Athletic Training Presentation

DELAWARE VALLEY UNIVERSITY

Each year, all student-athletes MUST have the following completed and sent to the Athletic Training Department in order to be able to participate in any intercollegiate-related activities

- Athletic Insurance Verification Form
- Copy of your Insurance & Dental Cards (front and back)
- Physical Evaluation Form (on or after June 1, 2020)
- Copy of your Immunization Records
- Medical History Form
- Concussion Acknowledgement Form
- Athletic Consent and Treatment Form
- Sickle Cell Trait Reporting Form MANDATED BY THE NCAA
- Sickle Cell Lab Results Verification
- Video of Balance Test Uploaded
- Copy of ImPACT Test Confirmation
- DelVal Social Media Policy/MAC Sportsmanship Agreement
- ADHD Physician Form (only if you have been prescribed medication)
- NCAA Student-Athlete Statement & Consent Form



ATHLETIC TRAINING

We have completely moved to Electronic Medical records (EMR) and the process in which to fill out and submit all of the necessary paperwork can be done via the medical portal.





The first step is to log on to the portal website at https://delval.medicatconnect.com

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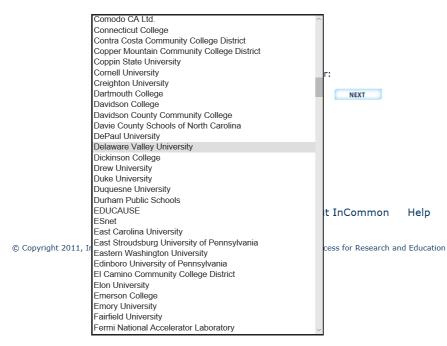
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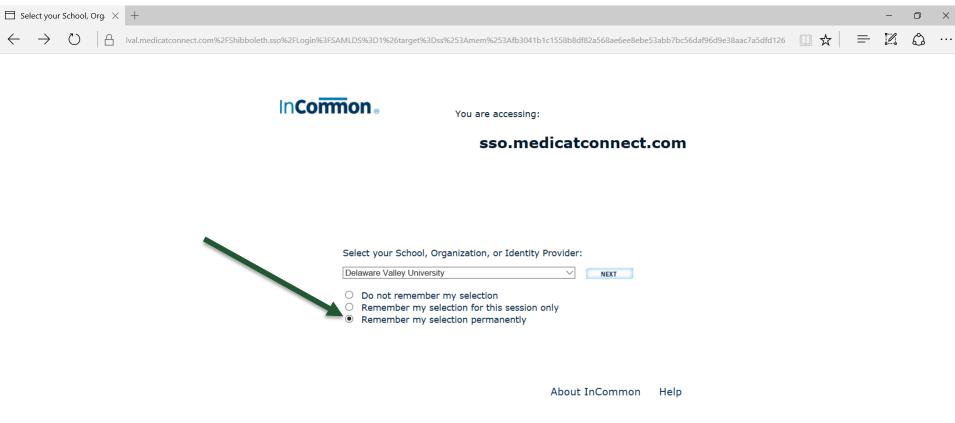
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Depending on where you are logging in from select the appropriate option



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Log In using your DelVal student username and password for MYDELVAL

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Once logged in you will be sent to your portals main page

Submitting Online Forms

Click on: "FORMS" Tab

- 1. Scroll Down: and complete all Health forms and Athletic forms that apply to you
- 2. Click on each form that applies to you and fill it out entirely. After filling out each form, you must click "<u>SUBMIT</u>":
 - I. Consent to treat and Emergency Contact Form
 - II. Medical History Form*
 - **III. Athletic Insurance Verification Form**
 - **IV.** Concussion Acknowledgement Form
 - V. Athletic Consent and Treatment Form
 - VI. NCAA Student-Athlete Statement & Consent Form
 - VII. MAC Sportsmanship & DelVal Social Media Form VIII.Sickle Cell Verification Form(NEW Students)

