

Lewis & Clark Sports Medicine New Student-Athlete

Medical Eligibility Tutorial



General Information

- July 15, 2025 is the deadline to complete all forms.
- All physical examinations must be done
 AFTER June 1, 2025.
- Your physical must be submitted on the L&C Sports Medicine form. <u>Substitute forms will</u> not be accepted.
- A copy of your primary insurance card is required.

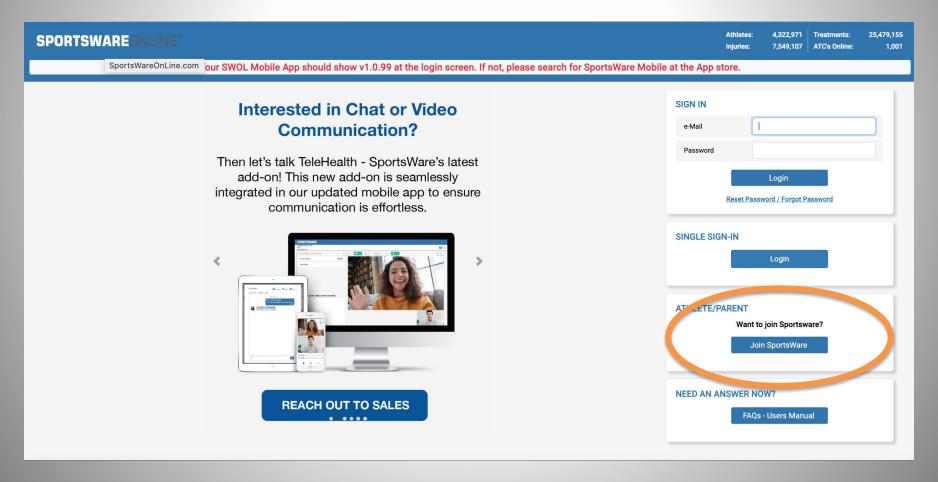


General Information

- All first-year student-athletes are required to submit medical documentation of a sickle cell trait blood test. This is an NCAA requirement.
- All medical documentation must be complete before you are medically cleared to begin participation.
- Please DO NOT send hard copies to the Sports Medicine department. All paperwork should be submitted via SportsWare unless otherwise instructed to do so.

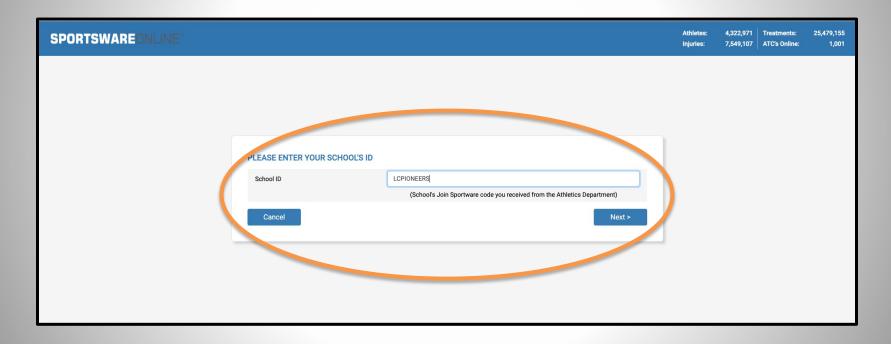
Creating a personal account in SportsWare

- Go to <u>www.swol123.net</u>
- Click "Join SportsWare"

