



## Notre Dame de Namur University Student-Athlete Medical/Emergency Information Checklist

### Prior To Arrival On Campus:

- Complete all forms: Medical History, Insurance Info, General Info, Emergency Card and return to the Athletic Training Room by July 15 (Fall Sports) or August 15 (Winter/Spring Sports).
- Submit your *Student Health Insurance Plan Waiver* to Health & Wellness Services. Find the waiver at: [www.ndnu.edu/student-services/health.html](http://www.ndnu.edu/student-services/health.html)
- If you do not have primary health insurance**, contact the Athletic Training Staff at (650) 508-3448/(650) 508-3437 and/or Health & Wellness Services (650) 508-3756. Some form of primary health insurance is mandatory for participation in Intercollegiate Athletics, and will need to be procured before your Pre-Participation Physical.
- New Student-Athletes:** Request a note from the treating physician for any and all injuries sustained **within the past year** which have prevented you from participating in your sport or required surgery. This note should indicate your ability to participate at this time, and/or additional care required. **THIS STEP IS REQUIRED FOR PARTICIPATION IN YOUR SPORT!!**
- If you have an HMO – **CHANGE YOUR PRIMARY CARE PROVIDER** to a provider located near campus (San Mateo, Redwood City, Burlingame, San Bruno, etc.)

### Upon Arrival On Campus:

- Check with your coach for your team's assigned Pre-Participation Physical date and time.
- Attend your team's orientation meeting with the Athletic Training Staff
- Attend your team's assigned Pre-Participation Physical Exam date at the assigned time. NOTE: While accommodations will be made for class schedules, a Pre-Participation Physical performed by NDNU Team Physicians is **REQUIRED FOR PARTICIPATION!**
- Submit your *Student Health Insurance Plan Waiver* to Health & Wellness Services if you have not already done so

### On the Day of Your Pre-Participation Physical:

- Arrive promptly at your team's scheduled time.
- Bring all ATHLETICS Medical forms not yet submitted
- Bring a copy (FRONT & BACK) of your insurance card**
- Bring any documentation for recent injuries as outlined above

Please call the Athletic Training Staff (Aaron Gill, ATC, and Beth Thompson, MS, CSCS, ATC) at either (650) 508-3448 or (650) 508-3437 with any questions.