

Instructions for New and Transferring Athletes of California Lutheran University

You will not be able to try out, practice, or participate in games unless all forms identified below are completed, signed and brought with you on your assigned Athletic Team Clearance Day.

If you have questions about the Athlete Pre-participation Physical Evaluation forms please contact the Athletic Department at (805) 493-3400.

If you have questions about your physicals or the process of completing the forms please leave a message for Kecia Davis at (805) 493-3406 or call Health Services at (805) 493-3225.

- The following five pages are the New and Transferring Athlete Pre-participation Physical Evaluation forms. Print all five and completely fill out all of the pages.
 1. **Page 1:** History Form- to be completed by **you**. Take this with you to your own personal physician.
 2. **Page 2:** Physical Exam Form and Clearance Form- take this to your own personal physician (must be an MD, DO, PA-C, or NP only). It is to be completed and signed by **your doctor**. **The exam must be performed within the 6 months prior to your team check-in date.**
 3. **Page 3:** Orthopedics and Insurance Form- the top half (down to the dotted line) is to be completed by **you**. The bottom half (below the dotted line) is to be completed by our Team Physician once you get to the university on your reporting date. Your coach will notify you of the time of this orthopedic screening.
 4. **Page 5:** Mental Health and Safety Screening Form- the top half is to be completed by you. The black box is only for Cal Lutheran Health Services staff.
 5. **Page 4:** Assumption of Risk Form- to be read and signed by **you**. Your parent/guardian must also sign if you are less than 18 years old.
- Attach a copy of the front and back of your health insurance card. You will not be cleared without having health insurance and showing proof of health insurance.
- *If you are under the care of a specialist, have seen a specialist in the past year, have a chronic medical illness, and/or have had surgery or severe illness in the past year you will need to bring a note from the treating physician that states you are cleared for your medical issue for your specific sport.*
- Read and view Sickle Cell Trait information on Medical Forms for Athletes webpage.

On your team check-in date, please bring all Athletic Forms with you, as well as all Health Services Forms not previously mailed in. For any questions, please contact Kecia Davis at (805) 493-3406.