



DELAWARE STATE UNIVERSITY

Medicine Department

1200 North DuPont Highway, Memorial Hall Room 118, Dover, DE 19901 302-857-7554 Fax: 302-857-7312

Pre Participation Examination and Physicals **New Student-Athletes (*freshman, transfers*)**

The following policies and procedures of the Sports Medicine program have been written to inform the student athlete, parent, coach, administrator, and staff as to how the program generally operates. For these policies and procedures to work successfully, full support and cooperation will be needed from the entire medical staff, athletic department staff, and athlete.

Procedure:

1. All incoming students are required to have a physical on file at Student Health Services. The student's personal physician must perform and complete a physical examination with all required information including current immunizations.
2. In conjunction with this examination, the athlete will also complete forms for the sports medicine department describing any previous injuries and past medical history. Students who have sustained any recent fractures, dislocations, severe sprains or other injury to the head, neck, back, shoulder, knee, internal organs, or any other body part are required to report these injuries to the athletic trainers.
3. The failure to report such injuries will relieve Delaware State University of all responsibility and liability to the student in the event the student re-injures the affected part and, provided the attending team physician determines the original injury contributed to the re-injury.
4. If a student-athlete has sustained an injury prior to arriving at Delaware State University, he/she may need additional diagnostic testing before he/she will be allowed to participate in their sport. The athlete and/or parent will be financially responsible for any pre-existing injury that requires further testing to be cleared for their sport (i.e. x-rays, blood tests, etc.).
5. All new student-athletes must complete the athletic health history packet, drug testing form, emergency contact form, medical release forms, ImPACT (computerized concussion) testing, and Bess testing before the pre-participation examination will be conducted by DSU team physicians. Recruits and official signees may not be seen by the DSU team physician until they are on campus and have been cleared by student health. Then and only then can they be seen by the DSU physicians and sports medicine.



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6. Loss of any paired organ (eye, kidney, testicle, etc.) disqualifies anyone from participating on any intercollegiate team sponsored by the Department of Athletics. Exceptions may be made by the Athletic Director following the advice of the team physician or the Student Health Services physician and a discussion with the student's parents or guardians concerning the consequences of competition. Any athlete who elects to compete, with the approval of the physician and parents or guardians, must sign a waiver that excludes the Department of Athletics, the Team Physician, Delaware State University and its employees from all liability. Previous injuries, not fully rehabilitated, may disqualify one from participation until approved by the DSU physician or consulting orthopedists. If an athlete is under the care of a physician not associated with Delaware State University, written permission must be provided to the athletic trainer and team physician stating the nature of the injury and the date the athlete may resume activity.

7. The student-athlete **will not** be allowed to participate in team physical activities, including practices, Strength and conditioning and games until cleared by a DSU team physician.

8. If during the course of the year, an athlete is injured and restricted from participation by a physician, he/she must be re-examined by the DSU team physician and given written permission to resume activity. This approval will be submitted to the athletic trainers before activity can be resumed. Unless a sport participant receives an injury that restricts him/her from play in one particular season, he/she is cleared to participate in any sport throughout that academic year after his/her initial medical examination by the DSU team physician.

Each team's primary ATC will notify the head coach after an athlete is officially cleared for participation; an athlete should not participate in any team activities until notification is received from primary ATC.