



THESE INSTRUCTIONS ARE FOR **RETURNING ATHLETES** WHO HAVE RECEIVED A PHYSICAL EXAM AND WERE MEDICALLY CLEARED TO PARTICIPATE IN SPORT CLUBS WITHIN THE LAST SCHOOL YEAR

DETAILS & REQUIREMENTS:

All returning participants of every sport club must fill out and submit a Returning Athlete's Health History form (HHR) in order to participate in the 2023-2024 school year.

- **If you were NOT medically cleared to participate in club sports during the 2022-2023 school year (or you are NEW to club sports), you need to get a physical and go through the PPE Process.**
- Must use the provided Cal Sport Club specific form: Returning Athlete's Health History form (HHR)
- Must be completed by the student.
 - HHR completed by family members or friends will not be accepted, regardless of credentials.
 - If you have a pre-existing condition that may affect your ability to participate in your sport, please be sure to note the details on your HHR form
- A completed exam must have:
 - The student's signature, as well as the date.
 - Signature must be signed, not typed.



CAL SPORT CLUBS QUICK REFERENCE GUIDE: MEDICAL CLEARANCE E-TANG SUBMISSION

DETAILS & REQUIREMENTS:

- To protect your personal health information, you will upload your HHR form into your [eTang portal](#).
 - **DO NOT EMAIL YOUR FORM AND DO NOT UPLOAD TO IMLEAGUES**
- The estimated turnaround time is 10 - 15 business days for your forms to be reviewed and your eligibility status to be updated in IMLeagues.
 - This is not an automated process; your forms will be reviewed by a healthcare provider with University Health Services. Your IMLeagues eligibility status will be manually updated by the sport club administration.
- Athletes may be asked to provide clarification or meet with additional healthcare providers for further evaluation prior to full clearance to participate in sport club activities.
- Upon finding new or relevant changes in an athlete's health information, your clearance status may change.
- While you wait for your forms to be reviewed please double check that you are registered with your sport club through [IMLeagues](#).
 - Athletes will not be cleared for participation if they are not registered on the club's IMLeague's roster.

E-TANG SUBMISSION PROCESS:

To upload your Medical Clearance HHR form, log into eTang.

1. Go to <https://etang.berkeley.edu>
2. Login using CalNet credentials
3. Click on 'Messages' on the left hand side
4. Click on 'New Message'

UNIVERSITY HEALTH SERVICES

Home for OSKI BEAR

You last logged in: 8/12/2021 9:53 AM [Log Out](#)

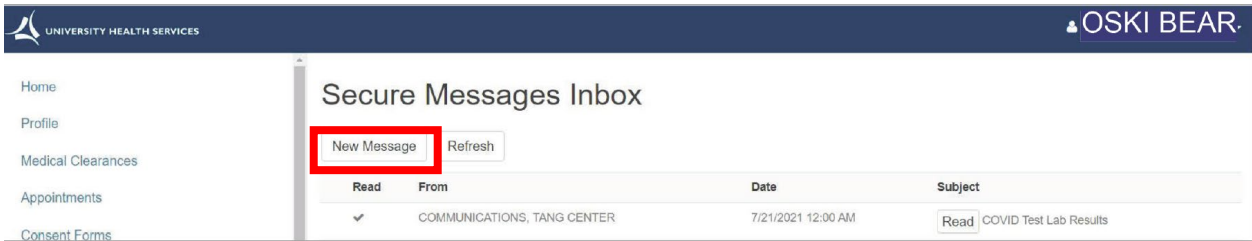
Show Badge (Clearance Status: Cleared)

