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for the U.S. Department of Energy

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April 11, 2025

Dear BSA Employee interested in a BERA-sponsored league sport:

In order to assure safe and healthful play, BNL now requires that BSA employees be medically cleared by the Occupational Medicine Clinic (OMC) for participation in any BERA-sponsored league sports (such as softball, soccer, volleyball and basketball).

The clearance policy and procedure is described in the enclosed *BERA Sports Fitness Medical Clearance Policy and Procedure*. The first step in the procedure requires you to complete and sign the enclosed *BERA Sports Fitness Clearance Questionnaire* (You will need to print the questionnaire if you got the electronic version from the OMC or BERA web sites). After completing and signing the questionnaire, mail it in a privacy envelope to OMC, Bldg. 490, ATTN: BERA Sports Clearance. (OMC will safeguard the form and all medical information you provide.)

Thank you for your interest in BERA team sports and your cooperation with this policy.

Kind regards,

*Adam Merone*

Adam Merone  
QOL/BERA/Recreation Supervisor

*Jai Subramani, MD*

Jai Subramani, MD  
Interim OMC Manager

## **BERA SPORTS FITNESS MEDICAL CLEARANCE POLICY AND PROCEDURE**

### **Policy:**

- **All BSA employees wishing to engage in BERA league sports are required to be medically cleared by the BNL Occupational Medical Clinic (OMC), Bldg 490, before participating.**
- **Unless otherwise specified by OMC and absent any significant change in an employee's health, an OMC clearance to play is good for one year and applies to all BERA league sports a BSA employee chooses to engage in.**
- **Non-BSA employees are not required to be medically cleared by OMC for BERA league sports, but they are required to give the BERA/Recreation Office (Bldg 400A) a copy of their health insurance for league sports & weight room. This includes spouse/partner, adult children, guests or contractors who participate.**

## Procedure for BSA employees:

- A BSA employee interested in playing BERA sponsored league sports obtains a *BERA Sport Fitness Clearance Questionnaire*, which can be found at the end of this packet. It is also available at the BERA/Recreation Office (400A), in the Gym (461), at OMC (490), and from the BERA league sport captain(s). It can also be downloaded and printed from the BERA and OMC websites.
- The employee fills in, signs and sends the questionnaire to the OMC, Bldg 490 ATTN: BERA Sports Clearance.
- **If an employee has heart disease, the employee must provide OMC with a BERA Sports clearance note from his/her personal physician. This should be sent to OMC along with the questionnaire.**
- If an employee has not had a physical exam at OMC for two or more years, (s)he should instead call OMC x3670 to set up an appointment for a brief in-person evaluation by an OMC clinician. The employee should complete the form and bring it to the appointment, except where the employee is seen in person (see above) the completed questionnaire is forwarded to an OMC clinician.
- The OMC clinician reviews the employee's questionnaire and OMC medical record (and in-person evaluation where applicable) and:
  - makes a determination about the employee's fitness to play on this basis

—or—

- determines that additional information about the employee's health status is needed. The physician or NP, at his/her discretion, may require additional information, including but not limited to the following:
  - **A partial or complete physical examination or testing at OMC**
  - **Information or a fitness-to-play clearance note from employee's personal physician**
- The OMC clinician's determination is considered final and takes precedent over any fitness-to-play clearance by the employee's own physician, although the OMC clinician will take into account the outside physician's opinion or any information provided.
- The OMC clinician issues a *BNL Recreation and BERA Sports Fitness Clearance Form* ("clearance form") which (s)he forwards to the BERA/Recreation Office. No personal medical information will be released by OMC, only the fitness-to-play determination.
- The BERA/Recreation office must receive a clearance form indicating that the employee is fit to play before a player can participate in BERA league sports or activities of any kind.
- A BSA employee participating in a BERA league sport must report to OMC any new injury or medical condition that might interfere with his/her ability to play safely.
- While a player is injured, on restricted duty, under treatment for an injury or otherwise medically incapacitated, OMC issues a new, revised clearance form indicating that the employee is not fit to play and sends the form to the BERA/Recreation Office by interoffice mail.
- When the employee is recovered and feels (s)he can resume play, (s)he goes to OMC to be evaluated for this purpose. If, as a result of this evaluation, the OMC clinician determines that the employee is now fit to play, (s)he issues a new clearance form indicating this and sends it to the BERA/Recreation Office.