*Medical History Form is used by both the Health Center and Athletic Training

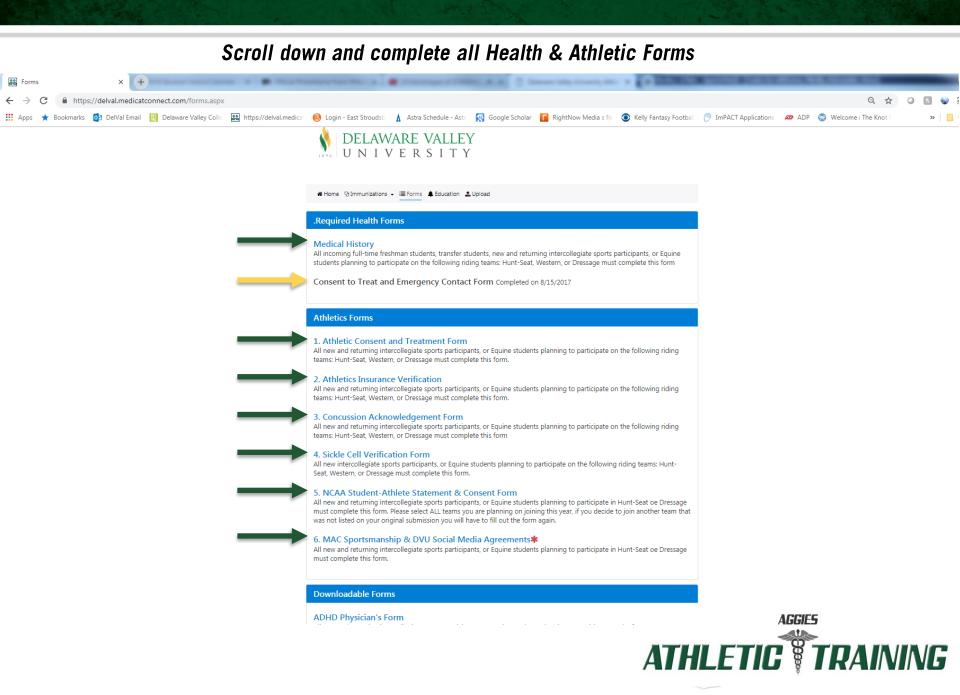


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ATHLETIC TRAINING

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Athletic Consent and Treatment Form

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Athletic Insurance Verification Form

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			2. Athletics Insurance Verification All Athletes are required to provide a Health Insurance Verification Form each year. If you do not have health insurance, you car burchase an insurance plan from the University. This completed Insurance Verification form and a copy of your INSURANCE CARD, Front and Back, must be received in the Athletic Training Department. If you have DENTAL INSURANCE, please provide us a copy of your dental insurance card. Student Name: *						
			Social Security Number: *						
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Concussion Acknowledgement Form

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#### Sickle Cell Reporting Form

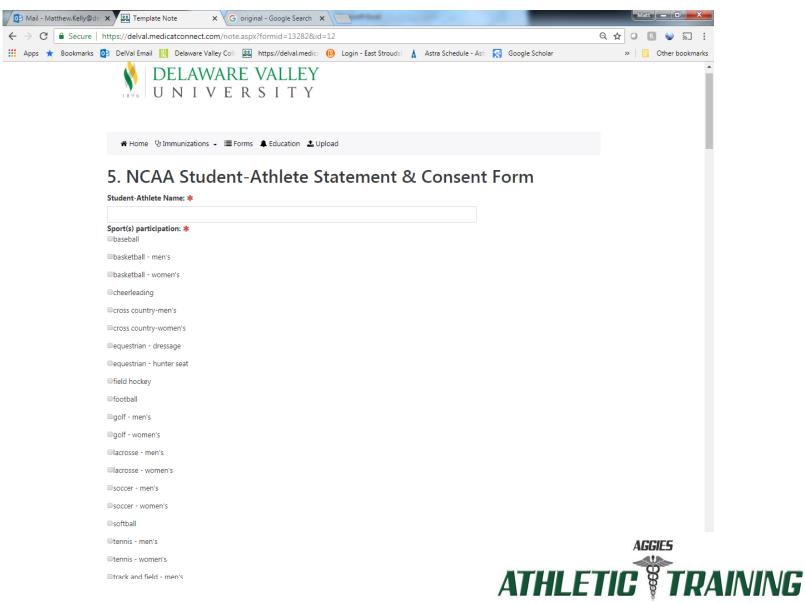
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		4. Sickle Cell Delaware Valley University Sickle Cell Trait - Reporting Form:						
		About Sickle Cell Trait: ~Sickle Cell Trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood o ~Sickle Cell Trait is a common condition (> three million Americans)	cells.					
		Although Sickle Cell Trait is most predominant in African-Americans and those of Mediterranean, Middle Caribbean, and South/Central American ancestry, persons of all races and ancestry may test positive. ~An undiagnosed trait can be dangerous, even fatal. During intense, sustained exercise, hypoxia (lack o muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to a c shape), which can accumulate in the bloodstream and "logjam" blood vessels, leading to collapse from a muscles starved of blood and possible death. Twenty-one college football players with Sickle Cell Trait h over the past decade. ~If an athlete tests positive, he or she will still be able to participate in athletics activities with certain pre-	of oxygen) in the crescent or "sickle" the rapid breakdown of have collapsed and died					
		More information on Sickle Cell Trait may be found at the following NCAA website: http://www.ncaa.org/wps/wcm/myconnect/public/NCAA/Health+and+Safety/Sickle+Cell/Sickle+Cell+Land	ding+Page					
		Sickle Cell Trait Testing: The NCAA has mandated that all Division III student-athletes be tested for Sickle Cell Trait and show pro participating in athletic-related activities, including intercollegiate athletics events, strength and conditio practices, competitions, etc.						
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#### **Medical History Form**

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	Medical History Report of Medical History *Please complete this form before going to your physician for examination*							
	Do you have Allergies to: (List and Include reaction):							
	Medication Allergies:							
	Food/insect Allergies:							
	List All medications you are now taking (include over the counter, supplements, birth control pills, allergy serum, Include the dose.	, psychotropic).						
	List any illness or medical condition for which you are currently being treated.							
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#### NCAA Student-Athlete Statement & Consent Form