Appointments Messages Lab Results Immunizations

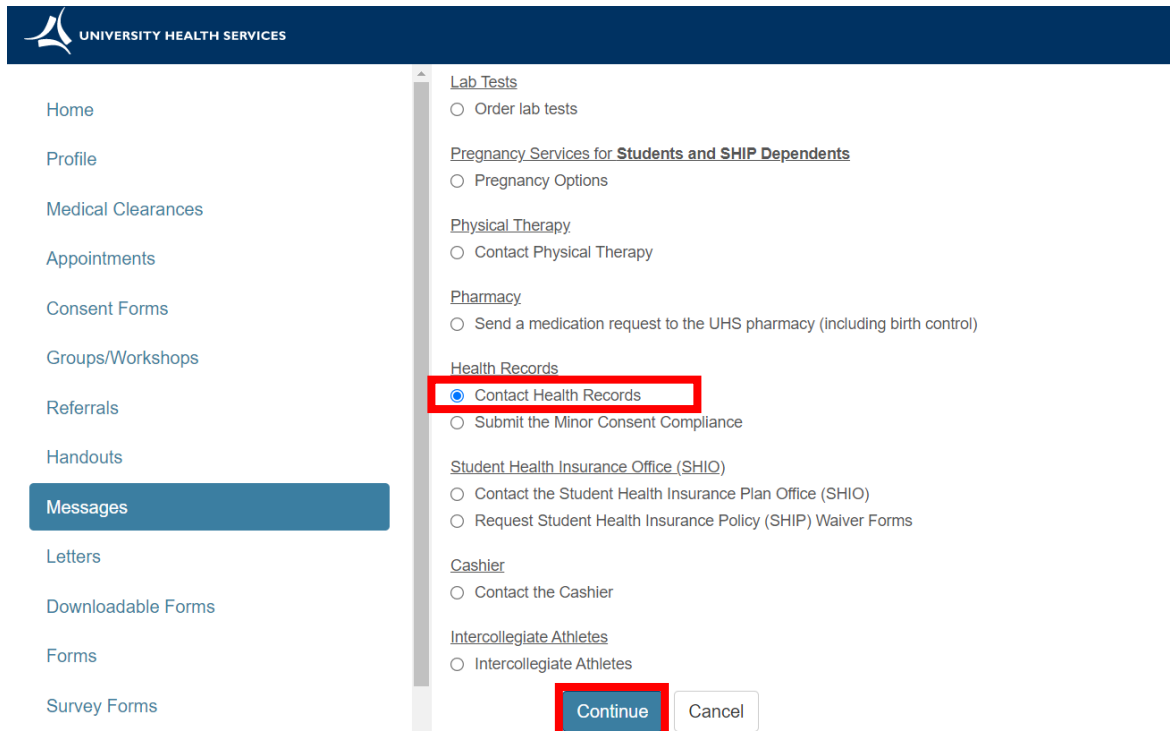
Upload your COVID-19 Vaccine record if you have not yet done so.

There is a new Notice of Privacy Practice that will need to be signed prior to scheduling appointments or sending sec of Privacy Practice

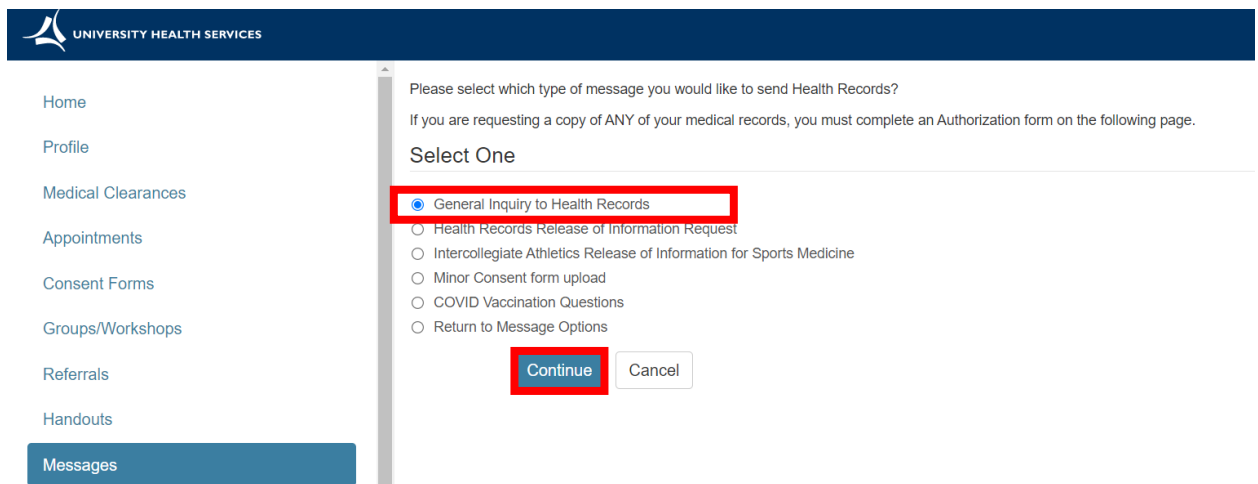
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5. Under the section "HEALTH RECORDS" Select 'Contact Health Records' and Click on 'CONTINUE'