**BROOKHAVEN NATIONAL LABORATORY**

**BERA SPORTS FITNESS CLEARANCE  
QUESTIONNAIRE**

Empty rectangular box for identification or notes.

Name: \_\_\_\_\_ BNL Life Number: \_\_\_\_\_ Work Ext: \_\_\_\_\_

Please list **ALL** sports you will be signing up for with BERA in the next year: \_\_\_\_\_

**NOTE: You will have to be seen in person at OMC if you have not had an OMC Physical for > 2years**

**HAVE YOU EVER BEEN TOLD THAT YOU HAVE OF ANY OF THE FOLLOWING?**

**Heart/Vascular Disease:**

*Please Specify:*

- \_\_\_ Yes \_\_\_ No \*Angina, chest discomfort or pain (at rest or exertion)
- \_\_\_ Yes \_\_\_ No \*Coronary angioplasty or cardiac surgery
- \_\_\_ Yes \_\_\_ No \*Heart disease, heart attack
- \_\_\_ Yes \_\_\_ No \* Heart murmur/ heart valve disease
- \_\_\_ Yes \_\_\_ No \* Peripheral vascular disease/ Stroke
- \_\_\_ Yes \_\_\_ No \*Has your doctor ever said that you have a heart condition  
and that you should only do physical activity recommended  
by a doctor?

**\*Doctor's note required if yes to any of the above conditions.**

- \_\_\_ Yes \_\_\_ No High blood pressure/hypertension
- \_\_\_ Yes \_\_\_ No Shortness of breath at rest or with mild exertion
- \_\_\_ Yes \_\_\_ No Dizziness or fainting; Loss of balance
- \_\_\_ Yes \_\_\_ No Palpitations
- \_\_\_ Yes \_\_\_ No Have you ever felt dizzy or passed out during exercise?

*Please Specify:*

- \_\_\_ Yes \_\_\_ No Diabetes
- \_\_\_ Yes \_\_\_ No Thyroid or other endocrine problem
- \_\_\_ Yes \_\_\_ No Anemia
- \_\_\_ Yes \_\_\_ No Hernia
- \_\_\_ Yes \_\_\_ No Seizures/epilepsy
- \_\_\_ Yes \_\_\_ No Asthma
- \_\_\_ Yes \_\_\_ No Emphysema or chronic obstructive  
lung disease (COPD)
- \_\_\_ Yes \_\_\_ No Cancer
- \_\_\_ Yes \_\_\_ No WOMEN: are you currently  
pregnant?

Other (please indicate) \_\_\_\_\_

**Please check if you have any of the following conditions.**

- \_\_\_ Yes \_\_\_ No Are you on restricted duty?
- \_\_\_ Yes \_\_\_ No A history of or have current Musculoskeletal/Joint problems (example: arthritis, back, shoulder, knees ):

- \_\_\_ Yes \_\_\_ No Are you currently receiving Wound care/ PT/Chiropractic treatment?
- \_\_\_ Yes \_\_\_ No Major surgery or hospitalization within the past 6 months. Please explain:

\_\_\_ Yes \_\_\_ No Medications, list those that you are taking:

\_\_\_ Yes \_\_\_ No Do you have any other medical conditions, serious medical illness, or physical limitations that may affect participation in BERA Sports? *Please indicate:* \_\_\_\_\_

\_\_\_ Yes \_\_\_ No Have you ever been restricted from participation in sports due to the above?

**Personal Health History**

- Do you currently smoke? \_\_\_ Yes \_\_\_ No If yes, how many years have you been smoking? \_\_\_\_\_
- Did you ever smoke? \_\_\_ Yes \_\_\_ No If yes, how long and when did you quit? Years \_\_\_\_\_; Quit year \_\_\_\_\_
- Exercise: Estimate amount of exercise time hours/day \_\_\_\_\_ : hours/ week.

I verify that I have answered all questions truthfully and to the best of my knowledge. If I have a change in my health status during the course of my physical activity program, I will notify the Occupational Medical Clinic immediately and provide information as requested.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

*After completing & signing, mail form in a privacy envelope to OMC, Building 490, ATTN: BERA Sports Clearance*

**OMC use only**

Reviewed by:	Signature	Date