

## Checklist

The following checklist is for you to use to ensure that you have completed required information for athletic participation at KSC. Please take the time to properly complete all requested information.

### **KSC Student Athlete; Pre-Participation Checklist**

#### **Returning Student Athletes**

- Check with your Insurance Company to make sure you are covered for athletic related injuries
- SEND, EMAIL, OR BRING** with you a front and back copy of your current insurance card or verification of Insurance coverage on Ins. Co. letterhead.
- When you arrive for Pre Season please fill out and sign the Athletic Training department's sports participation Assumption of Risk Statement and Release of Information
- When you arrive for Pre Season, complete the Web based Athletic Training information and Health Questionnaire update from within the AT Room or from an on campus computer once you arrive on campus.
- If you have had any significant injury over the past year please bring a note from your doctor clearing you for participation.
- NEW NCAA requirement!** Please provide documentation for any **ADHD Medications** taken on a regularly prescribed basis for a particular reason with supporting evidence and diagnosis from a Medical Practitioner as to the purpose of medication, for **NCAA Drug Testing Therapeutic use Exemptions**.

#### **First Year Student Athletes (freshman and transfers) Checklist**

- Please make sure you have a current physical (**within six months of the start of the semester you begin classes**) in time for the start of your season. Return the **original KSC Health Physical exam form to Student Health** and **mail or bring a complete copy** to the Athletic Training Department.
- Check with your Insurance Company to make sure you are covered for athletic related injuries
- SEND, EMAIL, OR BRING** with you a front and back copy of your current insurance card or verification of Insurance coverage on Ins. Co. letterhead.
- When you arrive for Pre Season please fill out and sign the Athletic Training department's sports participation Assumption of Risk Statement and Release of Information
- Complete the computer based Athletic Training information and Health Questionnaire update once you arrive on campus.
- Complete Pre Season Screening administered by the Athletic Training Staff at the start of your first season of athletic participation.
- NEW NCAA requirement!** Please provide documentation for any **ADHD Medications** taken on a regularly prescribed basis for a particular reason with supporting evidence and diagnosis from a Medical Practitioner as to the purpose of medication, for **NCAA Drug Testing Therapeutic use Exemptions**.

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All medical information is **confidential** and will be used as an aid to providing healthcare while you are a student-athlete at KSC. Your knowledge and consent is required for release of these medical records. If the forms are not completed correctly and returned by the beginning of your season your athletic participation at KSC will be delayed.

If you have any questions please contact Bob Merrow, ATC: 603-358-2824    rmerrow@keene.edu