

**ATHLETE PARTICIPATION
MEDICAL CLEARANCE PACKET**

Dear Student-Athletes and Parents,

Welcome to New College of Florida. All student-athletes are required, to possess primary health insurance coverage prior to participating in any athletic event (workouts, conditioning, practices, games, etc.) sponsored by New College of Florida. The insurance policy must cover injuries that occur during an athletic event.

New College has purchased an “excess” policy to assist student-athletes with medical bills that are a direct result of an injury suffered during a school sponsored athletic event. It is important that you understand that this insurance policy will only become active after the student athlete’s primary insurance has fulfilled its responsibility. At that point, the excess policy will pick up the balance at 100% of usual and customary charges within the terms of the policy. The excess policy will not pay for co-pays or deductibles as they are the responsibility of the primary policy holder (parent/guardian/student-athlete).

All injuries that occur from a direct result of an intercollegiate athletic event must be reported to the Athletic Training staff immediately. This allows the staff to perform an evaluation and referral, if necessary, to the appropriate physician. The Athletic Training staff is responsible to report all injuries with the school’s insurance company. Costs pertaining to an injury that are not reported in a timely manner may be the responsibility of the student-athlete and/or the student-athlete’s parent/guardian. Any financial obligation from medical treatments received *without* an Athletic Trainer’s authorization will be the responsibility of the student-athlete.

Your wellbeing and safety is the number one priority. To this end, New College Athletics will require all student athletes to complete a sports physical and electrocardiogram (ECG/EKG) every year before playing. In addition all athletes must have the following forms filled out completely and turned into the Wellness Center before he/she will be cleared to participate in any New College of Florida athletic event:

- Athletic Participation Medical Clearance Packet (this form)
- Personal Information/Emergency Contact form
- Health Insurance Information/Authorization form
- **Copy (front and back) of primary health insurance card**
- HIPAA Release form
- Pre-Participation Physical Evaluation – History form (completed by student-athlete and parent if student-athlete is a minor)
- **Pre-Participation Physical Evaluation – Physical form | Or Sports Physical (completed by MD or DO office ONLY)**
- **Completion of an electrocardiogram (ECG/EKG) (completed by MD or DO office ONLY)**
- New College of Florida Athletics Drug Testing form
- NAIA Drug Testing form
- Assumption of Risk form
- Athletic Pre-Participation Eligibility Statement
- Completion Checklist

ALL DOCUMENTS SHOULD BE SENT TO VIA EMAIL TO WELLNESS@NCF.EDU, THROUGH FAX AT 941-487-4256, OR DELIVERED TO THE COUNSELING & WELLNESS BUILDING LOCATED AT 5805 BAY SHORE RD, SARASOTA, FL 34243

Sincerely,

Keith Kokseng, PsyD
Program Director
Counseling & Wellness Center
Campus Wellness Services

Please sign and date below that you read and understand this letter.

Print Name _____

Student-Athlete _____ Date ____/____/____

Parent/Guardian _____ Date ____/____/____

(If student-athlete is under 18)

PERSONAL INFORMATION/EMERGENCY CONTACT FORM

PERSONAL INFORMATION

Athlete's Name _____
First Last Middle Initial

Social Security # _____ - _____ - _____

Year (check) _____ First _____ Second _____ Third _____ Fourth+ _____ Grad

Birth _____ / _____ / _____ Sex (check) _____ Male _____ Female

Sport(s) _____

Permanent Address _____

City State Zip

Local Address (Check one)

Same as permanent address

Campus housing

Dorm Name and Room # _____

Different from permanent address

Street _____

City State Zip

Cell phone # _____

Preferred email (if different from school email) _____

EMERGENCY CONTACT INFORMATION

Name _____

Relationship _____

Cell phone # _____

Address _____
Street

City State Zip

Medicine HIPAA RELEASE FORM

HIPAA stands for Health Insurance Portability and Accountability Act and was created to increase the privacy of individuals' personal health information (PHI). It affects all those who are in contact with medical records or PHI. Under this law, certified athletic trainers (ATC's) will not be able to speak to anyone in regard to an injury or condition unless a release is signed.

