



JOHN CABOT UNIVERSITY ATHLETICS

ATHLETICS DEPARTMENT

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FORMS

All JCU students must sign all Athletics Forms prior involvement in the JCU Athletics program. Students will not be allowed to participate in any JCU sponsored sport or activity without signing the necessary forms. If you plan to partake in other sport activities then you will need to sign forms pertaining to those activities.

Please fill out the forms below and submit a printed copy to the Athletics Office:

- Athletics Forms - [link](#)
- Athletic Department Individual Participant Registration – [link](#)

PHYSICAL EXAM

As required by Italian Law, any individual (student\faculty\staff) who intends to participate in any activities or use any sports facilities must submit a physical exam issued by an Italian Doctor. This is a mandatory requirement prior to participation in any activity and can be performed in the following ways:

- “Visita medica agonistica” (competitive physical), performed by an Italian local physician specialized in “Medicina dello Sport”, for participation in any sports (required only for the JCU members of sports team);
- “Certificato per attività ludico motoria” (basic physical) performed by an Italian local physician for recreational and fitness activities (required for all members). The physical forms submitted will be kept on file in the Athletics office located in the Fitness Center. The Athletics Office will set appointments with an Italian doctor who will be available on campus in the beginning of the semester. Doctor appointments can also be arranged independently.