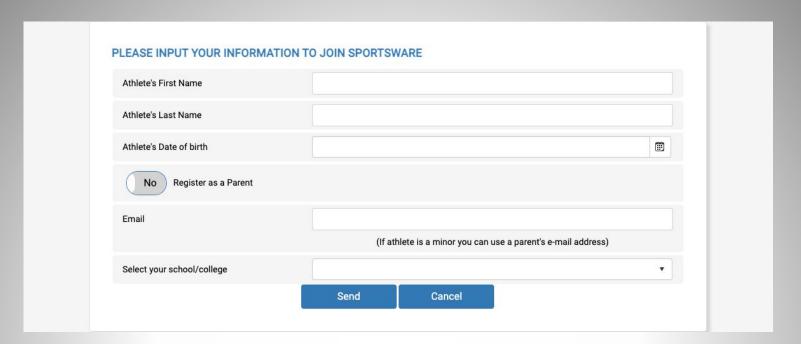


School ID = LCPIONEERS

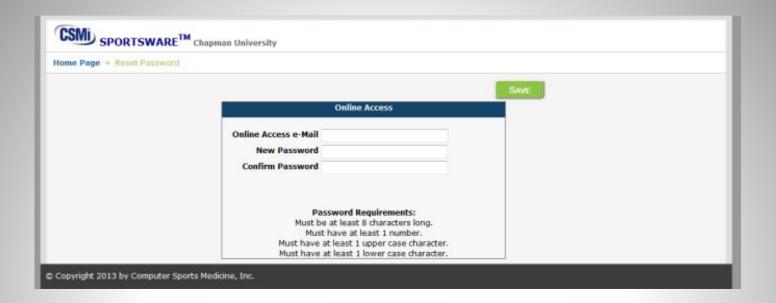
Enter "LCPIONEERS" in the "School ID" field



Click "Next"



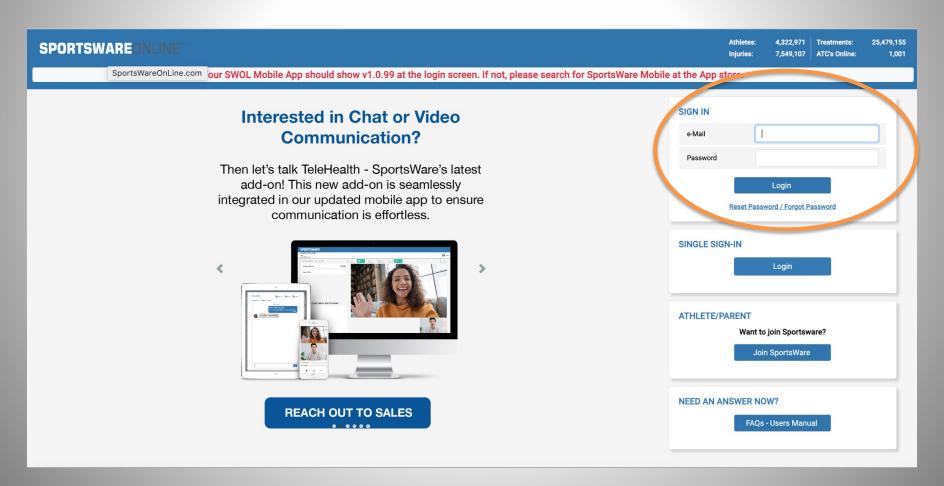
- Enter your first name, last name, and date of birth
- Enter your @lclark.edu email address.
- Select "Lewis & Clark" for school/college.
- Please do not attempt to register as a parent. We have disabled this feature.
- Click "SEND"
- Once you have clicked send, a notice will be sent to the L&C Sports Medicine department asking that you be approved to join our group.
- Once your request has been accepted (this make take 1-2 business days) you will receive
 an email from "admin@swol123.net" which will instruct you to setup your password and
 login.
- After you have set up your password you will be able to input all your information, complete required forms and upload required documents.



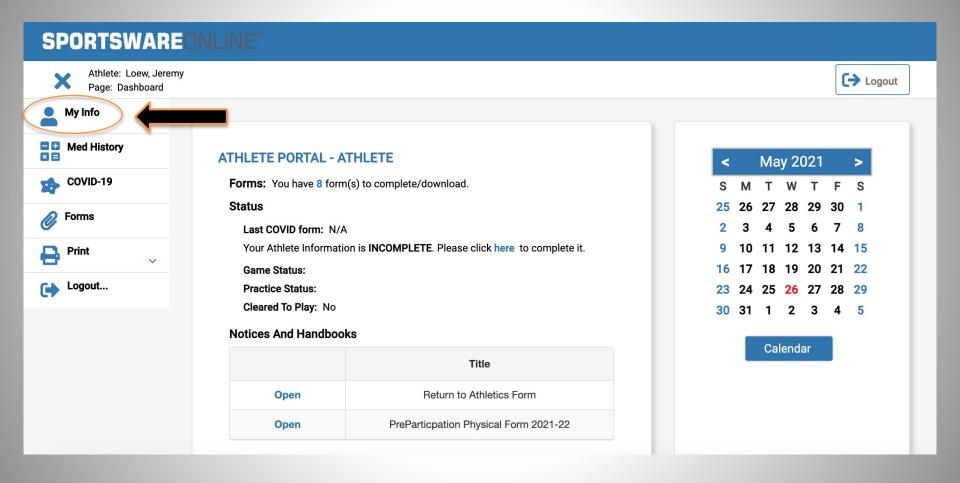
- Your online access e-mail is your L&C email (you@lclark.edu) that you supplied earlier.
- Create a password that meets the password requirements.
- Please save and remember this information.
- Once you have clicked "SAVE" you will receive a confirmation via email to login to SportsWare.

