

Memorandum

January 15, 2020

To: Faculty and Staff, TSGB Cruise 2020

From: Bruce Wilbur, M.D. Chief Medical Officer and Health Center Director

Subject: Pre-Cruise Physicals

It is time to schedule your clearance physical for the 2020 Training Cruise. You have the option of having your cruise clearance physical done at Cal Maritime's Student Health Center at no cost or with your own medical provider at your own expense. Whichever option you choose, the following will be required to be returned to the Student Health Center by April 2, 2020.

- A history review and physical examination by a licensed medical provider *using the included cruise clearance form*. Additional information may be requested as necessary to provide clearance.
- Screening for Tuberculosis (TB) and documentation of your last Tetanus vaccine booster.
- For men 40 and over, and women 50 and over, a baseline EKG is strongly recommended.

In addition to the cruise clearance physical, you will be required to have a *pre-cruise drug test* performed at C-DAT or on campus at times to be announced, and to participate in the random drug-testing program while a crewmember aboard the Training Ship Golden Bear. Faculty and staff who are currently enrolled in the Random Drug Testing (RDT) program will not be required to take a Pre-Cruise Drug Test. If you are not sure if you are enrolled in the RDT program, please contact Ingrid C. Williams at iwilliams@csum.edu or x1135.

The following options for getting your exam done are summarized below:

Option A—Pre-Cruise Physical and Clearance Performed by Cal Maritime Student Health Center

- Please call the Student Health Center at Ext. 1170 to schedule an appointment with a SHC medical provider. Appointments are available through March 16, 2020.
- Allow about an hour for the entire process which includes the history and physical examination, TB screening, and other exams as potentially needed such as an EKG.

Option B—Pre-Cruise Physical Examination Performed by Your Personal Medical Provider

- Take the Pre-Cruise Physical packet to your personal medical provider for completion along with TB screening and other exams potentially needed, such as an EKG.
- Please return the completed paperwork to the Student Health Center by April 2, 2020.

Medical records for cruise given to the Health Center are scanned into the Electronic Health Record and maintained as confidential in compliance with federal and state medical privacy regulations. Records are accessible only to Cal Maritime medical staff for cruise clearance and cruise medical care, and are not released without your permission or as required by law.