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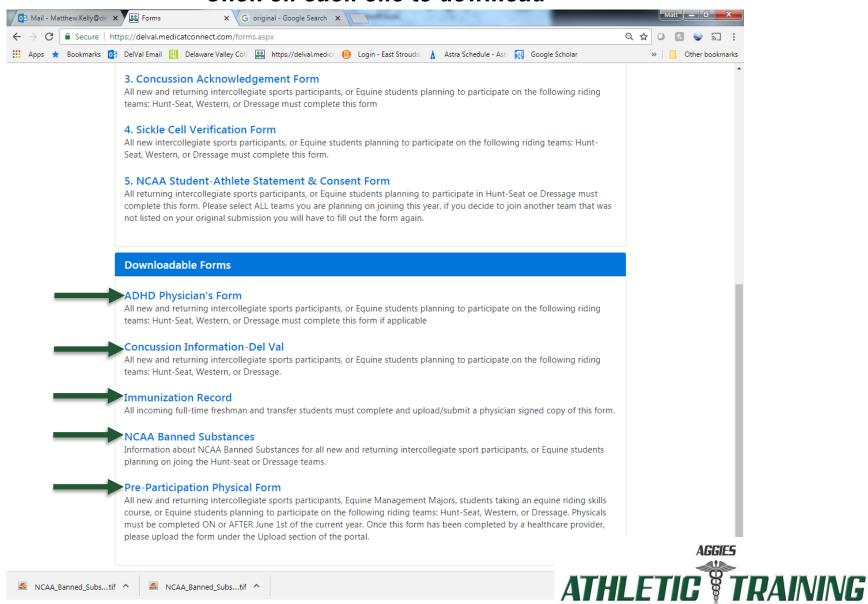
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3. Concussion Acknowledge Form All new and returning intercollegiate sports participants, or Equine students planning to participate on the following riding teams: Hunt-Seat, Western, or Dressage.					
4. Sickle Cell All new and returning intercollegiate sports participants, or Equine students planning to participate on the following riding teams: Hunt-Seat, Western, or Dressage.					
Downloadable Forms					
Athletic ADHD Physician's Form All new and returning intercollegiate sports participants, or Equine students planning to participate on the following riding teams: Hunt-Seat, Western, or Dressage.					
Concussion Information-Del Val All new and returning intercollegiate sports participants, or Equine students planning to participate on the following riding teams: Hunt-Seat, Western, or Dressage.					
Immunization Record All incoming full-time freshman and transfer students must submit all Medical forms to the Health and Wellness Center.					
Pre-Participation Physical 2017 All new and returning intercollegiate sports participants, Equine Management Majors, students taking an equine riding skills course, or Equine students planning to participate on the following riding teams: Hunt-Seat, Western, or Dressage. Physicals must be completed ON or AFTER June 1st of the current year. Once this form has been completed by a healthcare provider, please upload this form under the Upload section of the portal.					
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This MUST be signed/stamped by a Physician with the date of the exam

