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. Please see below.
  - 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.
    - 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 CalSportClubs@berkeley.edu
- Athlete must be on IMLeagues roster

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

UNIVERSITY OF CALIFORNIA, BERKELEY • DEPARTMENT OF RECREATIONAL SPORTS
Cal Sport Clubs • 2301 Bancroft Way, Berkeley, CA 94720-4420
Phone: 510-325-9890 • Email: CalSportClubs@berkeley.edu
Updated 09/02/2021
Details & Requirements:

- To protect your personal health information, you will upload your forms into your eTang portal.
  - **DO NOT EMAIL YOUR FORMS**
- 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 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 form, log into eTang:

1. Go to [https://etang.berkeley.edu](https://etang.berkeley.edu)
2. Login using CalNet credentials
3. Click on 'Messages' on the left hand side
4. Click on ‘New Message’
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: ‘2021-2022 Sport Club Medical Clearance’
8. Attach your Medical Clearance Forms via “ADD ATTACHMENT”
   a. This should be a minimum of two (2) pages including the health history form and the physical exam.
9. Click on ‘Send’

Review and status updates will take up to 10 - 15 business days after documents are submitted via your eTang portal.
   o After submission, if you have any questions please contact CalSportClubs@berkeley.edu
   o Workflow:
     ▪ Your physical 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.