

Department of Intercollegiate Athletics Policy Manual

V. ATHLETIC TRAINING SERVICES

Pre-Participation Physical Examinations

Policy

Upon entry into the University of Iowa, all intercollegiate student-athletes who meet NCAA requirements and who receive permission to participate from their respective coaches must pass a prescribed pre-participation physical examination. The extent of the exam will include a general medical history and physical examination as well as any specialty examinations indicated by the history and physical. This must include an examination of the musculoskeletal system by an orthopaedic surgeon for those participating in football, gymnastics, and wrestling and for all others if the history or examination indicates a need for an orthopaedic examination. In addition, all intercollegiate student-athletes will also receive a dental screening. At the beginning of each successive year of eligibility, intercollegiate student-athletes must complete an interim health questionnaire to be reviewed with the team physician.

Purpose

To provide sufficient screening of pre-existing conditions which could put the student-athlete at risk during practice or competition. To establish baselines for comparison during the student-athlete's career.

Procedure

The staff athletic trainer assigned to organize the pre-participation physical examinations will notify each staff athletic trainer of the date for **Pre-Participation Physical Examinations (PPE)**.

- The Director of Athletic Training Services and staff athletic trainers will notify the head coaches of the date and time of the pre-participation physical examinations.
- Pre-participation physical exams for incoming student-athletes will be conducted within the first two weeks of the Fall semester. A staff athletic trainer will notify each incoming student-athlete of the location, dates, and time the student-athlete must report.
- Each incoming student-athlete will complete all necessary forms prior to their pre-participation physical examination.
- Each student-athlete must complete a form related to Sickle Cell testing during their PPE. This form states their intention of having the test or documenting their option of not taking the test.

Documentation

- Prior to the student athlete obtaining a pre-participation exam at the IOSMR their freshmen year, the Insurance Coordinator will email them with a link to fill out all forms that must be completed prior to their physical.
- The medical history form should be reviewed by a staff athletic trainer prior to the physical to note any items that may require special attention during the exam.

The Insurance Coordinator will prepare a file for each student-athlete prior to the pre-participation physical examination.

Appropriate staff athletic trainers will have each returning student-athlete complete an interim health questionnaire each semester to note possible issues that need to be reviewed by team physicians.

These forms will be kept in the student-athlete's athletic training file.