ATHLETIC TRAINING

#### Print out Immunizations Form and have your Doctor's office fill out and stamp/sign

Forms   ADHD_Physicians_Form.pdf   Pre_Participation_Physical_2   Concussion_Information-De Immunization_Record_2 × +	- 🗆 ×
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1 of 1	- + 0 0 & 8
Return completed forms to:     Delaware Valley University       Student Health and Wellness Center     Phone: 215-489-2252       700 East Butler Avenue     Fax: 215-230-2990       Doylestown, PA 18901     Email: HealthCenter@delval.edu	
Name Date of Birth/ THIS FORM MUST BE COMPLETED AND SIGNED BY YOUR HEALTH CARE PROVIDER	
Required Immunizations	
A. MENINGOCCAL Quadrivalent <u>Required</u> second, or booster vaccine, is required. $\begin{array}{c} \text{If the student first received the meningitis vaccine prior to turning 16 years of age, a} \\ \#1 \underbrace{//}_{\text{Mo}  \text{Day}  \text{Year}} \\ \#2 \underbrace{//}_{\text{Mo}  \text{Day}  \text{Year}} \\ \end{array}$	
<ul> <li>B. VARICELLA (Birth in the U.S. before 1980, a history of chicken pox, a positive varicella antibody, or <i>TWO</i> doses of vaccine meets the requirement.)</li> <li>1. History of Disease YesNo or Birth in the U.S. before 1980 YesNo</li> </ul>	
2. Varicella antibody/ Result: Reactive Non-reactive Mo Day Yr 3. Immunization ( <u>Required 2 doses)</u> a. Dose #1/, b. Dose #2/	
C. M.M.R. (Measles, Mumps, Rubella) <u>Required (2 doses</u> ) Dose #1 #2	
D. TETANUS-DIPHTHERIA-PERTUSSIS <u>Required</u> Primary series with booster with Tdap booster in the last ten years 1. Primary series completed / / / / / / / / / / / / / / / / / /	
E. HEPATITIS B <u>Required</u> (Three doses of vaccine or positive hepatitis B surface antibody meets the requirement.)	
1. Immunization (hepatitis B)         Dose #1/ Dose #2/ Dose #3/	
2. Immunization (Combined hepatitis A and B vaccine)           Dose #1/         Dose #2//         Dose #3//	
3. Hepatitis B surface antibody Date// Result: Reactive Non-reactive	
F. POLIO <u>Required</u> Completion of primary series VES NO Date of last booster	
Recommended           G. HUMAN PAPILLOMAVIRUS VACCINE (HPV)         Dose #1         Dose #2	
H. HEPATITIS A Dose #1/ Dose #2/	
I. Meningococcal B Dose #1/ Dose #2/ Dose #3 ' '	AGGIES
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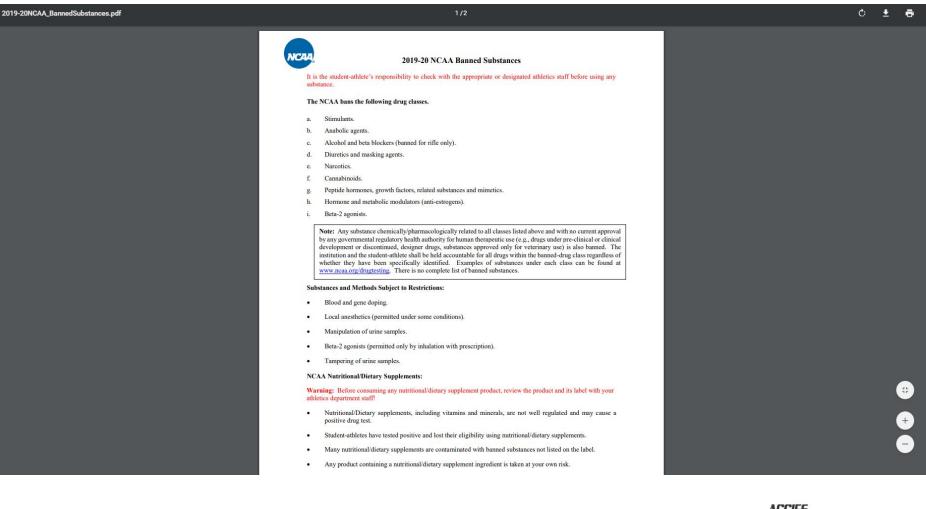
#### Manually enter in your immunizations with dates in this section then upload your record

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		Thank you for logging into DelVal Student Hea	Ith Services Patient	Portal.						
		Currently you have access to: • required forms • immuization management • patient education tools • secure emails from your DelVal healthcare provider • upload documents								
		To Do List								
			(							
		Upcoming Appointments	Fo	orms	Messages					
		You do not have any upcoming appointments.	You have forms tha	t need to be completed.	You have 0 unread message(s).					
		Uploads	Immur	nizations						
		You have documents that need to be uploaded. Please click the Upload link to send us the documents.								
							A	N	N	;

#### Download and carefully read through Concussion Information



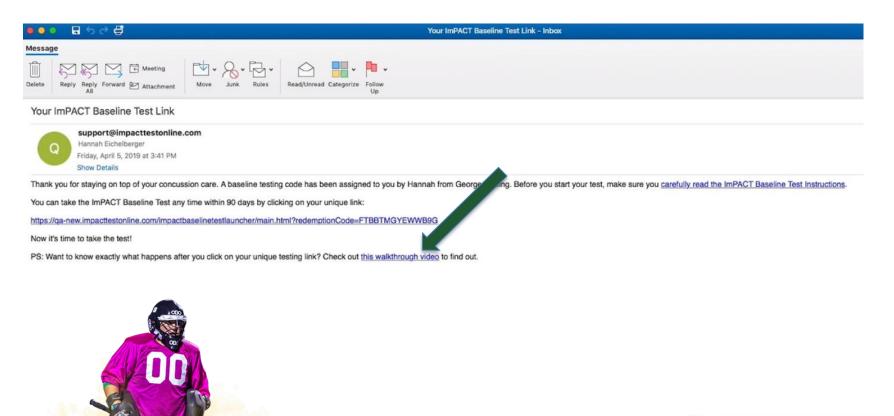
#### Download and carefully read through Banned Substance Information





		ADHD Physician's Form (only if applies to you)		
Forms	$\Box$ ADHD_Physicians_Form $ imes$	+	-	· o ×
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		Delaware Valley University Delaware Valley University Student Health and Wellness Center Doylest Buller Avenue Doylestown, PA 18501  Attletic Training ADHD Physician's Form The following is the recommended minimum requirements of required documentation from the prescribing physician to provide documentation to the Athletics Department/Athletic Training Staff regarding assessment of student-athletes taking prescribed stimulants for Attention Deficit Hyperactivity Disorder (ADHD), in support of an NCAA Medical Exception request for the use of a banned substance. For more information on this NCAA policy, please visit: http://www.ncaa.org/wps/scaa?ContentID-481 Name: DOB: Current Clinical Evaluation Date: BFP:/ Pulse: DDHD Rating Scale: ADHD Rating Scale: F/U Orders: First Clinical Evaluation BP: Pulse: Adderall and Ritalin are NCAA banned substances. Have other medications been considered? N or Y Comments: First Clinical Evaluation Date: Pulse: ADHD Rating Scale: Pulse: ADHD Rating Scale: Pulse:		11:56 PM
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Make sure you watch the walkthrough video which will be included on your email from ImPACT.

