



COLBY COLLEGE
SPORTS MEDICINE
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Instructions for All First Year/Transfer Prospective Varsity and Rugby Student Athletes

Whether you have already committed to or are still considering participation in a varsity sport or the club rugby team, the following information is required to be eligible for any/all participation:

NCAA Six-Month Physical Examination Rule

- Your health care provider physical exam must meet the NCAA Six-Month Rule.
- All first time Varsity/Rugby student athletes must have their provider physical exam completed **after March 15, 2023** to meet this requirement.
- Your health care provider must complete the **ENTIRE** enclosed form and **ALL boxes** clearly checked off to be cleared for athletic (varsity or rugby) participation.
- The Colby College health care provider physical exam form is the only one that will be accepted.
- **Once the health care provider physical exam form is complete, please send it to: sportsmedicine@colby.edu or FAX to 207-859-4971**

NCAA Mandates Sickle Cell Trait Screening Documentation

The NCAA states that all student-athletes must confirm their Sickle Cell Trait status. Under certain conditions, people with Sickle Cell Trait are at increased risk of medical complications, including but not limited to sudden death. If the information obtained during your newborn screening is not available, **testing should be done prior to arrival on campus**. Your health care provider can arrange for you to have a simple blood test. Students with Sickle Cell Trait are permitted to participate in athletics. For more information on Sickle Cell visit NCAA.org and click on "Health and Safety."

- **Your Sickle Cell test results should be sent in with your health care provider physical exam form to sportsmedicine@colby.edu.**

NCAA Medical Exceptions for Banned Substances, Including ADD/ADHD Medications

Student athletes must comply with the NCAA rule on medical exceptions for banned substances. This includes medications for asthma inhalers and stimulants used to treat ADHD/ADD and male-pattern baldness. The student athlete must have complete documentation on file with Colby Sports Medicine. This includes a letter signed by the prescribing physician and all pertinent physical and psychological tests related to the diagnosis and treatment. A simple letter from the physician stating the diagnosis will not suffice.

Colby Sports Medicine Annual Online Health Questionnaire

All varsity and rugby student athletes must also fill out an online Colby Sports Medicine Annual Health Questionnaire. Fall sport athletes will be sent an electronic link in late July/early August (Winter and Spring sport athletes will be completing the form in late August/early September).

A staff athletic trainer will contact you via email with further information regarding completion instructions for this electronic online form. Upon arrival on campus all varsity and rugby student athletes will meet individually with an athletic trainer for medical clearance prior to participation in any practices/games/team testing activities.

Please feel free to contact us if you have any questions.

Colby Sports Medicine Department
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Email: sportsmedicine@colby.edu