



COLBY COLLEGE
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Instructions for All Prospective Varsity and Rugby Student Athletes

Whether you have already committed to or are still considering participation in a varsity sport or the rugby club, the following information is required to be eligible to participate.

NCAA Six-Month Physical Examination Rule

Your health care provider physical exam must meet the NCAA Six-Month Rule. All first time Varsity and Rugby student athletes need to have their provider physical exam completed **after March 15, 2021** to meet this requirement.

The healthcare provider must complete the ENTIRE enclosed form and ALL boxes clearly checked off in order to be cleared for athletic participation. (Please note: health care provider physical exams are NOT provided by Garrison-Foster Health Center).

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 provider can arrange for you to have a simple blood test. Your test results with your name clearly printed should be sent in with your physical exam form. 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."

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 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 early August (Winter and Spring sport athletes will be completing the form in 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 me if you have any questions.

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