

# Sierra College

## New Athletes Preparticipation Paperwork Instructions

**All 3 forms must be completed and on file in the athletic training room before you can participate in intercollegiate practice for Sierra College.**

Please print legibly on all forms.

### 1. Preparticipation Physical Evaluation (PPE)

**HISTORY** (1<sup>st</sup> page, 2 sides) – Please answer all questions truthfully. For any questions that you may not be sure about (including family history), please talk to parent, guardian or other family member to insure this information is accurate. Some questions require an explanation for “yes” answers – this should include a brief description of the injury/condition, date of injury, left or right side of body (if applicable), and how much time you missed from athletics. This page has two sides - fill out both sides, then sign and date at the bottom of the second side.

A. **EVALUATION** 2<sup>nd</sup> page, 1 side – This is to be completed by a licensed physician (MD), doctor of osteopathy (DO) or PA/FNP working under a MD/DO – we do not accept PPE’s done by chiropractors. If you are doing your PPE at Sierra College bring this page back blank. If you are getting your PPE from an outside doctor take this form and have him/her fill it out. The doctor must check the appropriate box in the clearance section and sign/ date at the bottom. The doctor (provider) must print his/her name and stamp below so we may see who performed the physical.

2. Insurance information sheet (yellow paper) – This will be kept on file in the athletic training room. You must list an emergency contact; this person should be a parent/guardian or adult relative. If you are covered by health insurance, fill out the health insurance information section. Be sure to include name of insurance company, along with the policy/ID/subscriber/member/medical number, type of plan and group number (if applicable). If you have insurance, a copy of the front and back of your card must be on file in the athletic training room. You may attach a copy to this form or email a picture/screen shot to Brandon Johnson at [bjohnson@sierracollege.edu](mailto:bjohnson@sierracollege.edu).

3. Emergency card (yellow card) – Please see athletic trainer for card and instructions on filling out.

Any Questions or concerns please contact Sierra College’s athletic trainers: Brandon Johnson at 916-660-8108 or Nancy Smith at 916-660-8107.

**Thank you and Go Wolverines!**