PRE-PARTICIPATION REQUIREMENTS FOR NEW STUDENT-ATHLETES
Jennifer Bergstein LAT, ATC, MS Ed, Jessica Dautner LAT, ATC, MS, EMT-B, Raymond Zdrodowski LAT, ATC, MS

Step 1: Get Physical from your own Physician or Health and Wellness
(You can make an appointment with Health and Wellness at 631-420-2009)

Link to Physical Form for your doctor to fill out...

Bring completed physical form to Health & Wellness, they will then give you a clearance card.

**Only hand Health and Wellness your PHYSICAL FORM, do not give them your Sickle Cell Results/Waiver, Acceptance of Risk/Consent to Treat and Insurance Forms**

Step 2: COMPLETE INFORMATION & FORMS VIA THE SPORTSWARE ONLINE ATHLETE DASHBOARD

Instructions are attached below.

☐ Login and complete all the appropriate information in all required fields (Under My Info)
☐ Complete the health history questionnaire (Under Med History Tab)

Step 3: Sign up and Complete Baseline Concussion testing through XLNT BRAIN software.
See Instructions below.

Step 4: THE FOLLOWING DOCUMENTS CAN BE DROPPED OFF OR MAILED TO THE ATHLETIC TRAINING ROOM:

☐ Clearance Card from Health and Wellness
☐ Acceptance of Risk/Consent to Treat Form
☐ Sickle Cell Trait Results/Waiver
☐ Insurance Form
☐ Copy of Insurance Card (Front and Back)

MAIL TO: Farmingdale State College
Athletic Training Department
Nold Athletic Complex
2350 Broadhollow Rd.
Farmingdale, NY 11735

ANY QUESTIONS PLEASE CONTACT:
Jennifer Bergstein LAT, ATC, MS Ed
Email: bergstj@farmingdale.edu
Office: 631-420-2539

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Email: dautej@farmingdale.edu
Office: 631-794-6281

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Email: zdrodorj@farmingdale.edu
Office: 631-794-6282

ALL INFORMATION MUST BE COMPLETED AND RECEIVED BY THE ATHLETIC TRAINING STAFF NO LATER THAN AUGUST 1st
INSTRUCTIONS TO SIGN UP FOR SPORTSWARE
Dear Farmingdale State Athletes:

Prior to participating on a team from Farmingdale State College, athletes must provide the Athletic Department with current address, emergency contact, insurance, medical alert and health history information. To expedite this process Farmingdale State College uses an online data entry system.

To enter your information, visit [www.swol123.net](http://www.swol123.net). The first time you visit the website you will need to enter your email address that you check regularly and click Get Password.

## Joining SportsWareOnLine

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<thead>
<tr>
<th>Instruction</th>
<th>Example</th>
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<tbody>
<tr>
<td>Go to <a href="http://www.swol123.net">www.swol123.net</a>.</td>
<td><img src="image1" alt="Join SportsWare" /></td>
</tr>
<tr>
<td>Scroll to the middle of the screen and click the Join SportsWare button.</td>
<td><img src="image2" alt="Join SportsWare" /></td>
</tr>
<tr>
<td>Enter the School ID which is: <strong>Rams1</strong></td>
<td><img src="image3" alt="Join SportsWare" /></td>
</tr>
<tr>
<td>Enter your First Name, Last Name, Email address and click the Send button.</td>
<td><img src="image4" alt="Join SportsWare" /></td>
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Your request to join SportsWare will then be sent to the Athletic Trainer for review. **Please allow time for the Athletic Training staff to approve your request. This will take place for the most part during work hours. If you do not receive and email in 24 hours please contact the Athletic Training Department.**

Once your request is accepted you will receive an e-mail with the Subject “SportsWare request accepted”. Open the e-mail and click the www.swol123.net link to continue to SportsWareOnLine. **Check your Spam mail if you don’t receive and email**

