

STUDENT TRYOUT FOR VARSITY OR JUNIOR VARSITY INTERCOLLEGIATE SPORTS – GUIDE

Every year, a limited number of students will tryout for several varsity and junior varsity athletic teams at the University of North Carolina at Chapel Hill. These students must be medically cleared to tryout for any team. In order to expedite the process safely and efficiently, the following guidelines have been established and need to be followed.

1. The student must have a documented physical examination by a licensed physician within the past 6 months. This documentation must indicate that the student has medical clearance to participate in vigorous physical activity.
2. The student must have completed the medical history on the first page of the Sports Medicine Tryout Form. Please download that tryout form for any outside physician to complete page 2 as the physical. Download from www.unc.edu – Healthcare at bottom – Campus Health Services – Sports Medicine - tryouts. Or use the link below.
http://campushealth.unc.edu/index.php/index.php/index.php?option=com_content&task=view&id=751&Itemid=57
3. Each tryout athlete must submit proof of adequate insurance and insurance card prior to the tryout period.
4. Documentation of testing for sickle cell trait is new NCAA requirement, and must be verified prior to clearance for tryout. This is a blood test that can be done by your physician or can be performed at Campus Health Services for a fee of \$14.00 (this fee may vary slightly)
5. These documents must be reviewed by one of the primary care Sports Medicine physicians at UNC to receive clearance to tryout. After review, any student, whose medical history and/or physical examination contains information that questions the student's well-being to tryout, must undergo a comprehensive review of medical history and may require physical examination by one of the UNC Sports Medicine physicians before they will be cleared to tryout. Participation in the tryout is **contingent on obtaining a medical release** from our SM physicians.
6. This Medical Release is valid only for the one sport tryout listed.
7. If a student trying out for a varsity or JV team makes the roster, the student then needs to complete the 6 page UNC Pre-Participation Medical History Form and get a comprehensive physical exam by one of the Sports Medicine physicians as soon as can be arranged by the staff athletic trainer. No further participation is allowed until this physical exam is conducted. The student must also complete the student insurance form and provide their policyholder information.

Sports Medicine's ability to perform these screening exams in August/September is very limited due to the number of varsity athletes they see at the start of the school year and general patient demands. Sports Medicine may be able to perform only a limited number of exams but can not guarantee this ahead of time unless arranged by the head coach in advance for a group screening. A **non-refundable \$40 fee** will be assessed if this exam is done at CHS Sports Medicine or General Medicine Clinic.

Other options to obtain a physical in the Chapel Hill area are available through any clinic or urgent care walk-in facility. Call the facility to arrange your appointment and be sure to take the UNC Tryout form. Bring the completed forms with a copy of your insurance card by the Sports Med clinic at CHS to get medical clearance to tryout.