

STUDENT ATHLETE ADD/ADHD FREQUENTLY ASKED QUESTIONS

Q: Do I need to tell my athletic trainer and athletic training staff about my taking ADD/ADHD medication?

A: YES! Proper documentation of the diagnosis, prescription medication, and follow-up care is mandated by the NCAA as of 8/1/09.

Q: If I have been diagnosed and treated for ADD/ADHD before, what do I have to do now?

A: Please read and follow instructions per **Form 10** under *Required Forms for Athletic Participation!*

Q: What if I do not have records of an ADD/ADHD assessment, but have been prescribed and have taken/currently take medication for ADD/ADHD?

A: If you do not have records documenting testing and evaluation, you must undergo a comprehensive evaluation to establish a diagnosis of ADD/ADHD, *regardless of previously taken or prescribed medication.*

Q: What if I have never been diagnosed or treated for ADD/ADHD and am going to initiate treatment now?

A: You must undergo a comprehensive evaluation to establish a diagnosis of ADD/ADHD before initiating treatment.

Q: What is the diagnosis based on? Does it matter what doctor assesses the diagnosis and evaluation of me?

A: Diagnosis is based on clinical evaluation. ADD/ADHD is a neurological disorder that should be assessed and managed by a mental health and primary care clinicians who have **experience in the diagnosis and management of ADD/ADHD.**

Q: Do I need to have just one evaluation? Are there any other appointments that I need to make?

A: The NCAA requires, **at a minimum**, yearly follow-up examinations for clinical evaluation. Documentation of each of those visits needs to be given to the athletic training staff to be placed in the student athlete's medical file.

Q: What does the documentation from my healthcare provider(s) have to include?

A: The NCAA mandates that the athletic training staff should have at least the following documentation on file per **Form 10** under *Required Forms for Athletic Participation!*

Q: What if I am taking ADD/ADHD medications without a prescription? What if I do not give all or/any of the proper proper documentation and still take my ADD/ADHD medication?

A: Most ADD/ADHD medications include stimulants, which are banned under the NCAA. If the proper documentation is not on-file and the student athlete fails an NCAA drug test due to the ADD/ADHD medication, you will not be able to appeal for a medical exemption. **The resulting NCAA punishment towards a student athlete may include, but is not limited to, a suspension from all athletic activity for 365 days from the date of the positive drug test.** You will can and/or will lose *ELIGIBILITY!*

Q: What if I am taking ADD/ADHD medications and do not have the required medical documentation on-file and have a positive drug test result for stimulants on a Catawba College in-house drug test?

A: NCAA banned substances are also banned in the Catawba College Drug Testing Program and with no prior documentation on-file you are subject to the penalties outlined in Banned Drug & Substance Awareness, Education and Screening Policy on this website. **You should read this policy carefully!**

Q: Is there anything I can bring with me to my healthcare provider to make sure I bring all the proper documentation?

A: You can bring this FAQ sheet with you and a copy of **FORM 10** under *Required Forms for Athletic Participation!*