

Cornell College Sports Medicine Student Athlete Checklist 2022-2023

This checklist includes all required paperwork and forms for the 2022-2023 school year. The first section is for **ALL** athletes. The second section is only required for **FIRST-YEAR and TRANSFER** athletes. Information on what needs to be submitted and how to submit it is featured below. Please read through each section carefully, check off each section as you complete it, follow directions, and submit all necessary forms in the appropriate manner. You will not be allowed to participate as a student-athlete until all necessary paperwork is completed. **This checklist must be completed, signed and submitted** indicating that you have completed all tasks.

At the bottom of this checklist you will find contact information for each Athletic Trainer. Please be sure to submit your paperwork to the Athletic Trainer for your sport. If you are a multisport athlete, please use the sport that you will participate in **FIRST**.

ALL Student Athletes:

☐ **Physicals and Insurance Card Copies**

Physicals: will only be accepted electronically or by mail. You will not be able to submit your physical in person. Contact info on who and where to send your physicals to is included below.

Health Insurance Card Copies: you are REQUIRED to submit a new copy of your health insurance card yearly. You may scan and attach a copy of it to your physical.

Physical forms can be accessed at: <https://cornellrams.com/sports/2021/7/15/physical-form.aspx?id=182> Please send all physicals and primary health insurance card copies to the appropriate Athletic Trainer.

☐ **COVID-19 Vaccination Record**

ALL student athletes, regardless of whether or not a card was submitted previously, must indicate their COVID-19 vaccination status (this will only be shared with Sports Medicine and other necessary personnel). **Please check the appropriate box below and follow any additional instructions.**

- ☐ **I am fully vaccinated for COVID-19. I have had the initial vaccine (2 Pfizer/Moderna or 1 Johnson & Johnson) AND at least one booster.** If yes, you **must** submit a copy or photo of your vaccine card via email to the appropriate Athletic Trainer to be considered “fully vaccinated”.
- ☐ **I have NOT had any COVID-19 vaccine OR have not had a booster after the initial vaccine.**

☐ **NCAA Banned Drugs 2022-2023**

Attached to this document is 2022-2023 NCAA Banned Substances List. This list provided by the NCAA is NOT exhaustive. It is your responsibility to check whether the medications or supplements you are taking are banned or contained banned substances. The easiest way to accomplish this is:

1. Go to: <https://www.dfsaxis.com/users/login>
2. Organization: NCAA Division 3
3. Password: ncaa3
4. From here you can check the status of your medication or dietary supplement

☐ **NCAA Concussion Education & Fact Sheet**

The NCAA requires that all student athletes must be provided with informational materials on concussions on a yearly basis. Additionally, you will be required to watch a short (2-minute video) from the NCAA Sports Science Institute on Concussion Awareness. Below are the links to access the Fact Sheet and video. If you have any further questions regarding concussion awareness, diagnoses or management don't hesitate to contact your athletic trainer.

Continue on the next page...

NCAA Concussion Fact Sheet:

http://fs.ncaa.org/Docs/health_safety/ConFactSheetsa.pdf

NCAA SSI Concussion Awareness Video:

<https://www.youtube.com/watch?v=cXOLhtEwySw&feature=youtu.be>

Cornell College has an extensive concussion policy, mandated by the NCAA including information on the definition of a sport related concussion, independent medical care, pre-season education, pre-participation assessments, concussion recognition and diagnosis, concussion screening, post-concussion management, and return to learn and return to sport guidelines.

FIRST YEAR and TRANSFER Student Athletes:

☐ ImPact and SCAT5 Baseline Concussion Testing

If you are a first-year student athlete, the NCAA now mandates that ALL student athletes are required to complete baseline concussion testing as part of each institution's concussion policy. The SCAT5 test will be performed in person upon your arrival on campus. ImPact is a computer-based baseline concussion test. You will be required to complete the Impact test at home before you arrive on campus and before you are allowed to participate in team practices. Information on how to access the ImPact test and directions for completing it are included below:

1. Go to a quiet room where you won't be distracted, reaction and concentration is important for this test
2. Turn off the pop-up blocker in your web browser
3. Go to: www.impacttestonline.com/colleges
4. Enter in code: 835DD33D62
5. Click Launch Baseline Test
6. Once you are finished you can just exit the exam, you do not need to print/email your results.
7. This test will take approximately 30 minutes or less to complete
8. If you intentionally tank your test score or your test score doesn't meet minimum effective scoring standards you will have to take the test again

☐ Sickle Cell Testing

New this year, the NCAA is requiring that all First-Year/Transfer student athletes disclose their Sickle Cell status. This can be completed on the Physical Form. If you are unaware of your Sickle Cell status, you will need to submit results of a **sickle cell solubility test**. Please contact your physician or discuss during your physical if you have any questions about your status.

This document should not be signed nor submitted until you have completed the requirements within each section of the document. By signing this document, you agree that you have carefully read through this checklist in its entirety and completed the requirements within each section.

Student Athlete's Printed Name

Student-Athlete Signature

Date

Send By Email:

Football, Men's Basketball, Softball: Marisa Smet (msmet@cornellcollege.edu)

Women's Soccer, Women's Basketball, Women's Lacrosse: Allisa Gurtner (agurtner@cornellcollege.edu)

Men's & Women's Cross Country, Volleyball, Men's & Women's Track and Field, Baseball:

Amanda Passaglia (apassaglia@cornellcollege.edu)

Men's Soccer, Men's & Women's Tennis, Wrestling, Men's Lacrosse: Loren (lnydegger@cornellcollege.edu)

Send By Mail: Loren Nydegger - Head Athletic Trainer
Cornell College Sports Medicine
600 1st St. SW
Mount Vernon, IA 52314