

Cornell College Sports Medicine Check List and Information

FIRST YEAR AND TRANSFERS:

For Cornell College Student Health Center:

- _____ You will need to fill out the Demographic and Health History form from Cornell College's Student Health Center. Your Physician will need to fill out the Physical portion of this form. This physical form is for the **STUDENT HEALTH CENTER** and **NOT** for the sports medicine department . This physical must be returned to the Student Health Center on or before **July 31, 2017**. These forms can also be downloaded from the following website:

<http://www.cornellcollege.edu/student-health/newstudent-healthforms/index.shtml>

For the Sports Medicine Department:

- _____ Primary Insurance Card Copy Front and Back- See subsequent pages for details on required Primary health insurance
- _____ **If applicable**, any student athlete diagnosed with ADHD and taking medication must download the form for their primary physician (This form is found on the sports medicine forms site) to send in the proper medical information to the Sports Medicine Department. This is a NCAA mandate and must be followed.

RETURNERS:

- _____ **Returning student-athletes** will need to download the Sports Medicine Department's physical forms and return it to the address listed on this form. This includes the Athlete Information, History, Physical Examination, and Clearance Forms. Your physical forms must be completed and returned by the date listed on the chart below.
- _____ Primary Insurance Card Copy Front and Back- See subsequent pages for details on required primary health insurance
- _____ **If applicable**, any student athlete diagnosed with ADHD and taking medication must down load the form for their primary physician (This form is found on the sports medicine forms site) to send in the proper medical information to the Sports Medicine Department. This is a NCAA mandate and must be followed.

All forms for participation in **Athletics** must be sent to (Remember for first year students to send your physical to STUDENT HEALTH):

Loren Nydegger
Head Athletic Trainer
Cornell College
600 1st St. SW
Mount Vernon, IA 52314

You may scan and send your forms to lnydegger@cornellcollege.edu

ALL FRESHMAN AND TRANSFER Health History/ Physical Forms must be sent to the Student Health Center by JULY 31, 2017

ALL RETURNING STUDENT ATHLETE Health History/Physical Forms must be submitted to Cornell Sports Medicine by the dates listed below:

Medical forms for the below sports are due by July 31, 2017:

Football
Volleyball
Women's Soccer
Men's Soccer
Women's Cross Country
Men's Cross Country
Women's Tennis

Medical forms for the below sports are due by September 1, 2017:

Softball (players who WILL be participating in fall softball)
Baseball (players who WILL be participating in fall baseball)
Men's Lacrosse (players who WILL be participating in fall lacrosse)
Women's Lacrosse (players who WILL be participating in fall lacrosse)
Women's Basketball
Men's Basketball
Wrestling
Men's Tennis (players who WILL be participating in fall tennis)

Medical forms for the below sports are due by November 1, 2017:

Women's Indoor Track & Field
Men's Indoor Track & Field

Medical forms for the below sports are due by January 1, 2018:

Softball (players who did NOT participate in fall softball)
Baseball (players who did NOT participate in fall baseball)
Men's Tennis (players who did NOT participate in fall tennis)
Men's Lacrosse (players did NOT participate in fall lacrosse)
Women's Lacrosse (players who did NOT participate in fall lacrosse)

Medical forms for the below sports are due by February 1, 2018:

Women's Outdoor Track (athletes who did NOT participate in indoor track & field)
Men's Outdoor Track (athletes who did NOT participate in indoor track & field)

Other Information

EMERGENCY CONTACT NAMES AND PHONE NUMBERS:

-Please make sure to fill out this part of your medical history or physical forms. Provide us with the name, daytime or cell phone number, and relationship to you of your emergency contacts.

HEALTH INSURANCE:

-All Cornell College student-athletes are **required** to have a Primary Health insurance policy while participating in athletics at Cornell. ***You are required to show proof of this primary policy by attaching a copy of your insurance card to your medical history or physical form.*** Student-athletes will not be allowed to participate in any practice or competition until this insurance information has been provided. If you have an insurance plan that may not provide you coverage in the Mount Vernon, Iowa area you will be required to purchase an individual medical plan that will cover you during your competitive season. Please check with your primary insurance to ensure you have coverage while attending Cornell College.

Cornell does offer a primary policy for athletic injuries through EIIA for those athletes that do not have insurance or their insurance does not provide coverage while at Cornell:

Cost: \$752

Deductible: \$0

Maximum Benefit: \$5,000

Coverage: Covers athletic injuries during traditional and non-traditional sport season

Please call Loren Nydegger at 319-895-4573 or email lnydegger@cornellcollege.edu if you are interested in purchasing this policy or with any questions.

If purchasing the insurance yourself

Some important notes about buying insurance for athletics:

- Make sure the policy you are buying covers athletic injuries
- Our Insurance Company recommends that when purchasing their own insurance is has a maximum deductible of \$1500 and a minimum benefit of \$5,000

-You must make a copy of the **front & back** of your insurance card.

SECONDARY HEALTH INSURANCE POLICY:

Cornell also offers secondary health insurance coverage in which all student-athletes are enrolled in automatically with no charge to the student-athlete. The secondary insurance is designed to offset some of the cost that your primary insurance does not cover. It only covers athletes for athletic injuries during their competitive season, and also during NCAA sanctioned non-traditional practice times. You must have primary insurance coverage for this policy to take effect. ***Please do not assume that all medical bills will be covered under this secondary insurance.***

CONCUSSION HISTORY:

-This part **MUST** be filled out and signed by both the student-athlete and the parent/guardian (if younger than 18) of the student-athletes.