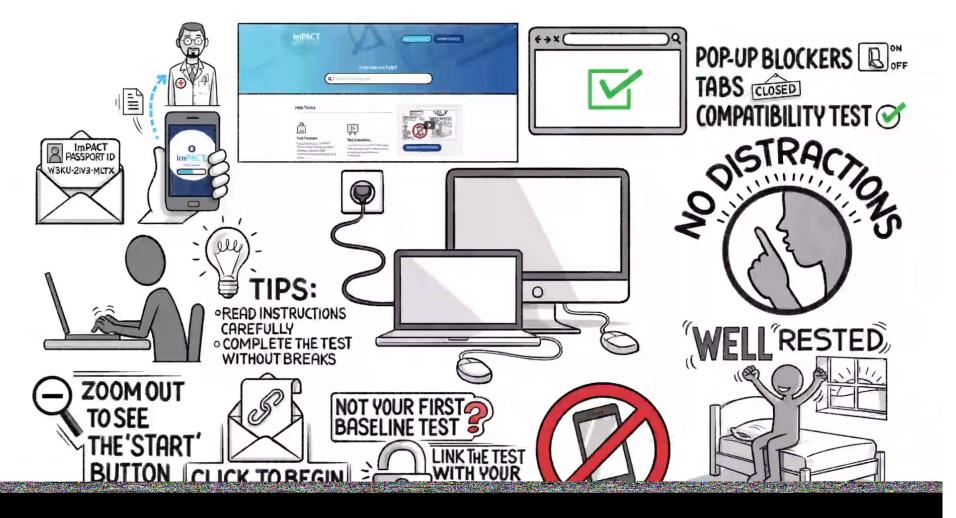






## Read instructions carefully, and do your best on all parts of the baseline test!







#### Then click the link to take your ImPACT Test

●●● -	Your ImPACT Baseline Test Link - Inbox
Message	
Delete     Reply Reply Forward @ Attachment     Move     Junk     Rules     Read/Unread Categorize     Follow	
Your ImPACT Baseline Test Link	
support@impacttestonline.com           Hannah Eichelberger           Friday, April 5, 2019 at 3:41 PM           Show Details	
Thank you for staying on top of your concussion care. A baseline testing code has been assigned to you by Ha	nnah from Conges Skiing. Before you start your test, make sure you carefully read the ImPACT Baseline Test Instructions.
You can take the ImPACT Baseline Test any time within 90 days by clicking on your unique link:	
https://qa-new.impacttestonline.com/impactbaselinetestlauncher/main.html?redemptionCode=FTBBTMGYEW	NB
Now it's time to take the test!	
PS: Want to know exactly what happens after you click on your unique testing link? Check out this walkthrough	video to find out.
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 Once you have completed your test, a confirmation page will appear with an option to email yourself this confirmation. Type in your email in the space provided and send it to yourself for your own records.





• Next click the option print your results or to save it as a PDF. You can either upload the PDF file, print this out and upload it, or take a picture of the confirmation on your phone and upload the picture into Medicat.

Name:	
Date of Birth:	
Test Type:	Baseline
Test Date and Time:	Jul 15, 2019 10:10:48 am EDT
Confirmation ID:	H_9B7B58F17F864D4B8B0C15A5C9D99E247BA0D6CABC284918A2873A 3F0417E22F
Your Passport ID*:	PERG-P99Q-WE6Y
Due to the clinical nature of ImPACT, o Passport ID. Download th	only a trained care provider can view your scores. They can access your clinical report by using your unique ImPAC ne ImPACT Passport app to record this unique code and find a concussion care provider when needed.
Drint this (	Confirmation Save as PDF



 If there is an indication on your page that you will need to retake your baseline test you will receive an email from ImPACT instructing you to take the test again.

From: support@impacttestonline.com <support@impacttestonline.com>

Sent: To:

Subject: [Important] Your ImPACT Baseline Test results are invalid

Thank you for taking an ImPACT Baseline Test. Unfortunately, your results came back as invalid.

A test may be considered invalid for one or more of the following reasons: a failure to follow instructions, being too tired, experiencing leftright confusion, or some other issue. For the complete list of reasons, check our Help Center -<u>https://help.concussionmanagement.com/knowledge-base/what-does-an-invalid-impact-baseline-test-mean/</u>.

Please allow **48 hours** before taking an ImPACT Baseline Test again. You can use **the same link** you've received in your purchase confirmation email. Carefully **review test taking instructions** <u>https://impacttest.box.com/v/ImPACTBaselineTestInstructions</u> before re-taking an ImPACT Baseline Test.

