



To the New and Transfer Student-Athlete and Parents,

Welcome to Utica College Athletics! At the Pioneers website, you will find an **Athletic Medical History Questionnaire** and **Release and Waiver Form**. www.utica.edu/ucpioneers/forms/index.cfm
Use those forms to complete the clearance process when you arrive. See the checklist below:

Complete the following checklist before you come to UC:

- ✓ Mail in questionnaire, release and waiver, and a **copy of your current insurance card**.
Submit by **August 1st**; see address and contact information below.
- ✓ Go to www.haylor.com/student. You must waive or enroll in school insurance prior to start of sport. A card will be mailed home in five to seven days. Bring that card with you to UC.
- ✓ Consider adding school insurance if you are out-of-state or have HMO coverage.
- ✓ Complete the **Health Form** including recent physical (since April 1st) and submit to the UC Student Health Center. 315-792-3094. Fax: 315-792-3700. www.utica.edu/student/health
- ✓ Submit paperwork from your physician regarding any injuries you are currently being cared for stating that you are either cleared to play or cleared to play with certain restrictions.
- ✓ Submit documentation of medical need from your physician for banned stimulants in the treatment of ADHD (i.e. **Ritalin**). Submit a note with original date of diagnosis, statement that non-banned alternatives were considered, and current monitoring with annual follow-up.
- ✓ If you are currently receiving Physical Therapy transfer that locally so that can be completed.

Submit paperwork and forms to:

Athletics- Clearance paperwork
Utica College
1600 Burrstone Rd
Utica, NY 13502

Regards,
Dan Sheffer
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* Workstudy available for students with Athletic Training classroom or practical experience. Inquire within.