

Mills College Athletics

Student-Athlete Pre-participation Checklist

Prior to the mandatory Eligibility & Athletic Training meeting:

- 1) Download and print the Mills College Athletics “Student-Athlete Pre-participation Checklist.”
- 2) Download, print, and complete the Mills College Athletics “Athletic Training Packet” which includes the following forms:
 - Student-Athlete Intercollegiate Athletics & Club Sport Participant Acknowledgement and Assumption of Risk
 - Notificaiton of and Agreement to Terms & conditions of Mills College Intercollegiate Athletics & Club Sports
 - Authorization to Use or Disclose Protected Health Information
 - Medical Consent Authorization / Authorizaiton to Notify Parents/Guardians, Spouse or Partner of Injury/Illness
 - Emergency contact Information
 - Student-Athlete/Club Sport Participant Insurance Information
- 3) Make a copy of your current insurance card(s) and attach it to the forms above.
Do not expect your coach or the Athletic Trainer to make this copy for you.
- 4) Download and print the Mills College Athletics “Physical Forms” (3 pgs total).
Complete ONLY the Health History Form of the Preparticipation Physical Evaluation.
The remainder of the document will be completed during your physical.