



Dear Student Athlete and Parents:

Welcome to Cal Athletics!

The purpose of this letter is to introduce you to Cal Sports Medicine, and to request information that we may need in order to facilitate medical care.

Cal Sports Medicine is a joint effort between the Athletic Department and University Health Services on campus. Our mission is to provide systematic, multidisciplinary services that utilize advanced scientific and administrative practices to support student-athletes in the pursuit of optimal physiological and psychological health, personal development, and academic achievement. The Cal Sports Medicine staff features 22 board-certified athletic trainers, as well as physician specialists from the fields of primary care sports medicine, orthopedic surgery, internal medicine, psychiatry, podiatry and optometry. Our team physicians are fellowship-trained in sports medicine and have vast experience treating injured athletes at every level of competition, including Olympic and professional athletes. We also have mental health experts, physical therapists, registered dietitians, dentists, chiropractors, and acupuncture providers as part of our staff. All told, there are as many as 100 people involved in providing medical care to our student athletes.

For all new student athletes, please go to the web page (<https://uhs.berkeley.edu/pre-participation-requirements-student-athletes>) to complete the steps listed, including filling out your **Health History and other forms** at <https://etang.berkeley.edu/> and faxing/ mailing back the other information requested **before** your pre-participation physical. Also, if you have any chronic medical condition (e.g. asthma, heart murmur), have been hospitalized overnight or longer, have undergone a musculoskeletal surgery (e.g. knee arthroscopy, shoulder reconstruction), have had other major surgery, or if you have ADD/ADHD/learning disability testing or records, we ask that you **send copies of the pertinent medical records** to us at the University Health Services via fax at 510-643-0792, or via mail to: c/o the Sports Medicine Program, 2222 Bancroft Way, Berkeley, CA 94720-4300.

Please see the web page (<https://uhs.berkeley.edu/pre-participation-requirements-student-athletes>) for your pre-participation physical exam (PPE) date. The purpose of the PPE is to evaluate the health condition of all **new** student-athletes, in order to authorize his or her participation to practice and compete. **If you are an incoming freshman, you must have your PPE completed in order to be able to begin practicing with your team.** Contact us at 510-642-4878, or via email at sportsmedicine@berkeley.edu if you have any questions. Please note that if the scheduled PPE is missed, a student-athlete may not be permitted to participate on the team's start date.

Please read the information on-line (<https://uhs.berkeley.edu/pre-participation-requirements-student-athletes>) about our insurance program carefully, and discuss as a family. Although illness and injury are not things that most people like to think about, it is vitally important that students know what to do if they are injured or need medical care. Accurate information about your family's insurance coverage and any subsequent changes are critical and allow for timely referral for treatment, as well as for claims processing.

The athletic insurance program provides excellent coverage if you have an athletic injury that requires outside services, such as diagnostic testing (e.g., MRI) or surgery. This program is designed to comply with NCAA and PAC-12 rules. Please be aware that *injuries that are not a direct result of participation in our programs and injuries that happened before you began participation in our programs are **not** covered by Cal Athletics.* Cal

Athletics is responsible for care/payment on athletic injuries that occur as a direct result of participation in our programs, and coverage is limited to up to four years from the date of graduation or separation from the University, and does require preauthorization before any services are rendered. Please consult the Intercollegiate Athletics Student Athlete Handbook for full details.

We strongly recommend that you update your immunizations before arriving on campus. Please contact your personal physician if you have questions concerning these or any other immunizations. As mandated by the UC Office of the President, **all incoming and re-admitted students** must satisfy **immunization and TB clearance requirements** prior to the start of their first semester. For more information go to the web site at <https://uhs.berkeley.edu/requirements> and review the materials posted there related to immunizations and vaccinations.

Finally, on a more personal note, let us assure you that our Sports Medicine staff continually strives to provide all of our student-athletes with the highest quality of medical care. Thank you once again for all of your support. Go Bears!

Sincerely,

Lindsay Huston MD
Head Team Physician

Ryan H. Cobb, MS ATC
Sr. Associate Athletic Director
Performance, Health & Welfare

Laura A. Dixon MS ATC
Associate Head Athletic Trainer