By signing below I, _____ (print student-athlete's name), am allowing FULL disclosure of my personal health information (PHI) in regard to any athletic injury I may sustain while participating in intercollegiate athletics at New College of Florida.

Any athletic injury may be disclosed to the following individuals/companies:

- New College of Florida Certified Athletic Trainers
- New College of Florida Medical Providers
- New College of Florida Coaches
- New College of Florida Faculty when applicable
- New College of Florida Administration/Student Services
- New College of Florida's insurance company
- Student-athlete's personal primary insurance company
- Student-athletes personal physician(s) and their office staff
- Student-athlete's parent/guardian

A photo-static copy of this consent form shall be deemed as effective and valid as the original. This release form shall remain effective unless revoked by me in writing.

Student-Athlete's Signature _____ Date ____/____/____

Parent/Guardian Signature _____ Date ____/____/____
(If student-athlete is under 18)

Witness Signature _____ Date ____/____/____

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam _____
 Name _____ Date of birth _____
 Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.

Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

****Please wait until July to complete your physical**
**** Physicals must be done by a Medical Doctor (MD), Doctor of Osteopathic Medicine (DO), Physician Assistant (PA) or a Nurse Practitioner (NP/APRN)**

EXAMINATION			
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female	
BP _____ / _____ (_____ / _____)	Pulse _____	Vision R 20/ _____	L 20/ _____
		Corrected <input type="checkbox"/> Y <input type="checkbox"/> N	
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Hearing			
Lymph nodes			
Heart ^a • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only) ^b			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic ^c			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. ^bConsider GU exam if in private setting. Having third party present is recommended. ^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

- Not cleared
- Pending further evaluation
 - For any sports
 - For certain sports
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

ATHLETICS DRUG TESTING POLICY

New College of Florida is committed to the best-interests of its student-athletes. A part of this commitment is a desire to ensure that athletes compete fairly and avoid making decisions that could lead to unnecessary physical, emotional, or spiritual harm to themselves. This is the reason for the drug testing policy.

All student-athletes participating as an active member in a New College of Florida athletic program are subject to random drug testing. The test will be administered by New College of Florida medical staff and must be completed within 24 hours of notification. Failure to report for testing will be considered a positive result. Some cases may require a test to be shipped to a lab for verification. Once the test is completed and the lab results returned, they will be forwarded to New College of Florida Administration. The student-athlete will then be notified of the results. ***A positive result is defined as the finding of a drug that is screened, and that is not prescribed by a physician*** *. All students are expected to return to campus at the start of each semester, able to pass a drug test as requested. Positive results will be reported to the following personnel: the student-athlete, the Head Coach, the Athletic Director, Program Director of Campus Wellness Services, and the Dean of Students.

By accepting admission to New College of Florida, a student-athlete agrees to the terms of this drug testing policy and consents to any tests conducted pursuant to this policy. If a student-athlete withdraws that consent by refusing to take a random drug test, such refusal could result in an immediate termination of athletic participation.

THE UNDEERSIGNED STUDENT-ATHLETE ACKNOWLEDGES AS FOLLOWS:

I have received a copy and understand this drug testing policy.

As a condition of participation in an athletic program, I give my consent to any random drug testing done in pursuant to this policy.

Print Name _____

Student-Athlete Signature _____ Date ____/____/____

Parent/Guardian Signature _____ Date ____/____/____
(If student-athlete is 18 or under)

Witness Signature _____ Date ____/____/____

**Students taking prescribed Medical Marijuana, while welcome to attend New College of Florida, may not participate in Intercollegiate Athletics. More information on Medical Marijuana can be found in the Student Handbook.*

ATHLETIC ASSUMPTION OF RISK

Athletic Participation Release and Waiver of Liability and Hold Harmless Agreement

Please Read Carefully

I wish to participate in intercollegiate sports through New College of Florida's athletics' program. I understand that New College of Florida is not obligated to permit me to participate in intercollegiate sports. I understand that my participation in intercollegiate sports at New College of Florida will include participation in intercollegiate contests/games, practices, in-season and off-season training and rehabilitation (including weight lifting, running, therapy sessions with athletic trainers, and other forms of physical training), receiving suggestions on nutrition and travel to practices, games or competitions, training sessions and meetings. All of the above activities collectively shall be referred to herein as "Intercollegiate Sports."

