

TO: All student-athletes, parents, and guardians.

FROM: Eric Sand, M.S., ATC – Head Athletic Trainer

As the Head Athletic Trainer, it is my responsibility to inform the student-athlete and parents/guardians that participation in intercollegiate athletics carries with it the inherent risk of injuries. The athletic training staff will do its best to ensure the safety and well-being for all student-athletes.

Bemidji State University does **not** carry a secondary athletic insurance policy. As a result, you will need to make sure your primary insurance plan will cover athletic injuries in the event you are injured while participating in a NCAA sanctioned event (i.e., practice, games, weight training). The NCAA has a secondary catastrophic policy that will kick in at \$90,000. You will need to confirm that your insurance will cover you to that \$90,000 mark and at Sanford Clinic and hospital in Bemidji as well as the Center for Student Health and Counseling on the campus of Bemidji State University. For international students, the required international student insurance policy does include coverage for athletic injuries. For all student athletes, if you would be interested in purchasing your own secondary policy to help pay for possible injury medical bills, please contact me.

In the event of an injury which requires off-campus care, student-athletes will be referred to team physicians provided by Sanford Orthopedics and Sports Medicine in Bemidji, MN. If a student-athlete and /or parent/guardian wish to use a different physician, or to have a second opinion, please keep in mind that the final authority for determining the student-athletes return to play will be Bemidji State University team physicians.

It is also important to note that with the emergence of COVID-19, there will be some changes (and continued changes per CDC and MN Department of Health). Upon return to campus, you will be required to fill out a health questionnaire specific to COVID-19. This is to be handed in before participation. This questionnaire is to be filled out within 24 hours of returning to campus. It is the athlete's duty report signs/symptoms of illness and to stay home when sick. You can find more information on COVID-19 at <http://www.bemidjistate.edu/coronavirus>.

New Incoming Student-Athletes:

As a new incoming student-athlete, you are required to have a current physical (within the last 6 months) and the Sickle Cell Trait test done/waiver signed. You **MUST** use the BSU physical form. The forms can be found on the following link: http://bsubeavers.com/athletics/athletic_training/. You will need to click on the Required Forms under the New/Incoming Student-Athletes section. Directions will be provided on how to set-up an account and fill out all necessary forms. **Be prepared to upload a copy of your insurance card as the system will NOT let you save unless you have uploaded your insurance card.**

Returning Student-Athletes:

All forms will need to be updated as well as an updated physical before any competition can take place. **You MUST use the BSU physical form.** The forms can be found on the following

link: http://bsubeavers.com/athletics/athletic_training/. You will need to click on the Required Forms under returning student-athletes. As a returning student-athlete you will not be required to have a Sickle Cell Trait test done, as we have this on file.

Insurance Acknowledgement:

As a student-athlete, you are required to have a Primary Insurance Plan. In order for us to confirm the requirement of insurance, you will be required to fill out an insurance acknowledgement form while completing the Athletic Trainer Systems online paperwork. Please be prepared to answer questions about your insurance at that time.

Attention Deficit Hyperactive Disorder:

If you have been diagnosed with ADHD and are taking/will be taking medication for it, the NCAA requires that information to be on file with the universities medical staff. The form for the documentation can be found under the following link: http://bsubeavers.com/athletics/athletic_training/.

Concussion Management Policy:

NCAA requires all student athletes to read and understand both the institutional concussion management policy and the NCAA fact sheet on concussions. These are available at the following link: <http://www.bsubeavers.com/athletics/athletictraining/>

PLEASE HAVE ALL FORMS AND DOCUMENTS COMPLETED BY AUGUST 1ST, 2020.

If you are a fall sport participant you must have ALL paperwork completed by the time you report for fall camp or you will not be participating in the first day of practice.

If you should have any questions, **PLEASE** call.

Sincerely,

Eric Sand, M.S., ATC Head
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