



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



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

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>
2. Login using CalNet credentials
3. Click on 'Messages' on the left hand side
4. Click on 'New Message'

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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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Secure Messages Inbox

New Message Refresh

Read	From	Date	Subject
<input checked="" type="checkbox"/>	COMMUNICATIONS, TANG CENTER	7/21/2021 12:00 AM	Read COVID Test Lab Results

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

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- Lab Tests
 - Order lab tests
- Pregnancy Services for **Students and SHIP Dependents**
 - Pregnancy Options
- Physical Therapy
 - Contact Physical Therapy
- Pharmacy
 - Send a medication request to the UHS pharmacy (including birth control)
- Health Records
 - Contact Health Records**
 - Submit the Minor Consent Compliance
- Student Health Insurance Office (SHIO)
 - Contact the Student Health Insurance Plan Office (SHIO)
 - Request Student Health Insurance Policy (SHIP) Waiver Forms
- Cashier
 - Contact the Cashier
- Intercollegiate Athletes
 - Intercollegiate Athletes

Continue Cancel

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

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Please select which type of message you would like to send Health Records?
If you are requesting a copy of ANY of your medical records, you must complete an Authorization form on the following page.

Select One

- General Inquiry to Health Records**
- Health Records Release of Information Request
- Intercollegiate Athletics Release of Information for Sports Medicine
- Minor Consent form upload
- COVID Vaccination Questions
- Return to Message Options

Continue Cancel

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'

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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: 2021-2022 Sport Club Medical Clearance
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 CaISportClubs@berkeley.edu
- 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.