



## **INSTRUCTIONS**

(ALL INCOMING SCHOLARSHIP, RECRUITED AND TRANSFER STUDENT-ATHLETES)

### **INSTRUCTIONS FOR COMPLETING YOUR PRE-PARTICIPATION DOCUMENTS**

1. Open the documents, complete the required information and type your name in the signature field, by doing so you are electronically signing the documents  
Please note that the Medical Disclosure Insurance Information Form has 3 pages
2. Please save as a PDF to your computer
3. Include a copy of your insurance card (front and back of the card) by scanning it OR taking a picture with your smart phone
4. Email the completed documents as attachments to [gmuatc@gmu.edu](mailto:gmuatc@gmu.edu)

**\*For Apple users: You MUST download ADOBE READER and open the attachments in Adobe**

1. Download Adobe Reader (if you do not already have it on your Apple computer)
1. Download and Save the documents to your computer
2. Open Adobe, then open the document
3. Complete the required information and type your name in the signature field, by doing so you are electronically signing the documents  
Please note that the Medical Disclosure Insurance Information Form has 3 pages
4. Please save to your computer as a PDF file
5. Insurance card (front and back of the card) by scanning it OR taking a picture with your smart phone
6. Email the completed documents as attachments to [gmuatc@gmu.edu](mailto:gmuatc@gmu.edu)

You can contact [gmuatc@gmu.edu](mailto:gmuatc@gmu.edu) or call Linda Pullen at 703-993-3280.

**ALL MEDICAL DOCUMENTS (INCLUDING A COPY OF YOUR INSURANCE CARD) MUST BE COMPLETED ELECTRONICALLY!! NO HANDWRITTEN OR HARD COPIES WILL BE ACCEPTED. (The only exception will be if you have had a completed medical history and physical form by your family physician.)**

### **MEDICAL REQUIREMENTS CHECKLIST**

- WATCH CONCUSSION VIDEO
- MEDICAL DISCLOSURE AGREEMENT AND INSURANCE FORM (Type signatures and submit via email)
- PERSONAL/FAMILY INSURANCE INFORMATION FORM (Type information and signature and submit via email)
- YOUR PERSONAL/FAMILY INSURANCE CARD (Scan OR Photograph and submit via email)
- SICKLE CELL TRAIT BLOOD TEST RESULTS (Must submit a copy of the official lab results.)
- ATTEND GMU MEDICAL SCREENING. ATTENDANCE IS MANDATORY!  
(As scheduled per team for medical clearance. Physicals will not be provided after the assigned date.)

## MEDICAL UPDATES AND REMINDERS

1. Incoming scholarship, recruited, and transfer student-athletes may obtain a physical from their family physician. **Please contact [gmuatc@gmu.edu](mailto:gmuatc@gmu.edu)** to receive the GMU Medical History and Physical Form if you choose to obtain your own physical. Physicals must be completed after July 1, 2015. **All student-athletes must attend the GMU medical screening.** A physical will be provided free of charge at this medical screening.
2. The NCAA requires that all incoming freshmen and transfer student-athletes show the results of sickle cell trait testing (blood test) prior to participation in intercollegiate athletics. Those student-athletes who participate in cheerleading and dance are exempt. Student athletes may also obtain this test from their family physician. Please discuss the cost of this test with your physician and/or health insurance company. GMU cannot cover the cost of your private screening. GMU will provide the screening on campus free of charge; please contact Linda Pullen at [lpullen@gmu.edu](mailto:lpullen@gmu.edu). **Incoming freshmen and transfers will not be allowed to participate without sickle cell trait test results cleared by a GMU team physician. Please open the websites and review the educational information provided by the NCAA on sickle cell:**

[http://web1.ncaa.org/web\\_files/health\\_safety/SickleCellTraitforSA.pdf](http://web1.ncaa.org/web_files/health_safety/SickleCellTraitforSA.pdf)

[http://web1.ncaa.org/web\\_video/health\\_and\\_safety/sickle\\_cell/sickleCell.html](http://web1.ncaa.org/web_video/health_and_safety/sickle_cell/sickleCell.html)

3. The NCAA requires that all student-athletes sign a Medical Disclosure Agreement prior to participation in intercollegiate athletics. This agreement pertains to the importance of communicating all injuries including concussions and illnesses to the athletic training staff prior to further participation. Student-athletes and parents are asked to thoroughly read this agreement and the information pertaining to personal health insurance and the GMU secondary insurance policy. Injuries not disclosed within a timely manner from the date of injury or onset of symptoms will not be considered under GMU's secondary policy. **Please read the agreement carefully and watch the video to review the educational information provided by the NCAA on concussions:**

[https://s3.amazonaws.com/ncaa/web\\_video/health\\_and\\_safety/concussion/concussion.htm](https://s3.amazonaws.com/ncaa/web_video/health_and_safety/concussion/concussion.htm)

[http://web1.ncaa.org/web\\_files/health\\_safety/ConFactSheetsa.pdf](http://web1.ncaa.org/web_files/health_safety/ConFactSheetsa.pdf)

**VERY IMPORTANT**

**MEDICAL DOCUMENTS MUST BE SUBMITTED ELECTRONICALLY BY August 1, 2015**

**FOR QUESTIONS CONTACT: ATHLETIC TRAINING STAFF at [gmuatc@gmu.edu](mailto:gmuatc@gmu.edu)**