PS: Your ImPACT Passport ID is **3LVJ-V7D7-Q3QX**. Please **save your ImPACT Passport ID**. It helps grant healthcare providers access to your clinical reports. You can download ImPACT Passport at <u>https://baselinetesting.com/download-impact-passport-app/</u>.



### **Uploading Forms**

On Home page, click "UPLOAD" tab (Make Sure the Form or Object is of the appropriate format PDF, JPEG, App in Cell Phone)

- Select the appropriate Form/Object to be uploaded from the drop down menu:
  - A. <u>Pre Participation Physical Signed by Physician and Dated JUNE 1st 2020 or after</u>
  - B. <u>Health Insurance Card</u> Clear Picture or Photo Copy FRONT and BACK
  - C. <u>Dental Insurance Card (If Applicable) Clear Picture or Photo Copy FRONT and BACK</u>
  - D. <u>Immunization Records (NEW Students) completed /signed form, from Physician</u>
  - E. <u>Sickle Cell Lab Test Results or Newborn Screening Scan Results/Screening</u>
  - F. ImPACT Test Confirmation Page
  - G. <u>ADHD Physician's Form</u>

Click on "Upload" Each time you upload a file it will appear under the "DOCUMENTS ALREADY ON FILE".

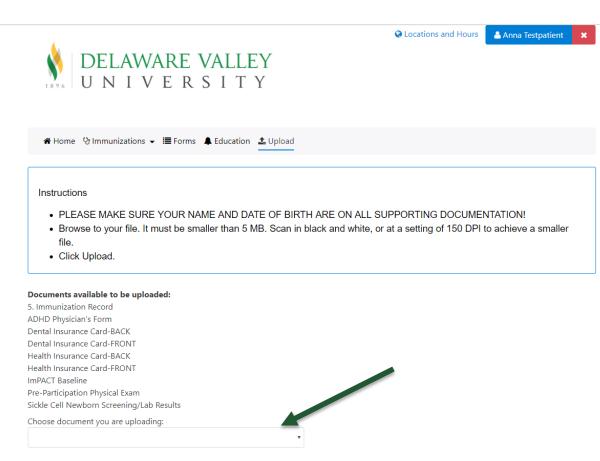


#### When your forms are completed scroll back up and click on the Upload Tab

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			Home ¹ / ₂ Immunization →      Errms Messages ¹ / ₄ Education ¹ / ₄ Upload ¹ / ₄					
			Required Health Forms					
			Medical History All incoming full-time freshman and transfer students must submit all Medical forms to the Health and Wellness Center.					
			Consent to Treat-Medical All incoming full-time freshman and transfer students must submit all Medical forms to the Health and Wellness Center.					
			Athletics Forms					
			1. Athletic Consent and Treatment Form All new and returning intercollegiate sports participants, or Equine students planning to participate on the following riding teams: Hunt-Seat, Western, or Dressage.					
			2. Athletics Insurance Verification All new and returning intercollegiate sports participants, or Equine students planning to participate on the following riding teams: Hunt-Seat, Western, or Dressage.					
				5				



#### Once on the Upload Page use the drop menu to select what you will upload



Documents already on file



### Make sure you select the correct file you wish to upload and that it is a JPEG or PDF File

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### As you upload files, they will appear under documents already on file

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## **Balance Testing**

New starting on the 2020-21 school year each student athlete will now have to have a balance baseline test. Each student will preform the Modified Balance Error Scoring System (BESS) which is comprised of preforming 3 stances for 20 seconds each.





# **Balance Testing- Video Setup**

- Get a device that can record your test and set it up in a location where you can clearly see yourself from head to toe.
- Make sure you have plenty of room around yourself, so you do not trip on anything or if you fall you do not hurt yourself
- Before you start you test make sure you have something that will keep time your you for each stance which will last 20 seconds each. You may also play the informational video that will also have each stance timed out for you if you do not have someone else to record your video for you.
- When you start your video please state your first and last name and what sports you will be participating in at DelVal (Ex: John Doe, Soccer and Tennis).





## **Balance Testing- Double Leg Stance**



- The first stance is a double leg stance where your feet are together with your hands on your hips.
- When the timer starts you will close your eyes until the 20 seconds are complete.
- Try to maintain this stance as best you can, if you feel like you are going to fall, catch yourself and return to this stance as soon as possible.
- Once the 20 seconds is complete you can open your eyes



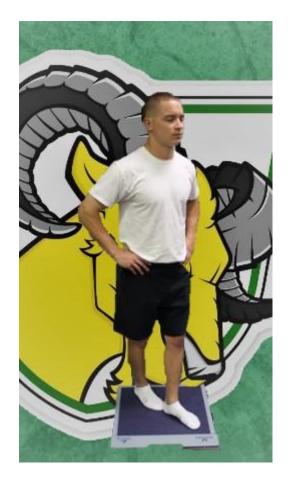
### **Balance Testing- Single Leg Stance**



