

Dear Student-Athlete and Parents:

The following information is extremely important for your athletic preparation and eligibility at Whitworth University. The primary concern of the athletic training staff and team physicians is to provide high quality medical care for you during your athletic career at Whitworth University. Please read these instructions, download the appropriate forms, and return them as directed.

Also, it is a new emphasis of the NCAA to have documented prior to drug testing the use of any banned substances necessitating a medical exception for legitimate use. For example, many of the more common medications for ADHD are banned stimulants. If you are taking any medications please include the appropriate information on the medical history forms. Contact the athletic training department with any questions. [Click here](#) to see more information at the NCAA web site.

Preparticipation Medical Exams

NEW ATHLETES: Whitworth University's athletic department policy states that all student-athletes pass a preparticipation physical examination prior to participation in intercollegiate athletics. This initial examination will be provided free of charge on campus at pre-determined dates prior to the start of your season. Please see the schedule available on the website. If you are not present at this exam you must contact Jon Bosh, assistant athletic trainer, for alternate scheduling which may be at your own cost. If you are currently experiencing a medical problem or have had any major illness or significant injury in the last twelve months you must provide a written release for participation in varsity intercollegiate athletics from your treating physician. You will not be eligible for participation until this written release is received.

RETURNING ATHLETES: You are required to have a full physical exam your first year only. Each subsequent year you will be screened by the athletic training staff for changes in your medical status. You may then be referred to a physician if needed for further examination and clearance to participate. Please download the returning athlete medical history and exam form, fill out the athlete section – **DO NOT SIGN** yet - and return the form with the rest of the packet. If you have had any major illness or significant injury since your last health screening please bring a written release for participation in varsity collegiate athletics from your treating physician. If you were treated by the Whitworth University athletic training staff and team physicians we will provide this release for you.

ADHD Medication Documentation

NCAA Policy on the use of ADHD medication:

Effective August 2009, a stricter application of the medical exception policy will require that the documentation include information about how the diagnosis was achieved. For ADHD stimulant medications (Ritalin, Adderall etc) this documentation will need to include specific information on the assessment used to diagnose ADHD.

Student-Athlete Document Responsibility: The student-athlete's documentation from the prescribing physician to the athletic training departments should contain a minimum of the following information to help ensure that ADHD has been diagnosed and is being managed appropriately:

- a. Description of the evaluation process which identifies the assessment tools and procedures.
- b. Statement of the Diagnosis, including when it was confirmed.
- c. History of ADHD treatment (previous/ongoing).
- d. Statement that a non-banned ADHD alternative has been **considered** if a stimulant is currently prescribed.
- e. Statement regarding follow-up and monitoring visits.

Immunization Form

NEW ATHLETES ONLY: This information is mandatory for enrollment at Whitworth University. Only new students need to include this form.

Insurance Information

Whitworth University requires proof of enrollment in a primary insurance plan prior to participation in intercollegiate athletics. This can be provided by a parent or purchased through the Whitworth Student Health Center. Please contact Jan Bynagle at (509) 777-4450 for additional information. Secondary insurance coverage is provided for all student athletes during supervised participation in varsity athletics. Educational and Institutional Insurance Administrators, Inc. administers this excess athletic policy which will pay the balance of covered expenses up to the maximum of the policy after the bills have been processed through the primary insurance. In other words, the EIIA policy is designed to pay any deductibles or co-pays the primary insurance does not pay. Any athlete sustaining an injury that occurred during supervised participation (when a coach is present at a sanctioned NCAA conditioning workout, practice, or competition) is covered under this secondary policy. The primary insurance will be billed first and student-athletes are responsible for providing the remaining statement balance to the insurance coordinator (Jan Bynagle) for processing payment.

Please download and return the insurance information form **AND** send in a copy of the front and back of your insurance card. Also include a copy of dental or prescription cards if separate. This information is required prior to any physical participation each year.

Please click [here](#) to go the Whitworth's Health and Counseling Center web site to link to more information regarding the secondary athletic insurance policy.

Student Consent for Release of Health Information

In order to provide optimal health care we frequently refer athletes to medical specialists and therapists. Within our campus we discuss athlete's health status in order to make decisions about playing status. In order to do this we request that you sign a release of your protected health information form. Additionally, as a means to improve health and safety of student athletes nationwide, the Whitworth University athletic training staff participates in the NCAA Injury

Surveillance System. Information regarding injuries sustained by student athletes is reported to the NCAA. This information does not identify the athlete specifically by name. Please download the consent form and indicate if you would allow us to participate in this important program.

Again, all applicable forms must be completed prior to your first practice. Please use the checklist below to ensure your packet is complete. If you fail to complete ALL REQUIRED forms and send in a copy of your insurance card, you will not be eligible to participate in any team physical activities. If you have any questions or have difficulty downloading any forms please contact Jon Bosh, Assistant Athletic Trainer or Melinda Larson. All forms should be completed by **August 1st** and mailed to:

Jon Bosh
Assistant Athletic Trainer
Whitworth University
300 W Hawthorne Rd
Spokane, WA 99251
(509) 777-3728
jbosh@whitworth.edu

Melinda Larson
Head Athletic Trainer
(509) 777-4389
mlarson@whitworth.edu

Medical Eligibility Checklist

1. Returning athlete medical history update form. Do not sign and date until you arrive on campus. New athletes do not need a physical exam form; this will be provided on campus.
2. ADHD medication information if necessary.
3. New athletes only: Immunization form.
4. Declaration of nutritional supplements being used.
5. Insurance information form.
6. Photocopy of **BOTH** sides of your primary insurance card and dental or prescription cards if separate.
7. Student consent for disclosure of health information.
8. If recently ill or injured, written release for participation in varsity intercollegiate athletics from your treating physician.

We hope you have a safe and healthy year!