6. Select 'General Inquiry to Health Records' and 'CONTINUE'



7. Draft subject title: '2023-2024 Sport Club Medical Clearance - HHR'
8. Attach your HHR Medical Clearance Form via "ADD ATTACHMENT"
 - a. The HHR form is three (3) pages long. Make sure you upload all 3 pages.
9. Click on 'Send'

UNIVERSITY HEALTH SERVICES

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Compose New Secure Message

No urgent messages. Please allow 48 hrs M-F for a response
This communication is part of your health record.

Recipient: HEALTH RECORDS, PROVIDER GROUP
Message Type: Standard Secure Message
Subject: 2023-2024 Sport Club Medical Clearance - HHR
Attachments: Add attachment...

Please compose your message in the space below:

Send Cancel

Review and status updates will take up to 10 -15 business days after documents are submitted via your eTang portal.

- After submission, if you have any questions please contact calscathletictraining@berkeley.edu
- Workflow:
 - Your HHR will be manually reviewed by University Health Services.
 - Sport Clubs will be notified of clearances ONCE PER WEEK.
 - Sport Clubs Admin will manually approve athletes in IMLeagues ONCE PER WEEK.

Returning Medical Clearance - Cal Sport Clubs - (HHR)

- yes no 1. Have you had any injury or illness since your last Club Sport physical exam which you have not completed?

Comment:

- yes no 2. Are you currently experiencing any symptoms related to a head injury/concussion?

Comment:

Cardiac History:

- yes no 1. Have you had a heart murmur?

Comment:

- yes no 2. Have you ever passed out or nearly passed out DURING or AFTER exercise?

Comment:

- yes no 3. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?

Comment:

- yes no 4. Does your heart ever race or skip beats (irregular beats) during exercise?

Comment:

- yes no 5. Do you get lightheaded or feel shorter of breath than expected during exercise?

Comment:

- yes no 6. Do you get more tired or short of breath more quickly than your friends during exercise?

Comment:

- yes no 7. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50?

Comment:

yes no 8. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?

Comment:

yes no 9. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?

Comment:

yes no 10. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?

Comment:

yes no 11. When driving or riding in a car do you use a seatbelt?

Comment:

yes no 12. Do you wear a helmet when driving or riding a scooter, bike, skateboard, or rollerblade?

Comment:

yes no 13. Are you aware UHS/Tang has resources related to mental health? (Accessible confidentially at Tang or communicate with Sport Club Staff) go to www.uhs.berkeley.edu and search "counseling"

Comment:

yes no 14. Are you aware UHS/Tang has alcohol and drug misuse resources? (Accessible confidentially at Tang or communicate with Sport Club Staff) go to www.uhs.berkeley.edu and search "social services"

Comment:

yes no 15. Are you aware UHS/Tang has resources related to preventative health and wellness? (Accessible confidentially at Tang or communicate with Sport Club Staff) go to www.uhs.berkeley.edu and search "preventative health and wellness"

Comment:

yes no 16. Are you aware UHS/Tang has resources related to "feeling safe"? (Accessible confidentially at Tang or communicate with Sport Club Staff) go to www.uhs.berkeley.edu search "social services" or <http://survivorsupport.berkeley.edu>

Comment:

yes no 17. Are you aware UHS/Tang has resources related to disordered eating? (Accessible confidentially at Tang or communicate with Sport Club Staff) go to www.uhs.berkeley.edu and search "eating disorder"

Comment:

yes no 18. Are you currently taking any prescription medication?

Comment:

yes no 19. Would you like to see a clinician (physician, athletic trainer, mental healthcare professional) today?

Comment:

yes no 20. Have you ever been diagnosed with sickle cell trait?

Comment:

My answers to the above questions are complete and correct.

Signature of student athlete

Date