

Sierra College

Returning 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. Follow-up Medical Questionnaire – Use this form if you are a returning athlete at Sierra College and have a preparticipation health screening dated within 2 years on file in the athletic training room. This form is used to document any injury/illness you have sustained since your last preparticipation health screening.
 - A. Answer each question accurately and thoroughly. For questions with a “yes” answer, give a brief description of the injury/condition, including date, left or right side of body (if applicable), and how much time you missed from athletics. When you have completed filling out the form, sign and date at the bottom of the page.
 - B. If you had a significant injury requiring surgery/hospitalization or missed significant practice time during the season or off-season due to injury/illness you must obtain a clearance note from your physician before you can participate in intercollegiate practice. If you have any questions about this contact Nancy and Brandon as soon as possible at the phone numbers given below.
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.
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!