King’s College Necessary Medical Paperwork Outline for ALL Student-Athletes

The following information outlines the documentation which is necessary for King’s College student-athletes prior to them participating in intercollegiate athletics at King’s College.

1. A Physical Examination
2. The Proof of Insurance Form
3. BOTH Sides of their Insurance Card(s)
4. A Medical History
5. The Athletic Training Student-Athlete Policies
6. Insurance Memo Consent
7. Baseline Concussion Testing

1. Physical Examination / Student Health Form
   a. All sections must be completed:
      1. Medical Release must all be checked “yes” and signed / dated.
      2. The section labeled “Participation in intercollegiate athletics or cheerleading” must be completed by the practitioner
      3. Must be signed and dated by one of the following practitioners: medical doctor (MD), doctor of osteopathy (DO), nurse practitioner (NP), or physician assistant (PA)

All student-athletes must have a physical. As per NCAA guidelines, all new student-athlete physicals need to be done within 6 months of starting their respective sports first practice. If the physical is dated prior to 6 months, the student-athlete will need another physical. Student-athletes who have played at King’s College and already have a physical on file do NOT need to have another physical.

King’s College does NOT perform Pre-Participation Physical Examinations on campus. If student-athletes are not familiar with the area, we can assist them in finding the name and location of a practitioner.

2 and 3. Insurance Information –MUST BE DONE YEARLY.
   a. Every year the student-athlete will need to complete a The Proof of Insurance Form (Green Form). The form must be fully completed and signed by the student or parent/guardian (if student is under 18 years old). A clean and legible copy of BOTH SIDES of their insurance card(s) must accompany the completed form.
   b. Any student-athlete who does not have insurance should be referred to the King’s College Health Center.

The following required documentation will be completed by the student-athletes at the team meeting prior to the start of the season with a King’s College Athletic Trainer.

4. Medical History
   a. For new student-athletes: The student athlete will complete and sign a Department of Sports Medicine “Medical History” form at the team meeting prior to beginning the season.
b. For returning student-athletes: The student-athlete will fill out a Department of Sports Medicine “Annual Health Questionnaire” at the team meeting prior to beginning the season.

5. Athletic Training Student-Athlete Policies
   a. At the team meeting prior to beginning the season, all student-athletes will read the athletic training policies; any questions will be answered by an Athletic Trainer; they will keep the policies and sign a form indicating that they agree to abide by the policies

6. Insurance Memo
   a. This memo informs the student-athlete and their parents / guardians of the medical services and insurance provided at King’s. Athletes must sign memo stating they understand the information that it is necessary to have their own insurance and if they lose insurance they must notify us immediately so the schools insurance can be purchased

7. Baseline Concussion Testing
   a. Testing done to establish baseline scores in order to safely treat concussions. Athletes need to take the baseline test one time during their collegiate career. We are currently reviewing and strongly considering adding computer testing and balance testing. Testing needs to be done during preseason meetings prior to practice.

Concussion Assessment Tools:
The King’s College Department of Sports Medicine will utilize the SCAT2, Sport Concussion Assessment Tool 2 and ImPACT. The SCAT2 is a standardized method of evaluating people after concussion in sport and can also be used for patient education. This Tool has been produced as part of the Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport, Zurich 2008. ImPACT is a computer based program that measures multiple aspects of cognitive functioning in student-athletes including: attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving, and reaction time.

Testing:
The following student-athletes will undergo baseline SCAT2 testing and ImPACT testing for the academic year if they participate in one of the listed varsity intercollegiate teams below. These include:

- Football
- Women’s Soccer
- Men’s Soccer
- Field Hockey
- Wrestling
- Women’s Basketball
- Men’s Basketball
- Men’s Lacrosse
- Women’s Lacrosse
- Baseball
- Softball
- Men’s Tennis
- Volleyball
These athletic teams were chosen because they were shown to be at an increased risk for suffering sports concussions and closed head injuries. (Journal of Athletic Training, 2003 and 2007) All student-athletes participating in one of the above sports during the academic year must be baseline tested prior to each student-athlete’s first day of practice. Each subsequent year will only require freshmen and first-time student-athletes at King’s College to be baseline tested.