Dear New Amherst College Students,

Although we have not yet received information on what the fall will look like, I wanted to be prepared for any situation.

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 July 31, 2020, 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 the Pre-participation Health History Questionnaire, Sickle Cell Form, and Sports Physical Form. The Patient Portal can be accessed by visiting the following web page [https://amherst.medicatconnect.com/](https://amherst.medicatconnect.com/) and using your Amherst College credentials to log in. You will receive your Amherst College Credentials at the beginning of June. All other forms will be on the ARMS platform. You will receive an additional letter about how to download and access ARMS. You will also need your Amherst College credentials to access ARMS.

**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.**

***In light of the COVID 19 Pandemic, please do not attempt to get a sports physical at this time if there is any concern regarding safety or resources. We will make time at the very beginning of the fall to perform sports physicals for any incoming students that need them.***

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 ARMS 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 on the ARMS 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 on the ARMS platform. Some of the materials include questions to ensure that you understand the material. If you are not able to answer the questions correctly, you will be asked to come to the Sports Medicine Facility upon your arrival to campus to repeat the educational requirements. You will not be cleared to participate in any capacity until all aspect of the clearance process has been completed.

6. **ImPact Concussion Baseline Test**: You will receive an email from ImPact with instructions on how to log on and take this baseline concussion test. For this test you will need a quiet space, a computer/laptop and an external mouse. Make sure you are using an up to date internet browser, reliable internet connection (wired if possible), and make sure Pop-up blockers are disabled. You cannot complete this test using the tracker pad on laptops. 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. PLEASE DO NOT EMAIL ME YOUR CONFIRMATION__ THIS DOES NOT IDENTIFY THE TEST TAKER- just a quick email to me saying you have completed the test. There is a minimum score, so please take this test seriously. **DO NOT SKIP THE DEMOGRAPHICS; IF YOU DO, YOU WILL NEED TO RETAKE THE TEST**

**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.
   Forms mailed or faxed to Amherst College Health Services and not uploaded to portal
(6) Skipping the Demographics on the ImPact Baseline Test
(7) Not thoroughly engaging in the educational materials and incorrectly answering the questions.

** You will not be permitted to participate in sponsored activity of any kind (including practices and/or Strength and Conditioning Sessions) until all aspects of the Medical Clearance process and all NCAA Compliance materials are submitted. You will get a separate letter from the Athletics Office in June outlining the NCAA compliance process.  

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

Maria

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