

Northern Michigan University
Intercollegiate Athletics and Recreational Sports

Prospective Student-Athlete Tryout Required Health Information

Prospective Student-Athletes (and Parents if under age of 18):

We look forward to having you on campus for a tryout with one of our athletic teams. Before you are permitted to physically participate in a tryout, NMU must be provided with the following information.

1. Documentation of a physical exam that was conducted by a MD/DO/PA/NP. This exam must have occurred within 6 months prior to the start of your competitive season this past year.
2. Completed/signed "Pre-participation Evaluation" form (attached).
3. Proof of Sickle-Cell testing
4. Signed "Consent to Treat Form" (attached)
5. Signed "Assumption of Risk Form" (attached)

The above items MUST be received by Northern Michigan University at least ONE WEEK PRIOR to your tryout. Northern Michigan University reserves the right to disallow physical participation by any prospective student-athlete when there is concern for your safety.

If you have any question, please contact:

Jason Laxo, MS, ATC

Head Athletic Trainer

906 227- 1653

jlaxo@nmu.edu

Kristen Rogers

Assistant AD for Compliance

906 227-2939

krrogers@nmu.edu

Sincerely,

Jason Laxo, MS, AT

Head Athletic Trainer

Prospective Student-Athlete Tryout

Pre-participation Evaluation

*Failure to complete this form will render the prospective student-athlete INELIGIBLE to participate in a tryout.

Name: _____ Sex: M F Age: _____ DOB: _____

Sport: _____ Date of tryout: _____

Do you HAVE OR HAVE YOU EVER HAD any of the following:

Surgery	Yes	No
Loss of Consciousness	Yes	No
Allergies	Yes	No
Stingers/Burners	Yes	No
Seizures/Epilepsy	Yes	No
Cardiac/Heart Condition	Yes	No
Chest Pain with Exercise	Yes	No
Heat Exhaustion/ Heat Stroke	Yes	No
Dizziness with Exercise	Yes	No
Asthma	Yes	No
High Blood Pressure	Yes	No
Neck/Spine Injury	Yes	No
Heart Murmur	Yes	No
Diabetes	Yes	No
Racing Heart	Yes	No

Sickle Cell Anemia	Yes	No
Heart Skips Beats	Yes	No
Family History of Heart Disease	Yes	No
Concussion	Yes	No
Significant Joint Injury	Yes	No
Trouble Breathing w/ Exercise	Yes	No

***If you answered YES to any of the above, please explain and include Dates:**

I acknowledge that I have responded to the above items honestly and to the best of my knowledge. I also understand that Northern Michigan University reserves the right to disallow my participation in a tryout to ensure my safety.

Signature of Prospective Student Athlete

Date

Signature of Parent (if under age of 18)

Date

Prospective Student-Athlete Tryout

CONSENT TO TREAT

I, (or the parent or legal guardian, if under age of 18, of) _____
do hereby authorize treatment of him/her by a certified/licensed Athletic Trainer or Medical
Doctor in case of any accident or illness that may arise during my participation in an athletic
tryout at Northern Michigan University.

Signature of Prospective Student-Athlete

Date

Signature of Parent (if under age of 18)

Date

Sickle Cell Testing Requirement

About Sickle Cell Trait-

*Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells.

*Although Sickle cell trait is most predominant in African-Americans (approximately 8%) and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait, including Caucasians (approximately .0001-.0005%)

*Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to a crescent or “sickle” shape), which can accumulate in the bloodstream and “logjam” blood vessels, leading to collapse from the rapid breakdown of muscles starved of blood which can lead to life- threatening injuries and/or sudden death. Please see the below website for more information regarding sickle cell trait:

<https://www.ncaa.org/sports/2016/7/27/sickle-cell-trait.aspx>

Sickle Cell Trait Testing-

* The NCAA mandates that NCAA prospective student-athletes participating in a TRYOUT have knowledge of their sickle cell trait status before the student-athlete participates in any physical tryout activities.

* The Northern Michigan University Department of Intercollegiate Athletics and Recreational Sports also mandates that prospective student-athletes have knowledge of their sickle cell trait status.

PROSPECTIVE STUDENT-ATHLETES MUST INCLUDE A COPY OF THEIR SICKLE CELL STATUS, prior to participation in a tryout.

Prospective Student-Athlete Tryout

Assumption of Risk

Participation in intercollegiate athletics requires an acceptance of risk or injury, including but not limited to: death, quadriplegia, paraplegia, internal injury, closed head injury (possibly including post-concussion syndrome) and musculo-skeletal injuries (including sprains, strains and fractures). Some of these injuries may result in medical treatment, surgery, and/or permanent disability. Athletes rightfully assume that those who are responsible for the conduct of intercollegiate athletes have taken reasonable precautions to minimize the risk of significant injury and that those participating in intercollegiate athletics will not intentionally inflict injury.

Northern Michigan University is not responsible for medical costs associated with any injury/illness that results as a part of the prospective student-athletes participation during tryout activities.

Signature of Prospective Student-Athlete

Date

Signature of Parent (if under age of 18)

Date