. After clicking on the link, select Massachusetts and then enter the password listed below and complete the test. It should take approximately 25-30 minutes and after you have completed the test, please email me so I can check your score and make sure you passed. There is a minimum score, so please take this test seriously. The ImPact testing can be accessed by visiting: https://www.impacttestonline.com/sportstest/index.cfm?id=577 and logging in with the following password: 184D4632F5

Common Mistakes:
(1) No PPE uploaded or physical uploaded on a different form (2) PPE is too old (more than 6 months from arrival) (3) PPE signed by RN, NP, or PA and not cosigned by MD or DO (4) No post-surgical or post-injury clearance from treating MD (5) No dates/explanations listed for past injuries/illnesses/conditions etc. (6) Forms mailed or faxed to Amherst College Health Services and not uploaded to portal

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

Sincerely,

Maria

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