

Sport Club requirements

1. New participant packet/ARMS Forms:

- a. New athletes:
 - i. Complete a new participant packet located in the binder. Please ask the student employee for this packet. All forms must be completed. Please make sure that there is a signature at the bottom of every page. There should be a total of 7 signatures.
- b. Returning athletes:
 - i. All forms must be completed on ARMS. Directions can be found at <https://recreation.ucmerced.edu/sport-clubs>
 - ii. Log into ARMS using your UC Merced ID. <http://sso.armssoftware.com/>
 - iii. Type: **University of California, Merced**
 - iv. Enter your UCMNetID and password
 - v. 6 forms will need to be completed on the ARMS dashboard
 - vi. Make sure that everything is accurate and submit.
 - vii. Monitor email for forms that are returned for corrections needed.
 - viii. Show student employee that you have submitted all forms.

2. Physical

- a. All student athletes must have a physical scheduled with the Student Health Center to be eligible for participation.
- b. Please call the Student Health Center at 209.228.2273 and request a sports physical.
- c. A physical must be completed/ scheduled to be eligible for practice. There will be no exceptions to this requirement.
- d. **You are not eligible to practice until this is completed.**

3. IMPACT baseline testing

- a. All student athletes must complete an IMPACT baseline concussion test. Please allow yourself 25-30 min in a distraction free environment to complete this requirement. Please make sure that all sections are thoroughly and accurately completed. This baseline is used to make sure that you are returning to your pre-participation level after a head injury.
- a. Go to <https://www.impacttestonline.com/htmllauncher/>
- b. Type in the customer code: **9Y2ZJWVUBJ**
- b. Click Launch Baseline Test (pop-up blocker must be disabled in chrome and firefox)
- c. Follow all directions on screen. **DO NOT SKIP Demographical data.**
- d. Complete test as accurate as possible.
- e. Email confirmation to yourself.
- f. Forward confirmation email to Jeremy Bowen: jbowen@ucmerced.edu

4. Concussion safety course:

- a. Log in to the UC Learning center: <https://hr.ucmerced.edu/uclc>
- b. Log in using your UCMNet ID.
- c. On the home page search: **"Concussion Safety"**
- d. Select Concussion safety- Start
- e. Forward confirmation email to Jeremy at jbowen@ucmerced.edu
- a. **If you have trouble accessing the course, you must email Jeremy to receive access to the course. Please include Full name, team, and Student ID in the email.** Will not be able to practice until you have contacted Jeremy.