- The next stance is a single leg stance where you stand on your non-dominant leg. To figure this out think of what foot you would kick a ball with and you will stand on that leg. (Ex: Kicks ball with right leg, stands on right leg).
- When the timer is about to start lift up the other leg you are not standing on and when the timer starts you will close your eyes keeping them shut until the 20 seconds are complete.
- While you are standing do not let your lifted leg touch the other leg and try to maintain this stance as best you can, if you feel like you are going to fall, catch yourself and return to this stance as soon as possible.
- Once the 20 seconds are complete you may open your eyes



### **Balance Testing- Tandem Leg Stance**

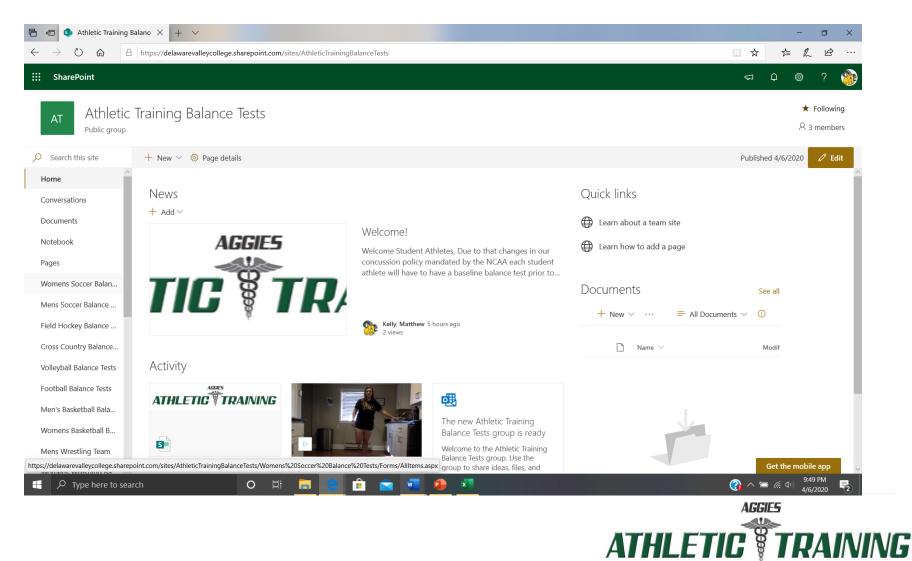


- Tandem stance is similar to standing on a balance beam where you will have the leg you just stood on behind your other foot with the toes of your back foot touching the heel of your front foot.
- When the timer starts you will close your eyes until the 20 seconds are complete.
- Try to maintain this stance as best you can, if you feel like you are going to fall, catch yourself and return to this stance as soon as possible.
- Once the 20 seconds is complete you can open your eyes



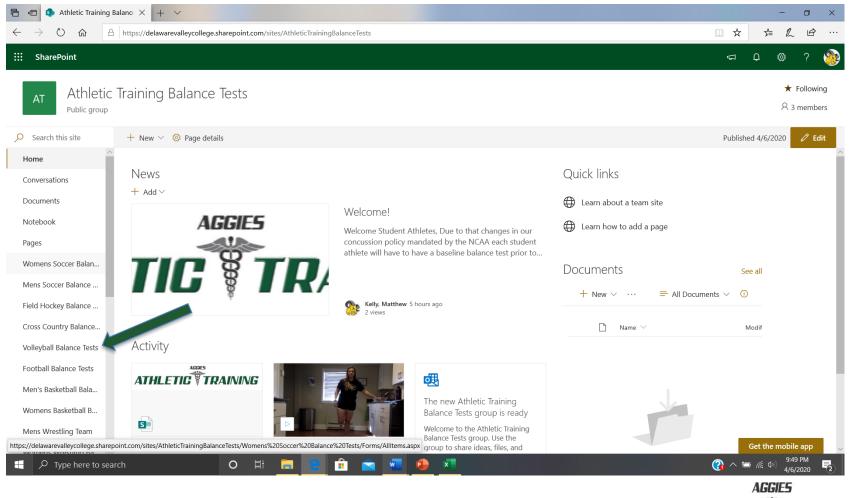
# Balance Testing- Uploading Video

Click on link: Athletic Training Balance Test Webpage



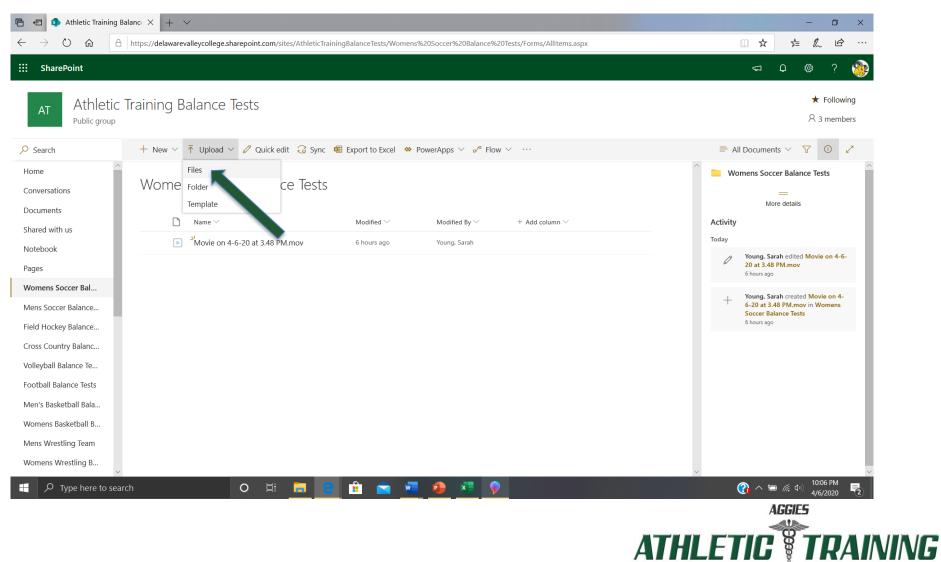
## **Balance Testing- Tandem Leg Stance**

