

University of Wisconsin – La Crosse  
**Intercollegiate Student-Athlete Medical / Insurance Requirements**

The following documents **must be on file** with the UW-L Athletic Training Staff **prior** to any Intercollegiate Student-Athlete participation (including pre-season testing sessions, tryouts, practices and/or competitions):

**1. Athletic Physical Examination Form**

Prior to participating in **any** organized intercollegiate athletic event at UW-L (including pre-season testing sessions, tryouts, practices or competitions), all intercollegiate student-athletes must receive, and provide appropriate documentation of, an athletic physical exam.

**The provided UW-L Physical Examination Form must be used. HIGH SCHOOL PHYSICAL FORMS ARE NOT ACCEPTABLE.**

**Incoming Freshmen:** Each freshman intercollegiate student-athlete must receive a complete, comprehensive physical – dated no earlier than *May 1<sup>st</sup>* (prior to Fall semester) OR dated no earlier than *July 1<sup>st</sup>* if they do not practice/play until second semester – and documented on the provided UW-L Physical Examination Form. **Physical Exam forms must be received on campus by August 1<sup>st</sup>** and must be sent to the address listed on the physical exam form itself. In order for the form to be acceptable, all pages must be completed and received, making sure that the doctor signs the form **and** indicates clearance for athletic participation. Any ‘faxed’ documentation must be followed by a hard-copy in the mail.

**Transfer Students:** If an intercollegiate student-athlete is transferring to UW-L after starting his/her athletic career at another institution, he/she may provide us with a copy of their athletic physical exam form from their previous institution. Provided the physical contains all necessary information required by UW-L, the document may satisfy the physical exam requirement. The Staff Athletic Trainers will review and approve/disapprove each document. It is the student-athlete’s responsibility to verify approval of the physical form with the Staff Athletic Trainers. It is also the student-athlete’s responsibility to initially obtain copies of the document. This documentation must be on-file with the Staff Athletic Trainers prior to any athletic participation. If the physical exam form does not meet UW-L requirements, the student-athlete will be required to obtain a physical exam, using a UW-L physical exam form, prior to participation.

**Returning UW-L student-athletes:** Currently, an intercollegiate student-athlete’s physical exam form is valid for 5 years following the start of their intercollegiate athletic career. Any significant changes in an individual’s medical history must be communicated to a Staff Athletic Trainer – depending on circumstances student-athletes may be asked to provide written clearance from a doctor prior to resuming participation.

**2. Insurance**

Every year, the student-athlete must fill out and turn in these two insurance forms: Acknowledgement of Insurance Requirements form and Insurance Information form. In addition to these two forms, the student-athlete **MUST PROVIDE A PHOTOCOPY OF BOTH SIDES OF THEIR INSURANCE CARD, TO THE ATHLETIC TRAINING STAFF.** *The copy must be on 8 1/2" by 11" paper with the athlete's name and sport(s) written legibly at the top.* This process will be repeated each year that the student-athlete participates at UW-L. The photocopy of insurance documentation may be mailed with the physical or brought to the first team meeting.

**Reminder . . . Deadline for receipt of Athletic Physicals and Insurance Documents – August 1<sup>st</sup>**

**3. Emergency Card**

Each year, at the first team meeting, student-athletes will be required to fill out an Emergency Card. This card contains vital information should the student-athlete need to be referred for emergency care, and is always on site during practices and competitions. Student-athletes must come prepared to fill out the card thoroughly, providing names of any medications they may be taking, current medical conditions and insurance information (company name and policy numbers). It is the student-athlete’s responsibility to thoroughly complete the card.

**4. Health History Questionnaire**

Each year, at the first team meeting, student-athletes will be required to fill out a Health History Questionnaire. This provides the student-athlete with the opportunity to update their personal and medical information with the Athletic Training Staff. It is important that student-athletes complete this form thoroughly and to the best of their knowledge.

**5. HIPAA Waiver**

Each year, at the first team meeting, student-athletes will be required to sign a waiver permitting staff to release appropriate medical information to their coaches and other approved entities.

**Mail to:**

Head Athletic Trainer  
144 Mitchell Hall  
1725 State St.  
La Crosse, WI 54601

Athletic Office Phone: (608) 785-8616  
Athletic Office Fax: (608) 785-8674