



SEAWOLVES SPORTSMEDICINE

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MEDICAL ELIGIBILITY INSTRUCTION FOR ALL NEW SSU STUDENT-ATHLETES

To the Student-Athletes and Parents of Sonoma State University:

We are pleased to have you or your son/daughter as a member of our University's athletic family. We hope that the opportunity presented here at SSU, athletically and academically will be a rewarding experience.

Below is information (in bullet form) designed to help you through the medical eligibility process. Please print, fill out and send the forms that follow to the address above.

- Medical History Portion of Sports Physical
 - Physical MUST be completed on campus by Student Health Center (SHC) Dr. Sports physical Fees are due at the time of service. A "NO SHOW" fee will be charged. Please cancel scheduled appointments 24 hours in advance.
 - Athlete sign and date bottom for form.
 - Athletic training room staff will contact you at the phone number given with notification for approval to schedule a SHC physical
 - Schedule physical appointment date BEFORE classes begin; on a campus visit, or before or after SOAR (student orientation).
 - Fall sports must have a physical complete prior to the start of double days
 - Arrive to physical appointment at least 15 minutes prior to scheduled time.
 - Bring eyeglasses or contact lenses that you wear to the physical.
 - Photocopy of completed physical MUST be on file in the athletic training room prior to any participation by student-athlete.
 - Under NCAA guidelines you MUST report accurate medical information now as well as any future health changes to the athletic training staff, team physician, or the primary care physician providing clearance.
 - For more information regarding the SHC there website is www.sonoma.edu/shc
- Immunization Records

- Please send one (1) copy of immunization records with medical eligibility packet.
- Proof of shots that are required;
 - Measles & Rubella (MMR)
 - Tetanus and/or Booster – within the last 7-10 years
 - Hepatitis B
- Immunizations are available at the SHC for a nominal fee
- Athlete Medical Insurance Policy and Procedure (Form 1A)
 - Please review and retain this form for your records.
 - Your student-athlete will be presented with this information at a pre-season team meeting where they will verify and acknowledge the procedures by signing a form.
- Sports Participation Insurance Questionnaire (Form 1B)
 - Please complete all information requested on form.
 - Student-athlete and parents MUST sign form regardless of age or insurance status. Signatures verify that you have read and understand SSU insurance policy (Form 1A) as well as all information is current.
- Release of Medical Information Authorization Form
 - Student-athlete print name, sport and date
 - Student-athlete sign
 - Parent signature also required if student-athlete is under 18 years of age
- Personal, Medical, Risk Consent Form
 - Fill out emergency contact information and insurance in top half
 - Student-Athlete read and sign the bottom consent and assumption of risk
 - Parents sign if student-athlete is 17 years or younger.
- Insurance card
 - Please print a copy of the front and back of your insurance card
- Medical Records / Written Clearances – Necessary for any surgeries or injuries in the last five (5) years
 - Surgeries or Hospitalizations documentation necessary
 - Surgery Report
 - Patients Notes – Follow up notes – anytime student-athlete saw dr after surgery
 - Written clearance note from primary care physician or surgeon
 - Injuries or bone/joint/muscle problems
 - Any injury that required rehabilitation or a limitation of athletic participation for more than ten (10) days
 - Written medical clearance is required from primary care physician
 - Illnesses
 - Any illness that caused you to miss more than ten (10) days of athletic participation or school or
 - An illness you are still under care for by your primary care physician

- Current or recurrent medical problems
 - Any issue that might influence your athletic participation or needs treatment i.e. asthma, heart problems, epilepsy, mononucleosis, hepatitis, etc.
- Please make sure that your student-athlete has been accepted to SSU and that you have paid the Early Registration Deposit (ERD)
 - Required to have a physical completed on campus
- Please make sure that you have sent required paperwork a minimum of three (3) weeks prior to your SOAR student orientation.
 - Please send information to the Athletic Training Room and NOT the coaches
- The Athletic Training Room will notify you at the phone number given when we have received the required paperwork. The phone call will tell you;
 - If your packet is complete
 - If not what is missing
 - What the process will be from that point on
- Out-Of-Area HMO-PCP Restricted Care
 - If you are outside of a two (2) hour window from SSU
 - Transfer Primary Care Physician to Dr Ty Affleck – SSU Team Physician – General Practitioner with Sports Medicine Certificate
 - Phone number (707) 546-9400 please make sure that you tell the office staff that you are an SSU student-athlete.