



# Whitman College

## Returning Intercollegiate Student-Athlete Medical Clearance Checklist

Returning athletes are no longer required to have a pre-participation physical examination by a physician. An updated medical history must be completed within 6 months of athletics participation and will be reviewed by the Athletic Training staff. **Vital statistics (height, weight, blood pressure) will be taken in the Athletic Training Room to complete the pre-participation paperwork.** A physical examination will only be necessary if your updated medical history or current medical condition calls for it. If you sustained an injury, had an illness, had surgery or were seen by a physician for a medical condition since your last physical evaluation, documentation will be required prior to being cleared for athletics participation. Please review the checklist below and complete the necessary forms to bring with you to the Athletic Training Room when you return to the Whitman College Campus or stop by the Athletic Training Room to complete this information.

### REQUIRED:

- Returning Student-Athlete Updated Medical History Questionnaire\*  
*This must be filled out, signed and dated within 6 months of participation in any practice, competition or out-of-season conditioning activities for the upcoming academic year. These forms can also be filled out in the Athletic Training Room.*
- Medications, Supplements, Ergogenic Aids Disclosure
- H.I.P.P.A. Release Authorization
- Authorization and Assumption of Risk Waiver
- A copy of your current insurance card (front and back)

**\* You will not be eligible for participation until you visit the Athletic Training Room to have your height, weight and blood pressure recorded and your medical history reviewed by a member of the Athletic Training staff.**

### AS NEEDED:

- ADD/ADHD documentation form, to be filled out by overseeing physician.  
(Only intended for those taking stimulant medications for ADHD/ADD)  
*\*For more information please visit the Whitman College Athletic Training website.*
- Notes from physicians seen since the conclusion of your last season of play, including all surgical notes, test results, and clearance from physician to participate in your specific sport.

If you have any questions, please contact the Athletic Training Office:

Head Athletic Trainer  
John Eckel (509) 527-5590 [eckeljw@whitman.edu](mailto:eckeljw@whitman.edu)

Assistant Athletic Trainer  
Nathan Fry (509) 527-5911 [fryna@whitman.edu](mailto:fryna@whitman.edu)

During the summer you may contact Victoria Berg, Athletic Administrative Assistant, at (509) 527-5921.