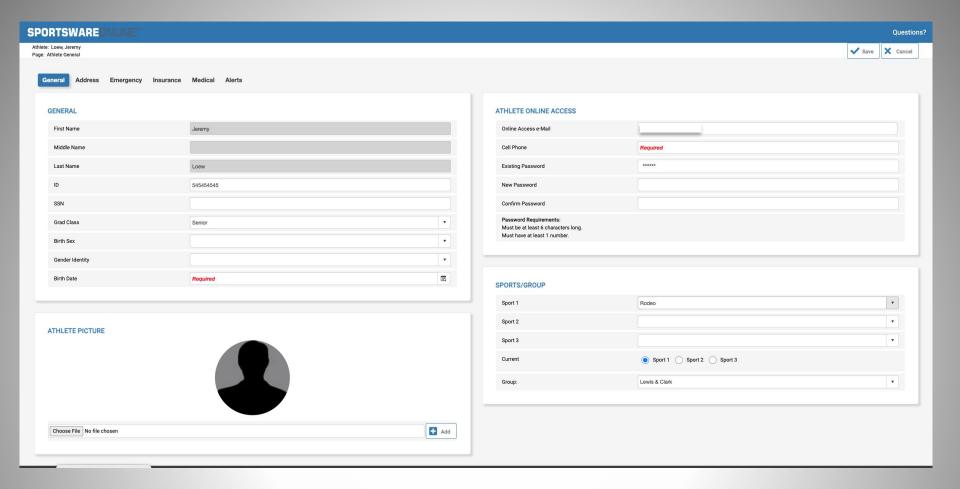
Logging into SportsWare

- Go to <u>www.swol123.net</u>
- Enter your email and password

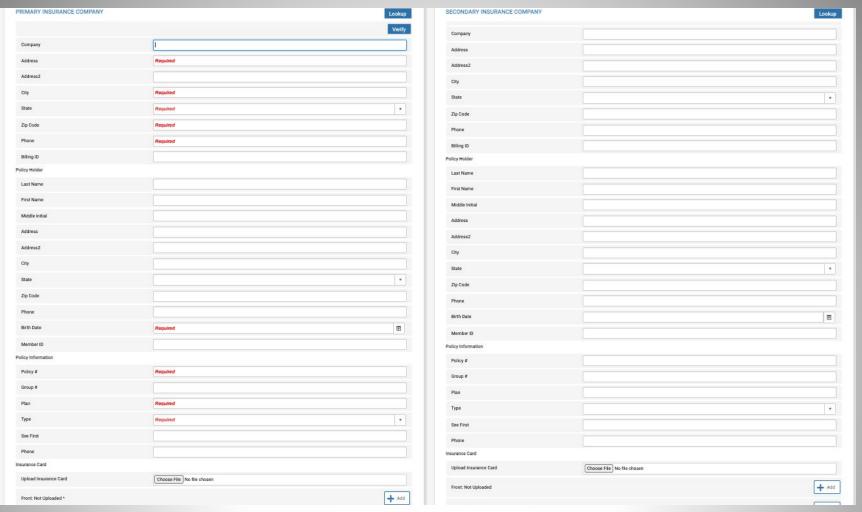


Click "My Info"

