

**University of Mary Washington**  
1301 College Avenue, Fredericksburg, VA 22401  
Student Health Center - Mercer Hall  
Phone 540-654-1040, FAX 540-654-1077  
Athletic Training Department – Goolrick Hall, Room 102  
Phone 540-654-1872 or 1874, FAX 540-654-1892

## **Welcome to the UMW Student Health Center and Athletic Training Department!**

### **Dear Incoming UMW Student,**

Welcome to the University of Mary Washington. To provide you with the best medical care while you are a student at UMW, certain health information must be on file prior to beginning your studies. This letter details those requirements.

#### ***What information and forms are required?***

All full-time students at the University of Mary Washington enrolling for the first time are required by Virginia state law to provide a **Health History** and an **Immunization Record**. Students 17 years of age and younger on August 25 must have their parent or guardian sign the **Permission to Treat** section located on the Immunization Record.

#### ***When do these forms need to be completed?***

UMW requires that these forms be completed and signed within the **12 months** preceding your enrollment, and returned by **JULY 1** if enrolling for the fall semester and December 1 if enrolling for the spring semester. If you are a previously enrolled student reentering as a full-time student and you have been absent for more than three years, you will need to complete a new Health History form. If your absence has been more than 10 years, you will need to complete both the Health History form and the Immunization Record. **NCAA Athletes must submit copies of all forms to their coach by AUGUST 1.** It is recommended that you print a copy for your records.

#### ***Who completes the forms?***

**YOU** will fill in all information for the **Health History** sections listed below. General information in Section 1 should be completed and submitted to UMW. Then, the entire form should be completed and printed for review, updates, and **signature** by a health practitioner. This may be a physician (MD), osteopath (DO), registered nurse (RN), physician's assistant (PA), or nurse practitioner (NP).

Section 1:	General information	... to identify you to us
Section 2:	Insurance information	... if we need to order lab and x-ray
Section 3:	Family and Personal History	... so we know your medical conditions

You may fill in immunization dates on the **Immunization Record** form if you have your immunization records and dates. If you do not have your immunization records, it is your responsibility to obtain them for your practitioner or have your practitioner fill in the dates from office records. The Immunization Record must then be reviewed and **signed** by your practitioner to identify and administer any immunizations that you may need to attend UMW.

#### ***What do I need to know about immunizations?***

There are several things you need to know about immunizations:

- Persons born before 1957 are considered immune to rubeola (measles) and mumps.
- You must document the month, day, and year for immunizations for rubeola (measles), mumps, rubella, tetanus, diphtheria, polio, and meningococcal and Hepatitis B vaccines.
- If official documentation for tetanus, diphtheria, rubeola, mumps, rubella, or polio is not available, you should repeat the vaccination or have blood drawn to prove immunity. A history of the disease is not acceptable.

#### ***What happens if I don't complete the forms or get them signed?***

If your forms are incomplete or not signed by a health practitioner, you will not be allowed to register for classes for the following semester until the forms are completed. If you are an **NCAA athlete**, you will not be allowed to participate until these forms are completed and on file in the athletic training department.

#### ***Do I need a physical examination or lab studies?***

Students who only participate in physical education classes, intramural athletics, and club sports do not need a physical examination or lab studies prior to enrollment at UMW. **NCAA Athletes** are required by the NCAA to have one complete physical exam prior to participation in any try-outs, practices, or games. There are no exceptions.

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## NCAA Athletes

### *Will I be a candidate for NCAA Varsity Athletics?*

If “YES”, you must complete all sections of the following (5) forms, sign and return all forms to your coach by **AUGUST 1, 2007**.

*Health History Form (All Pages)*

*Immunization Record (All Pages)*

*NCAA Intercollegiate Athletics Pre-participation Health Examination Form*

Have this form completed and signed by a health practitioner.

*NCAA Acceptance of Risk Waiver & Release of Medical Information Form*

*Health History Update Form (All Pages)*

### *Why do I need an Acknowledgement of Insurance Requirements?*

The University of Mary Washington will not assume any responsibility whatsoever for the payment of, or authorization to pay, medical expenses incurred as a result of athletic participation and injury. Any such medical expenses become the responsibility of your personal insurance carrier. All athletes at the University of Mary Washington are required to have proof of health insurance coverage that covers athletically related injuries and has a policy limit of at least \$75,000. This information must be updated annually.

*The above-noted forms and an insurance card, or legible photocopy of both sides, must be on file before you can participate. This is an NCAA mandate and there are no exceptions.*

The NCAA’s Catastrophic Injury Insurance Program covers student-athletes who are catastrophically injured while participating in a covered intercollegiate athletic activity (subject to all policy terms and conditions). The policy has a \$75,000 deductible. This coverage does not qualify as the basic coverage required for participation in athletics at the University of Mary Washington. It is supplemental coverage in the event of a catastrophic injury. More information on this program can be found on the NCAA’s website at [www.ncaa.org](http://www.ncaa.org).

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### *Will my records be kept confidential?*

The original Health History and Immunization Record will be filed securely in the Student Health Center and Athletic Training Department. No information will be released to anyone without your written consent. This information will be used only when you require medical attention. All forms will be destroyed seven years after you leave UMW.

### *Where do I send the forms?*

**ALL STUDENTS** - send the original **Health History** and **Immunization Record** to:

**NCAA ATHLETES** – In addition to sending the original **Health History** and **Immunization Record** forms to the Student Health Center, also send a **COPY** of the **Health History** and **Immunization Record** along with the original **Pre-participation Health Examination** and **Acceptance of Risk Waiver/Release of Medical Information** forms to your coach at:

**Student Health Center  
University of Mary Washington  
1301 College Avenue, Mercer Hall  
Fredericksburg, VA 22401**

**Your Coach’s Name Here  
University of Mary Washington  
1301 College Avenue  
Goolrick Hall, Room 106A  
Fredericksburg, VA 22401**

Sincerely,  
*P. Thomas Riley, MD*  
Director, Student Health Center  
University of Mary Washington

Sincerely,  
*Jackie Gaida, MSED, ATC/L, CSCS*  
Head Athletic Trainer for Intercollegiate Athletics  
University of Mary Washington