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### Setting Your Password

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<tr>
<td>Go to <a href="http://www.swol123.net">www.swol123.net</a></td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
</tr>
<tr>
<td>Enter your Email Address and click the <strong>Reset Password</strong> button.</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
</tr>
<tr>
<td>You will receive and e-mail with the Subject “SportsWareOnLine Password Request”. Open the e-mail and click on the link to reset your password. Enter your e-mail address, new password and click the <strong>Save</strong> button.</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
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**ONCE YOU SET UP YOUR PASSWORD PLEASE LOG IN AND COMPLETE YOUR INFO AND MEDICAL HISTORY**

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### Updating Your Information

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<th>Instruction</th>
<th>Example</th>
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<tr>
<td>Go to <a href="http://www.swol123.net">www.swol123.net</a></td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
</tr>
<tr>
<td>Enter your Email Address and click the <strong>Login</strong> button.</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
</tr>
<tr>
<td>At the top of the page is the <strong>Menu Bar</strong>. <strong>My Info:</strong> Update your address, emergency contact and insurance information.</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
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</table>
**Med History:** Complete a Medical History questionnaire.

**Forms:** View/complete required paperwork. Note: SportsWare will also display “You have forms to complete/download”.

**Print:** Print My Info and Medical History data.
FSC SPORTS MEDICINE SICKLE CELL TRAIT INFORMATION/WAIVER

The NCAA recommends that all student athletes be aware of their sickle cell status. If the student-athlete does not know whether they are positive for sickle cell trait, the NCAA recommends that the student-athlete undergo testing to determine their status. Farmingdale State College Athletics is supportive of this recommendation and requests that each student provide the Sports Medicine Department with documentation of their sickle cell trait status. If a student-athlete opts not to provide this information, he/she must sign the testing waiver below. To help you make an informed decision, some basic information is provided below, as well as a link to additional resources.

About Sickle Cell Trait

- Sickle cell trait is an inherited condition of the oxygen-carrying protein hemoglobin in the red blood cells.
- Sickle cell trait is a common condition which affects more than 3 million Americans.
- Although sickle cell trait is most predominant in African-Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for the trait.
- Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (cells change from a normal disc shape to a crescent or “sickle” shape), which can accumulate in the bloodstream and “logjam” blood vessels, leading to collapse and even death due to the rapid breakdown of muscles starved of blood.
- More information regarding sickle cell trait and the rationale for the NCAA’s recommendation that all student-athletes be aware of their status may be found at A Fact Sheet for Sickle Cell Trait

Sickle Cell Testing

- Farmingdale State College Athletics asks student-athletes for documentation that can be in the form of lab results and/or a note from their primary care physician (PCP) attesting to the results of a Hemoglobin Solubility test or Hemoglobin Electrophoresis test on his/her letterhead, dated with an original signature.
- Stamps and faxes will not be accepted. A total hemoglobin test is insufficient to screen for Sickle Cell Trait and therefore its results will not be accepted as documentation.
- Please attach test results to this form and return with your Athlete clearance packet to Farmingdale State College Sports Medicine personnel.

IF YOU CHOOSE NOT TO BE TESTED, YOU MUST COMPLETE AND SIGN THE WAIVER BELOW.

I, ______________________________________ understand and acknowledge that the NCAA and Farmingdale State College recommend that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts about sickle cell trait and sickle cell trait testing. Recognizing that my true physical condition is dependent upon an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries, ailments, and/or disabilities experienced, I hereby affirm that I have fully disclosed in writing any prior medical history and/or knowledge of sickle cell trait status to Farmingdale State College Sports Medicine personnel.

By signing this waiver, I confirm that I do not wish to undergo sickle cell trait testing as part of my pre-participation physical examination and that I voluntarily agree to release, discharge, indemnify, and hold harmless Farmingdale State College, its officers, employees, and agents from any and all costs, liabilities, expenses, claims, demands, or causes of action on account of any loss or personal injury that might result from my decision not to follow the recommendations that I be aware of my sickle cell trait status and share that information with the Farmingdale State College Sports Medicine Department.

I have read and signed this document with full knowledge of its significance. I further state that I am at least 18 years of age and competent to sign this waiver.

Student Printed Name__________________________

Student Signature _______________________________ Date __________

Signature of Parent or Guardian (if athlete is under 18) __________________________
Acceptance of Risk and Consent for Treatment
Permission for Medical Record Release

Athletes please read and sign below. Minors require parental signature.