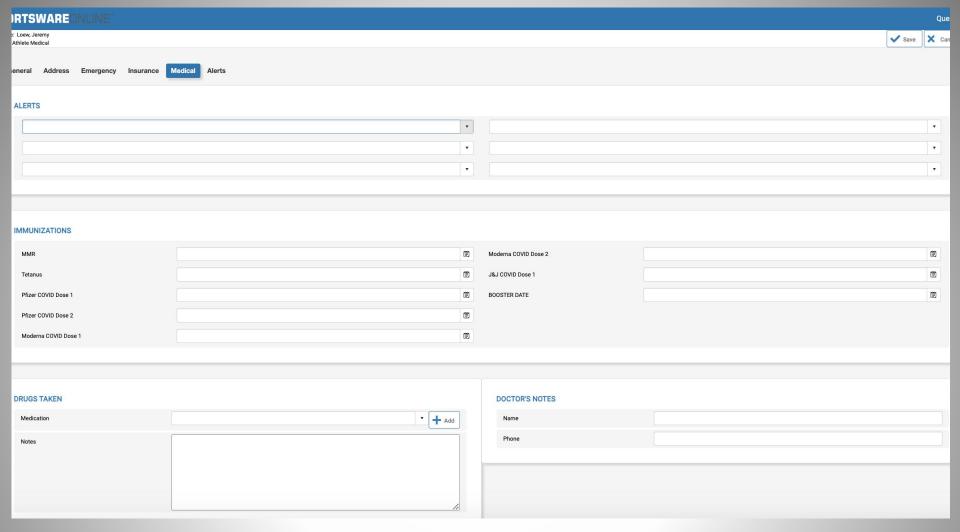




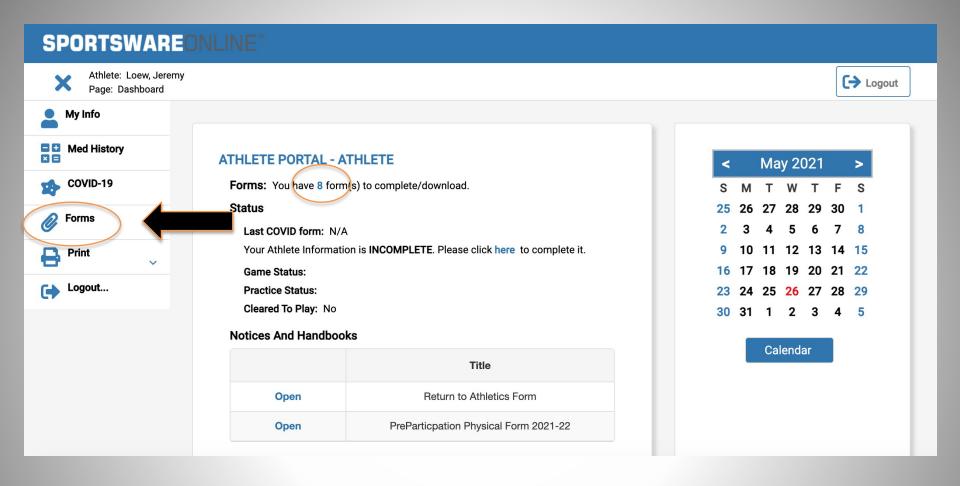
- Go through each of the 6 tabs at the top of the screen and input all information.
- In the "ID" field, please input your L&C Student ID number.
- Under "Athlete Picture" please upload a headshot. (Please do not use an action shot or family picture).
- Do not input your social security number. <u>IT IS NOT REQUIRED AND WE DON'T WANT OR NEED IT.</u>
- Click "SAVE" when all information is complete.



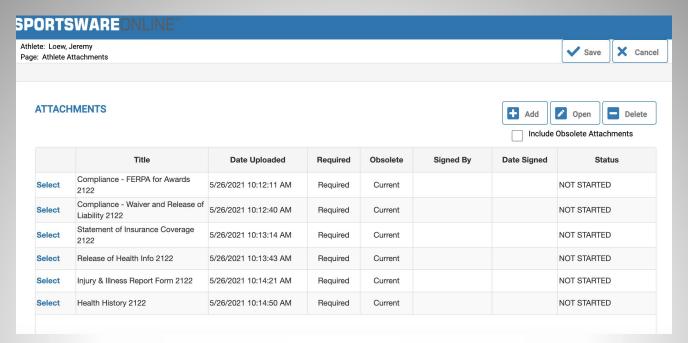
- Under the "INSURANCE" tab, please input all necessary information from your primary health insurance.
- "Policy" = your insurance ID or member number
- At the bottom of the page, click "Add" to upload an image of the front and back of your insurance card. <u>THIS IS REQUIRED!</u>
- Please provide secondary insurance information (including images of your card) if you have your own secondary insurance plan, not the plan carried by the athletic department.



- Click on the "Medical" tab.
- Add any medical alerts (i.e. asthma, allergies, diabetes, etc)
- Add the name of each medication you take. Press "Add" after each medication.
- Click "Save" in the upper right corner when you are done.



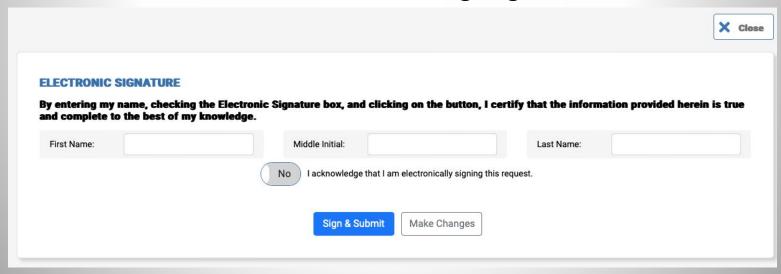
Click the <u>"Forms"</u> button to complete required electronic forms.