I am aware that participating in Intercollegiate Sports, including, but not limited to _____ (sport) is a dangerous activity involving MANY RISKS OF INJURY, SICKNESS AND ILLNESS that are both inherent to the sport and not inherent to the Intercollegiate Sports activities. I understand that among the risk are catastrophic injury, illness, sickness, infection and death. Further, I voluntarily and knowingly accept the dangers and risks of participating in Intercollegiate Sports, including, but not limited to, death, head injuries, serious neck and spinal injuries, orthopedic injuries, and illness or sickness as a result of contracting a virus, bacteria or other communicable disease, which may result in complete or partial paralysis or brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system, and serious injury, impairment, illness, sickness or infection to other aspects of my body, general health and well-being. Furthermore, I understand and accept the risk of injury, catastrophic injury, illness, sickness, infection and/or death. Additionally, I also understand and accept the risks associated with traveling and other related activities connected with or related to my participation in Intercollegiate Sports. Finally, in addition to accepting the risks inherent in participating in my chosen sport, I also agree to release and hold harmless New College of Florida from its own past and future negligence that may cause me damage in the future as more specifically set forth below.

In consideration for New College of Florida permitting me to participate in Intercollegiate Sports and to engage in all related activities and travel related to Intercollegiate Sports, and for other good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, I, on behalf of myself and my successors, assigns, dependents, personal representatives, and survivors, hereby agree **(a) that I hereby voluntarily and knowingly assume all risks associated with participation in Intercollegiate Sports; and (b) that I, for myself and my heirs and survivors, hereby release, waive and discharge New College of Florida, and its agents, servants, volunteers, employees, contractors, coaches, faculty members, staff members, trainers, security personnel, trustees, donors and sponsors from and of any and all liability, all claims, causes of action, lawsuits, remedies, damages, and/or demands**

of any kind and nature whatsoever, known or unknown, matured or unmatured, that have been asserted, or could be asserted in the future, including, but not limited to, specifically any claims arising from the past and/or future negligence or negligent acts or omissions of New College of Florida and its agents, servants, volunteers, employees, contractors, coaches, faculty members, staff members, trainers, trustees, donors and sponsors, which have arisen or may arise in the future in connection with or related in any way to my participation in any Intercollegiate Sports, including, without limitation any injury, sickness, illness, infection or death that may arise or be related to my participation in Intercollegiate Sports. I also covenant that I and my heirs, survivors or personal representatives shall not sue or bring any cause of action against New College of Florida, and its agents, servants, volunteers, employees, contractors, coaches, faculty members, staff members, trainers, security personnel, trustees, donors and sponsors related to any injury, damage, sickness, illness, infection or death that occurs as a result of or related to participating in Intercollegiate Sports, including any claim for the future acts of negligence or negligent omission by New College of Florida, and its agents, servants, volunteers, employees, contractors, coaches, faculty members, staff members, trainers, security personnel, trustees, donors and sponsors.

Further, I and my heirs, survivors and personal representatives agree to exonerate, save harmless, and release New College of Florida and their agents, servants, volunteers, employees, contractors, coaches, faculty members, staff members, trainers, trustees, donors and sponsors from any medical expenses and other categories of damages (including pain and suffering and lost wages) not covered by my medical insurance or New College of Florida University's medical insurance coverage.

The terms hereof shall serve as a complete release and waiver of liability for myself, my heirs, my estate, personal representative, executor, administrator, assignees, survivors under any wrongful death act, and all members of my family.

