



Trinity Washington University Sports Medicine *ADHD Medical Exceptions Questions & Answers*

Background-

The NCAA bans classes of drugs that can be harmful to student-athletes and that can create unfair advantages during competition (NCAA Bylaw 31.2.3). Some medications that student-athletes are prescribed for legitimate medical reasons contain NCAA banned substances. The NCAA, through the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) has a procedure to review and approve the use of medications that contain NCAA banned substances through a ***Medical Exceptions Procedure***. Effective **August 1, 2009**, there will be a stricter application of the NCAA Medical Exception policy, and specifically for the use of banned stimulant medications (e.g. Ritalin, Stattera, Adderall, Vyvanse, Concerta, etc.) that are used to treat Attention Deficit Hyperactivity Disorder (ADHD)

What should student-athletes who have been diagnosed with ADHD and/or have been prescribed stimulant medications do?

Student-athletes who have been diagnosed with ADHD and/or have been prescribed stimulant medications should immediately notify a member of the Sports Medicine Department to begin the process of obtaining the necessary documentation.

What if a student-athlete has been treated since childhood with ADHD stimulant medications?

Student-athletes who have been treated since childhood with ADHD stimulant medications but do not have the pertinent records with regards to the diagnosis, management, and continuing evaluation must undergo a Comprehensive evaluation to obtain the necessary documentation.

What documentation must the student-athlete obtain from his/her prescribing physician?

At a minimum, student-athletes must provide the following documentation from the prescribing physician to the Trinity Washington University Sports Medicine Department.

1. Description of the evaluation process which identifies the assessment tools and procedures;
2. Statement of the diagnosis, including when it was confirmed;
3. History of ADHD treatment (previous / ongoing);
4. Statement that a non-banned ADHD alternative has been considered if a stimulant is currently prescribed;
5. Statement regarding follow-up and monitoring visits; and
6. Copy of the most recent prescription (as documented by the prescribing physician).

The aforementioned documentation must be on file with the Trinity Washington University Sports Medicine department in order for the student-athlete to participate in intercollegiate athletics at Trinity Washington University. All documentation can be sent to the following address-

Trinity Washington University
125 Michigan Avenue, NE
Trinity Athletics Department
Washington, DC 20017
Email: ClevelandS@trinitydc.edu

Who can student-athletes, parents, coaches, etc. contact with questions regarding issues surrounding ADHD medications and the NCAA Medical Exceptions Policy?

Student-athletes and/or parents with questions regarding the diagnosis of ADHD and/or the medication(s) prescribed should start by directing questions to the physician who initially conducted the evaluation and diagnosis.

Individuals with specific questions regarding the NCAA Bylaws related to banned substances, drug testing, and/or medical exceptions can view the NCAA website (www.ncaa.org/health-safety)



Trinity Washington University Sports Medicine
ADHD MEDICAL EXCEPTIONS NOTIFICATION FORM

I, _____ affirm that I have been informed by Trinity Washington University Sports Medicine
Student-Athlete Print Name

personnel on _____ about the NCAA Banned Substances List and NCAA Medical Exceptions Policy as
Date

it specifically pertains to the use of banned stimulant medications (e.g. Ritalin, Stattera, Adderall, Vyvanse, Concerta, etc.) that are used to treat Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), or like conditions. I attest that:

Initial _____	<u>I AM NOT</u> presently taking and/or have taken within the last 12 months any banned stimulant medications (e.g. Ritalin, Stattera, Adderall, Vyvanse, Concerta, etc.) that are used to treat Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), or like conditions.
Initial _____	<u>I AM</u> presently taking and/or have taken within the last 12 months banned stimulant medications (e.g. Ritalin, Stattera, Adderall, Concerta, etc.) that are used to treat Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), or like conditions. Medication _____

I, the undersigned, do hereby affirm that I understand that I am to immediately notify a member of the Trinity Washington University Sports Medicine Department should I ever be prescribed the aforementioned stimulant medications and that I must obtain and submit appropriate documentation from the prescribing physician.

I further attest that I have had any and all questions regarding the NCAA ADHD Medical Exceptions Policy answered to my satisfaction.

 Student-Athlete Signature

 Date

 Athletic Trainer Signature

 Date

 Athletic Trainer Print Name