Acceptance of Risk: Farmingdale State College, in compliance with NCAA guidelines, reminds its student athletes of the inherent risk of injury during intercollegiate athletic participation. Farmingdale State College and its athletic administrators, coaches, and sports medicine staff share the management of these risks by endeavoring to create a safe environment for competition. For their part, student athletes are strongly advised to adhere to their coaches’, athletic trainers’(and associated physicians’) health and safety instructions, including the rules of their sport, while participating in contests, practices, training sessions, and related travel to effectively reduce the risks of injury.

Consent for treatment: I hereby give consent to the Farmingdale State College Athletic Training staff and affiliates for routine medical treatment of minor injuries or illnesses and in the event of an emergency permission to secure appropriate treatment for me including orders for emergency surgery and anesthesia if necessary.

Permission for Medical Record Release: The athletic trainer may have access to the physical examination report of students who elect to participate in athletics, as well as discuss any injuries or health concerns with coaches and health care providers.

During the course of treatment for an injury, the Farmingdale State College Athletic Training staff may refer the athlete to an appropriate Medical Doctor. It is the athlete’s responsibility to make sure that any and all referrals required by their insurance company are completed prior to the appointment.

This form will serve as the Acceptance of Risk, Consent for Treatment & Permission for Medical Record Release for the Athlete’s tenure at Farmingdale State College.

Student Signature _________________________________ Date __________

Parent or Guardian Signature (If Athlete is under 18) _________________________________ Date ________

Parent or Guardian Printed Name_______________________________ Date_________
ACKNOWLEDGEMENT OF INSURANCE REQUIREMENT

I, _________________________________, attest that I have insurance coverage under a current, in force insurance policy for injuries that occur during my participation in intercollegiate athletics.

To the Parent/Guardians of Applicants Under 18 Years of Age Only

I, _________________________________, as parent, guardian or legal representative, attest that _________________________________ has insurance coverage under a current, in force insurance policy for injuries that occur while he/she is participating in intercollegiate athletics.

Parents/Guardian Signature: _________________________________

Date: ________________

***If there is a material change in coverage or expiration of coverage, I agree to notify Farmingdale State College of this development and update the insurance information I have on file with Farmingdale State College.***

***I understand and agree that Farmingdale State College will assume no responsibility whatsoever for the payment of, or authorization to pay, medical expenses resulting in injuries that occur while participating in intercollegiate athletics at Farmingdale State College.***

***All student athletes must prove that they have medical insurance. Failure to do so will prevent participation in intercollegiate athletics. If you are uninsured, you may purchase a comprehensive accident and insurance policy through Farmingdale State College. Please be advised that all student athletes are liable for medical expenses accrued during participation. In order for student-athletes to participate in any activity sponsored by the Farmingdale State College Athletic Department, the student-athlete must fill out this form and be cleared by the Health & Wellness Center before any participation.***

Student Athlete Signature: _______________________________________

Date: _________________________

Parent/Guardian Signature: ______________________________________

Date: _________________________
**Insurance Information**

We at Farmingdale State College are concerned that many of our students may be uninsured, or do not have adequate health insurance. When serious injury or illness requires attention by a medical provider or hospital, the expense can create a financial burden that no student should have to worry about.

Farmingdale State College is pleased to offer all student athletes a comprehensive form of accident and sickness insurance. Students are required to enroll in this insurance program if you do not have other health insurance or if your current health insurance is with an HMO or restricted PPO.

Coverage begins September 1, 2019 through August 31, 2020. Resident students will see this charge for insurance reflected on their tuition statement. This charge can be removed from your student account statement by obtaining a Waiver Form from the Student Accounts Office and returning it no later than September 12, 2019.

Consider the following in making your decision:

1. Your current insurance may not cover the types of expenses most frequently incurred by college agencies’ outpatient referrals or may cover them after a deductible or copayment, this plan helps cover those expenses.
2. If your current coverage is through an HMO or PPO out of the Farmingdale area, services locally may be charged at a higher non-preferred rate.
3. Coverage through parent’s policies may end on a student’s birthday. i.e. Ages 19, 23, or 25.