The terms of this agreement shall extend to all of my activities in participating in Intercollegiate Sports from the date of my execution of this release and hold harmless agreement forward in time through the time that I am no longer participating in Intercollegiate Sports as a student athlete associated with New College of Florida. My agreement to release past and future negligent conduct of New College of Florida shall not be revocable, and if I ever seek to revoke such prospective release and waiver of claims, I will no longer be eligible to participate in Intercollegiate Sports associated with New College of Florida.

I hereby attest that I have read, fully understand, and agree to the terms of the New College of Florida Athletic Participation Release and Waiver of Liability and Hold Harmless Agreement.

Print Name _____

Student-Athlete Signature _____ Date ____/____/____

Parent/Guardian Signature _____ Date ____/____/____
(If student-athlete is under 18)

Witness Signature _____ Date ____/____/____

ATHLETIC PRE-PARTICIPATION ELIGIBILITY STATEMENT

Athlete's Name _____ DOB ____/____/____

STUDENT AGREEMENT (regarding conditions for participation):

I state that I have completed all parts of the Pre-Participation Physical Evaluation - History form which requires me to list all previous injuries or additional conditions known to me which may affect my performance or participation in conditioning, training, or treatment and I certify that it is correct and complete.

I understand that participation in interscholastic athletics is a privilege and not a right. As a student-athlete, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of the College and laws of my community, state, and country.
- I will follow the New College student code of conduct.
- I will show respect to those who are responsible for enforcing the rules at New College of Florida and the laws of my community, state, and country.
- I agree to notify College authorities of any injury resulting from my athletic participation and activities while a student-athlete.

By signing below, I affirm that I have read, completed, signed where required, and understand all of the New College Athletic Participation Medical Clearance forms and requirements.

Signature _____ Date ____/____/____

Parent/Guardian Signature _____ Date ____/____/____
(If student-athlete is 18 or under)

Witness Signature _____ Date ____/____/____

COMPLETION CHECKLIST

ATHLETIC PARTICIPATION MEDICAL CLEARANCE PACKET COMPLETION CHECKLIST:

ALL DOCUMENTS SHOULD BE SENT TO VIA EMAIL TO WELLNESS@NCF.EDU, THROUGH FAX AT 941-487-4256, OR DELIVERED TO THE COUNSELING & WELLNESS BUILDING LOCATED AT 5805 BAY SHORE RD, SARASOTA, FL 34243

- Read and signed Athletic Participation Medical Clearance Letter to parents and student-athletes
- Completed the Personal Information/Emergency Contact form
- Completed Health Insurance Information/Authorization form
- Included a copy (**front and back**) of primary health insurance card
- OR I have sent a picture and/or scanned a copy of my primary health insurance card to the Counseling & Wellness Center via email to wellness@ncf.edu
- I have completed an electrocardiogram (ECG/EKG)
- Read and signed the HIPAA Release form
- Completed the Pre-Participation Physical Evaluation - History form
- Included the Pre-Participation Physical Evaluation - Physical form (completed by MD or DO office only)
- Read and signed the New College of Florida Drug testing form
- Read and signed the NAIA Drug testing form
- Read and signed the Assumption of Risk form
- Read and signed the Pre-Participation eligibility Statement
- Read and signed the Completion Checklist (this form)

I, _____ (**Print Name**), have completed the above paperwork, I have read, understood and signed all forms and have my parent/legal guardian's signature if under the age of 18. I confirm that all information is accurate and up-to-date. If any information (contact information, address, phone number, insurance coverage, etc.) changes during the school year, I am responsible for turning the information into Campus Wellness Services or the Athletic Department personally. I also understand that any misrepresentation of the above information can result in disqualification or revocation of scholarship funds and releases New College of Florida from any financial obligations even if I am injured during a school sponsored athletic event.

Student-Athlete Signature _____ **Date** ____/____/____

Parent/Guardian Signature _____ **Date** ____/____/____
 (If student-athlete is under 18)

Witness Signature _____ **Date** ____/____/____