

Due to new procedures mandated by the University of California, Office of the President (UCOP), all identified high risk sport club athletes must have a physical completed by an approved medical provider and complete a baseline concussion test. The UCSB physicians at student health 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. If you plan on returning to a sport club team in the 2017-18 year and will be near campus this summer you should utilize Student Health services by scheduling an appointment to have your physical completed there by following the steps listed below. If you are planning on returning but are not in the area, there are instructions on how to complete your physical through another provider. The 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:

Physical Examinations through UCSB – Approximately 30 minutes to complete

- 1) Call UCSB Student Health Services at 805-893-3371 and tell them you need to have a physical examination completed for **sport club participation. Please identify the sport club team(s) in which you participate.**
 - a. 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.
 - i. Inquire with Student Health Services about the cost.
 1. Any additional testing that the physicians find necessary, will be an additional cost.
 - b. Print out the attached clearance form and bring it to your apt. Student Health Services will keep this form.
 - c. Once your appointment is scheduled, send an email to Christiana Kaleialii at christiana.kaleialii@recreation.ucsb.edu with your appointment time.

Physical Examinations not through UCSB

1. 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 or DO, other health care providers are not allowed to clear you for sport.**
2. Print out the attached clearance form and bring it to your appointment. The medical office must stamp the form or place your patient sticker on the form and there must be a legible signature.
 - a. This form must be emailed to Christiana Kaleialii, at christiana.kaleialii@recreation.ucsb.edu
 - b. **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

1. Contact Christiana at christiana.kaleialii@recreation.ucsb.edu, to schedule baseline concussion testing.
2. Baseline testing will be completed in the Recreation Sport Club Athletic Training Room, Rob Gym 1133.
3. Your scores must be brought with you to your apt at student health.

If you have any additional questions please feel free to contact me via email.

Thank you,

Christiana Kaleialii, Assistant Athletic Trainer
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