



DETAILS & REQUIREMENTS:

A pre-participation physical examination (PE) and health history form (HH) is required from all participants in every sport club for the 2021-2022 academic year.

- Must use the provided Cal Sport Club specific PE and HH forms
- Must be completed by completed by a Doctor of Medicine (MD), Doctor of Osteopathic Medicine (DO), Physician Assistant (PA) or Nurse Practitioner (NP).
 - PE & HH completed by family members will **not be accepted**, regardless of credentials.
 - If you have a pre-existing condition that may affect your ability to participate in your sport, bring all relevant information to your appointment.
- A completed exam must have:
 - A stamp or patient sticker from the medical office on both the PE & HH pages
 - A legible signature from the MD, DO, PA or NP

Clearance & Submission Process:

- In order to protect your personal health information, you will upload your forms into your eTang portal. **(Process TBD - details will be provided soon)**
 - **DO NOT EMAIL YOUR FORMS**
 - This is not an automated process, your forms will be reviewed by a healthcare provider.
 - Athlete may be asked to provide clarification or meet with additional healthcare providers for further evaluation prior to full clearance in sport club activities
 - Upon finding new or **relevant changes in an athlete's health information, your clearance status may change.**
- Athlete must be on IMLeagues roster
- **You will not be able to travel or complete until you are 'Approved' on IMLeagues**

SUGGESTED LOCATIONS:

- Your primary care physician, *if you do not have SHIP*
 - Local or non-local depending on your provider/coverage
- [WellnessMart](#) (\$40)
 - 1409 Webster St, Oakland, CA 94612
 - Price regardless of insurance type
- [Carbon Health](#) (\$50)
 - 2920 Telegraph Ave, Berkeley, CA 94705
 - Pricing only offered with SHIP.
 - Select "Sports Physical" when booking appointment
- [Instant Urgent Care](#) (\$139)
 - 3095 Telegraph Ave, Berkeley, CA 94705
 - Pricing regardless of insurance
- [Walgreens](#) (\$69)
 - Pricing regardless of insurance
 - Locations vary; no locations within 50 miles of Berkeley
- [CVS](#) (\$45-89)
 - Pricing regardless of insurance
 - Locations vary; no locations within 50 miles of Berkeley
- [The Tang Center](#) (\$50)
 - To book an exam at the Tang Center you MUST call to schedule an appointment (510) 642-2000 - press option 4