<table>
<thead>
<tr>
<th>Primary Insurance Information</th>
<th>Secondary Insurance Information (if applicable)</th>
</tr>
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<tbody>
<tr>
<td>Insurance Company___________________________________</td>
<td>Insurance Company___________________________</td>
</tr>
<tr>
<td>Phone #____________________________________________</td>
<td>Phone #____________________________________</td>
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<tr>
<td>Policy Holders Name_______________________________</td>
<td>Policy Holders Name_________________________</td>
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<td>Policy Holders DOB___________________________</td>
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<td>Policy or ID # ________________________________</td>
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<tr>
<td>Group #_________________________________________</td>
<td>Group #____________________________________</td>
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<tr>
<td>Athletes Relationship to Policy Holder__________________</td>
<td>Athletes Relationship to Policy Holder__________</td>
</tr>
<tr>
<td>Does this Plan Require Pre-Authorization (Referrals)?</td>
<td>Does this Plan Require Pre-Authorization (Referrals)?</td>
</tr>
<tr>
<td>Yes _______ No__________</td>
<td>Yes _______ No__________</td>
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*YOU MUST INCLUDE A COPY (FRONT AND BACK) OF YOUR CURRENT INSURANCE CARD(S)*
Join Farmingdale State College on XLNTbrain

Farmingdale State College has joined XLNTbrain in the fight against concussion injury in sports. Concussion awareness education is mandated by State law for all athletes and their parents and / or guardians. This document outlines the steps required for athletes, parents and / or guardians to register at XLNTbrain.com.

The XLNTbrain Passcode for Farmingdale State College is: **RAMS2015**

We recommend use Internet Explorer if you are a Windows user or Mozilla FireFox in case you are a Mac user.

**Athlete Registration**

Go to XLNTbrain.com, click "Sign Up" and enter the passcode above to begin your registration. Click "Join as an Athlete" after you complete your registration, and then follow these steps:

1. View concussion awareness video and pass brief video quiz
2. Update profile info & accept terms and conditions
3. Manage your teams
4. Take the XLNTbrain Baseline Test

The XLNTbrain Baseline Test takes approximately 25 minutes and is important for your healthcare provider to use as a baseline to compare for your recovery. It is important for you to take the test seriously and be in an environment free of distractions as you test. If you perform poorly on the test, you may be asked to repeat the test under supervision.

**XLNTbrain Baseline Test Quick Guide**

Please sign into your account on the website. Once signed in go to the Tests Tab on the left hand side. Or click the link near the top of your screen that asks if you want to take the test now. You will need Microsoft Silverlight installed and updated on your computer to run the test. The install for the test will not start or work if you do not have Silverlight. Once Silverlight is installed and updated, please start the test either from the button on your dashboard or from the Icon on your computer's desktop.

Please keep in mind that the XLNT Cog test is for Athletes only. If this is not your first year with us it is also likely the test is already downloaded and installed on your computer. If the icon is not on your desktop still, then please search your computer's files for XLNT Brain Sport.

**Guardian Registration**

Go to XLNTbrain.com, and enter the passcode above to begin your registration. Click "Join as a Guardian" after you complete your registration. With your first-time sign-in, you will view a short concussion awareness video. After reviewing the video and passing a brief video quiz, you will need to add your athlete as a dependent. Then you will be able to access your athlete's profile, where you may monitor the progress of your athlete within XLNTbrain. To add your Dependent, please look on the left hand side of your Dashboard you should see a tab called "Relationships". Click on that tab and then click "Add Dependent". You will need to enter your Athlete's XLNT Brain ID in the box. If you enter your Athlete's name it will not work. Your Athlete's XLNT ID is listed on their account when they are logged on, in the upper right hand corner. It will look like this: XLNTbrain ID: ZWE2NDU4M, except with your Athlete’s ID of course. Once you enter your Athlete's XLNT ID, click the Add Dependent button and that should link your accounts. You may need to refresh your page or log out of your dashboard and log back in to update the information your dashboard shows.

**XLNTbrain Help**

Click on the "Help" button at any time to ask for help. Please note this is not a Live Chat. However a support representative will respond to your request as soon as possible.