Once you reach the main page, scroll down the navigation menu on the left and click on your appropriate team.



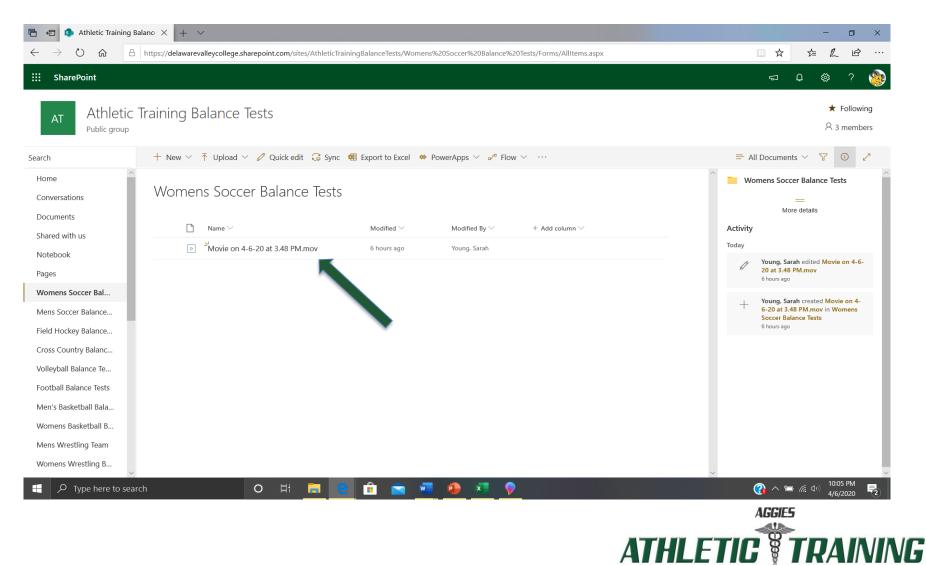
# Balance Testing- Uploading Video

### Once there click on the upload tab and select the files option.



## **Balance Testing- Upload Video**

Select your video file of your test to be uploaded, then check your video to be sure it uploaded correctly



Please check your emails throughout the summer as the Health Center and Athletic Training Staff begin to review your forms being submitted

If there are any issues we will be contacting you via the Medicat Portal, Email or by Phone.

If we send you a message there will be an automated message sent to your MyDelVal email account.



### The message can be accessed in the Portal to see what needs to be corrected

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			Currently you have access to: • required forms • immuization management • patient education tools • secure emails from your DelVal healthcare provider • upload documents									
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## Medical Insurance

- All student athletes who attend DELAWARE VALLEY UNIVERSITY must carry health insurance. <u>This is a University policy</u>, one that the athletic department adheres to implicitly.
- For this reason and others, it is very important that we have accurate and complete insurance information in reference to the student athlete. This form of insurance will be identified as their primary insurance.
- Student Athletes who are cleared for participation by the Athletic Administration and Athletic Training Staff will be eligible to be covered by our athletic insurance policy, which will be identified as secondary insurance.
- It only covers injuries incurred while the student athlete is engaged in practice and/or competition of his/her sport. Illness or sickness will not be covered under this secondary policy.
- This supplemental insurance also provides some coverage if you suffer a dental injury while participating in athletic activities, BUT there are important exclusions.



## **Dental Insurance**

For a dental injury to be covered, the injured tooth/teeth must be your natural teeth with very limited previous dental work. Any injuries to false teeth, dentures, bridges, etc. will not be covered. Injuries to teeth that have had a root canal will not be covered. <u>REMEMBER TO WEAR YOUR MOUTHGUARD!</u>

The plan will help pay Covered Expense incurred for dental treatment, including x-rays, for an injury to a tooth:

1. With no fillings or cavities or only fillings or cavities that do not undermine the tooth cusps; and

ATHLETIC TRAININ

- 2. For which pulpal tissues are healthy and intact
- 3. For which periodontal tissue shows little or no signs of active or chronic inflammation.

# **Questions?**

Valerie Rice-Smith LAT, ATC - (215) 489-2353 or Valerie.Rice@delval.edu

Bob Strassler LAT, ATC - (215) 489-4581 or Robert.Strassler@delval.edu

Matthew Kelly MS, LAT, ATC - (215) 489-4458 or Matthew.Kelly@delval.edu



