

**ELMIRA COLLEGE SPORTS MEDICINE  
MEDICAL ELIGIBILITY REQUIREMENTS  
FOR RETURNING STUDENT ATHLETES**

In order to participate in athletics at Elmira College each student-athlete must be cleared by the Sports Medicine staff and the College-Team Physicians. The procedure to be medically eligible is highlighted below.

1. Upon arrival on campus all student-athletes (incoming and returning) must successfully complete a screening given by the Sports Medicine staff. This consists of a medical history review, evaluation of existing or past injuries, and completion of sports medicine related paperwork. (Your coach will tell you when and where your screening will take place.)
2. The “Insurance Form” sent to you in the summer must be completed in full and returned to Elmira College Sports Medicine. This must be in our files before the student-athlete will be able to participate in their sport. **NOTE: If your insurance is a HMO, PPO, or an other insurance plan where Elmira is out of network, we strongly recommend that you request out-of-network coverage for your student or purchase the College Health Plan, which is a very basic health plan. We also encourage student athletes from other countries to purchase the College Health Plan.**
3. If a student-athlete is under or have recently been under the care of a physician, the student-athlete must present to the Sports Medicine staff a detailed physicians report with their recommendations which will be reviewed by the College-Team Physicians and Sports Medicine staff in order to determine eligibility.
4. If the student athlete has a heart murmur NCAA mandates that these individuals have an electrocardiogram and/or echocardiogram done in order to insure that the heart murmur is benign. The student athlete will not be able to participate until this is completed and on file in the Sports Medicine office. (Elmira College is not monetarily responsible for these tests to be done.)
5. If the student athlete has ever had a heart monitoring test (such as an electrocardiogram, echocardiogram, cardiac stress test, etc.) we must have a copy of the test results and a dictated letter from the prescribing physician that identifies the diagnosis and their recommendation on athletic participation, in order for our College-Team Physician to determine the student-athlete’s medical eligibility.
6. If a student-athlete becomes injured, ill or develops a condition that may be detrimental to their or their teammates health and well being, while participating in athletics at Elmira College, they must refrain from practice or play when told to do so by the Sports Medicine staff. They may return to practice and games when they are cleared by the appropriate clinical practitioner which includes the College-Team Physicians, and-or their designated representative (Certified Athletic Trainer, College Nurses, College Practitioners, or referred specialists).
7. If a student athlete is being treated for ADHD, ADD or other learning disabilities, the NCAA mandates that certain documentation from your physician/clinician must be on file in the Sports Medicine office. This is necessary since most medications used to treat these conditions are banned by the NCAA. This material will be needed if the student-athlete is tested for drugs by the NCAA and tests positive. (Refer to the sheet “ADHD / ADD requirements”.)