

ELMIRA COLLEGE
SPORTS MEDICINE

ADHD/ADD MEDICAL EXEMPTION REQUIREMENTS

Being a member of an athletic team at Elmira College, an NCAA member institution, you are subject to random drug testing at NCAA Championship events. In order to prevent positive drug tests, Elmira College provides a drug education program to our athletes. Part of this program is to inform student-athletes about what drugs are banned by the NCAA, the effects drugs have on performance and daily living, the drug testing procedure and protocols, and how to appeal a positive drug test and explain what documentation is necessary for the appeal.

The NCAA bans classes of drugs because they can harm student-athletes and can create an unfair advantage in competition. Some legitimate medications contain NCAA banned substances and student-athletes may need to use these medicines to support their academics and their general health. The NCAA has a procedure to review and approve legitimate use of medications that contain NCAA banned substances through a Medical Exemptions Procedure.

Effective in August 2009 there will be a stricter application of the NCAA Medical Exemption policy and specifically for the use of banned stimulant medications to treat Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD). This stricter application will provide more complete information to the medical panel of the Committee on Competitive Safeguards and Medical Aspects of Sport (CSMAS), which reviews requests for a medical exception to a positive drug test for these stimulant medications. This information is necessary to appropriately apply the exceptions policy, so that student-athletes are adequately monitored while using a stimulant medication that can negatively impact health and safety, and so that stimulants are not being used strictly for athletic performance enhancement. Any student-athlete who tests positive from the effective date will need to comply with the stricter application, even if that student-athlete had received an exception for use of stimulation medication prior to August 2009.

In order for a student-athlete to be granted a medical exception for the use of a medication that contains a banned substance, the student athlete must:

- Have declared the use of the substance to his or her athletics administrator (Sports Medicine Staff) responsible for keeping medical records.
- Present documentation of diagnosis of the condition. (See ADHD/ADD Documentation Guidelines)
- Provide documentation from the **prescribing** physician explaining the course of treatment and the current prescription.
- Provide a **yearly follow-up** report from the **prescribing** physician indicating treatment visits and current prescription.

The guideline on the back of this sheet is for the prescribing physician to follow when writing a letter about the student-athletes medical treatment. Please present these guidelines to the prescribing physician so he/she can include the necessary information in the letter. Then send the letter to Sports Medicine, C/O Department of Athletics, One Park Place, Elmira, NY 14905. If the student athlete has not been formally tested for these conditions, then they must be tested and diagnosed with ADHD/ADD in order to continue on the medication and continue to participate in Intercollegiate Athletics at Elmira College.

**Attention Deficit Hyperactivity Disorder (ADHD)
Attention Deficit Disorder (ADD)
Documentation Guidelines**

Criteria for letter from prescribing Physician to provide documentation to the Athletics Department/Sports Medicine staff regarding assessment of student-athletes taking prescribed stimulants for Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD), in support of an NCAA Medical Exception request for the use of a banned substance.

The following must be included in supporting documentation:

- Student-athlete name.
- Student-athlete date of birth.
- Date of clinical evaluation.
- Clinical evaluation components including:
 - Summary of comprehensive clinical evaluation (referencing DSM-IV criteria) ~ attach supporting documentation.
 - ADHD/ADD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores and report summary ~ attach supporting documentation.
 - Blood pressure and pulse readings and comments.
 - Note that alternative non-banned medications have been considered, and comments.
 - Diagnosis.
 - Medication(s) and dosage.
 - Follow-up orders.

Additional ADHD/ADD evaluation components if available:

- Report ADHD/ADD symptoms by other significant individual(s).
- Psychological testing results.
- Physical exam date and results.
- Laboratory/testing results.
- Summary of previous ADHD/ADD diagnosis.
- Other comments.

Documentation from prescribing physician must also include the following:

- Physician name (Printed)
- Office address and contact information.
- Specialty.
- Physician signature and date.

DISCLAIMER: The National Collegiate Athletic Association and Elmira College shall not be liable or responsible, in anyway, for any diagnosis or other evaluation made, or exam performed, in connection herewith, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information provided hereunder.