

INSTRUCTIONS FOR OBTAINING A PHYSICAL AND CLEARANCE FOR SPORT CLUB

All UCSB Sport Club athletes are required to have a sport clearance physical annually. Using the forms provided online on the UCSB Sport Club website, this physical can be done with your primary care provider at home, with a provider at a local Santa Barbara clinic, or with as provider at UCSB Student Health Services (SHS). Additionally, due to new procedures mandated by the University of California Office of the President (UCOP), all identified high risk Sport Club athletes must also complete a baseline concussion test before participation.

The UCSB Department of Recreation Sport Club Athletic Training Department will clear all Sport Club athletes who complete a successful physical and baseline test during the summer to participate in team activities. Below are the steps to take to facilitate this process:

If you plan to participate on a Sport Club team in the 2017-18 year and will be near campus this summer you should utilize UCSB SHS by scheduling an appointment to have your Sport Physical completed there by following the steps listed below.

Physical Examinations through UCSB SHS – Approximately 30 minutes to complete

The physicians at UCSB Student Health Services (SHS) are working very hard to organize these physical examinations and to make the process as easy and as straight forward as possible; therefore we recommend using them if possible.

- Call UCSB SHS at 805-893-3371. Ask for a “Sports Physical” for Club Sports. Any other type of physical will NOT replace the need for the Sports Physical, which contains elements not typically performed in a routine physical.
 - If you have GHI or GAP insurance there is no fee. If you have other insurance you can still have your physical completed at Student Health Services for a fee charge to your BARC account.
 - Inquire with Student Health Services Billing Office about the cost of your Sport Physical if you do not have GHI or GAP.
 - Any additional testing that the physicians find necessary, will be an additional cost.
 - Once your appointment is scheduled, send an email to Christiana Kaleialii at christiana.kaleialii@recreation.ucsb.edu with your appointment time.
- Print and complete the forms provided on the Sport Club Website to take to your appointment.
 - For Initial SHS Sport Physical, print the Physical Clearance Initial History form and complete it.
 - Print the Sport Physical Clearance form.
 - If you arrive without your forms, your appointment may be cancelled.
- At Student Health Services your Initial sport physical will be an in-person visit.
- Arrive **AT LEAST 15 minutes** prior to your scheduled appointment or it may be cancelled.
- Check in on the computers using the first 6 digits of your perm #
- In subsequent years, you may complete this clearance online in many cases. However, this is only the case if you have had your INITIAL sports physical at Student Health Services. See below for instructions.

Returning Physical Examinations through UCSB SHS

The providers at UCSB Student Health Services (SHS) are working very hard to organize these physical examinations and to make the process as easy and as straight forward as possible. For returning Sport Club Athletes who have had their initial Sport Physical at SHS, you can avoid a new examination by completing the online clearance process. However, this is ONLY the case if you have had your INITIAL Sports Physical at Student Health Services (All other returning athletes must complete a full sports physical).

- These instructions only apply to those who have had a Sports Physical at SHS before.
- An online questionnaire can be used in lieu of an appointment in most cases. To submit the questionnaire, log into the Student Health Services Gateway through the SHS website.
- On the left-hand side click on “Messages”, then “New Messages”. Select “Club Sports Returning Athlete Clearance”, answer the questions and then click submit.
- You will receive a reply within 5 business days. Please be sure to check your messages!
- Based on your health history and status, you may be required to schedule an appointment with a SHS physician or specialist prior in order to obtain your final clearance. This requirement will be communicated via the gateway secured messages and an alert will be send to your email account. Please be sure to check your messages!
- If you have difficulty with this process, please send a secure message through Gateway to Kristen Rogers for assistance.

Physical Examinations not through UCSB

If you are planning to join a Sport Club but are not in the area, there are instructions on how to complete your physical through another provider. A Santa Barbara/ Goleta/ Isla Vista Clinic list is provided for your convenience on the Sport Club website.

- Contact your primary care physician or a provider covered under your primary health insurance. Explain to the medical office that you need an appointment to have a physical completed for sport participation. This must be completed by an MD, DO PA or NP. Other health care providers will not allowed to clear you for sport.
- Print out the Physical Clearance Initial History form and complete it.
- Print the Sport Physical Clearance Form.
- Bring both forms to your appointment.
- Once your examination is completed, the medical office must stamp the Sport Club Physical Clearance form or place your patient sticker on the form and there must be a legible signature. Return both forms by email to Christiana Kaleialii, at christiana.kaleialii@recreation.ucsb.edu. If there is no stamp or sticker and signature, the clearance form is invalid and will not be accepted to clear you for sport participation.

Baseline Testing – Approximately 30 minutes to complete

- Contact Christiana at christiana.kaleialii@recreation.ucsb.edu, to schedule baseline concussion testing.

- Baseline testing will be completed in the Department of Recreation Sport Club Athletic Training Room, Rob Gym 1133.
- Your scores must be brought with you to your appointment at SHS if you have been selected to do so by the Department of Recreation Sport Club Athletic Training staff. If you have any additional questions please feel free to contact Christiana via email.

Thank you,

Christiana Kaleialii, Assistant Athletic Trainer UC Santa Barbara | Department of Recreation
christiana.kaleialii@recreation.ucsb.edu