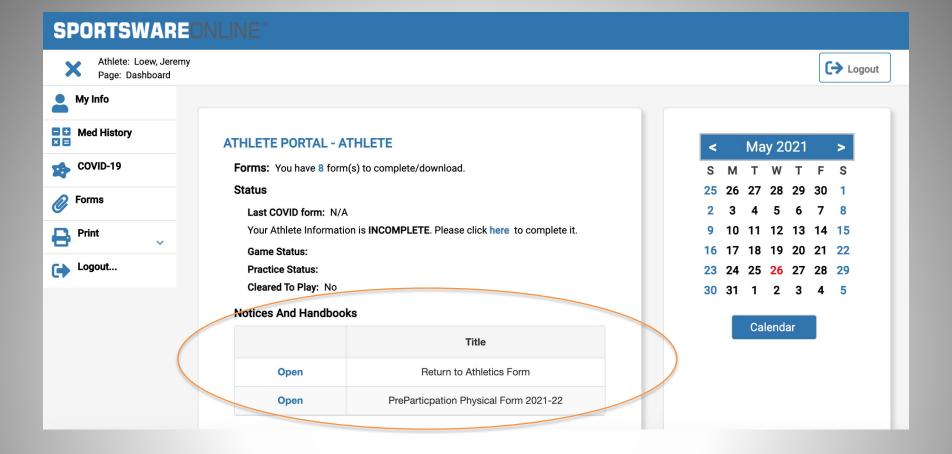
- Select and open each of the documents listed.
- Please carefully read each document before electronically signing.
- Open the Injury & Illness Reporting form. Click on the links embedded in the form and review the educational factsheets and videos on Sickle Cell trait and concussions. Electronically sign this document after you have reviewed the educational materials.
- Open and complete the Health History Questionnaire. Please give a complete explanation for any "yes" answer.
- There is no need to download to complete these forms. They are fillable PDFs that should be completed, signed, and submitted through SportsWare.



- After completing each form, click "Save & Submit".
 - Click "Continue to Signing.

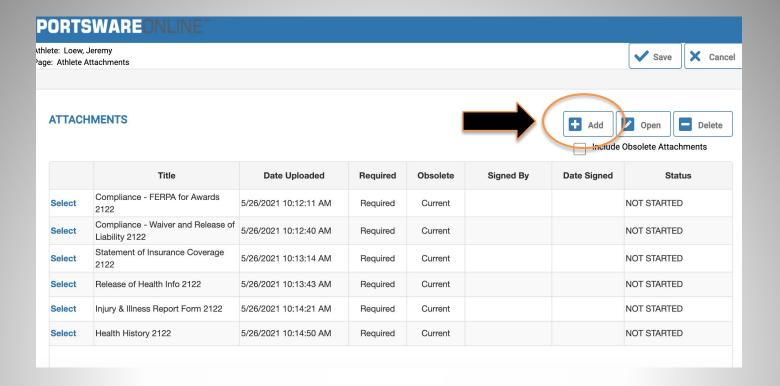


 Enter your name, acknowledge that you are signing electronically, and click "Sign & Submit".



Under "Notices And Handbooks" you will find downloadable documents.

- The L&C Physical Examination Form
 - Take this form to your physical exam and have the physician complete it.
 - The physician who performs your physical exam must complete the L&C form. **SUBTITUTE FORMS WILL NOT BE ACCEPTED.**
- Return to Athletics Form
 - Use this form if you require addition medical clearance from an ongoing health issue, surgery, or other medical illness or injury. Use the guidelines in the 1st Year Student-Athlete Checklist to see if you need this form.



- Once you have had your physical exam and the doctor has completed the L&C Physical Exam Form, scan and save it to your computer.
- Click "Add" on the top right of the screen and upload the document.
- Use this same "Add" function to upload medical documentation of your Sickle Cell Trait blood test and the L&C Return To Athletics form (if necessary).
- Please name your physical exam "<u>2025 Physical</u>" when you upload it.
- Please name your sickle cell trait documentation "Sickle Cell Trait Report" when you upload it.

- If you have problems or questions please contact Jeremy Loew, (503) 768-7032/<u>iloew@lclark.edu</u> or Tara Boatman (503) 768-7551/<u>boatman@lclark.edu</u> in the Sports Medicine office.
- Please submit all information by July 15.

