



Sports Physical Checklist

Please use this page as a guide to ensure that all components of the sports physical process is completed prior to handing it in for review. Please note that the submission of this packet does not presume clearance. The Physical or Health History Update need to be reviewed and approved by the school physician prior to clearance in order to participate. Also, please note, if paperwork is submitted after the deadline, the student athlete may not be cleared to start on the first day of practice.

Online Consents

- Guardian Consent for Athletics
- Guardian Code of Conduct
- Guardian Steroid Release
- Guardian Concussion Release
- Sudden Cardiac Death Information
- Opioid Release
- MRSA Information
- Eye Injury Information
- Athletic Releases
- Athlete Code of Conduct

If the athlete's physical is more than 365 days old by the start of the season, or is coming out for a sport for the first time please submit the following forms:

- The entire Sports Physical Packet

If the athlete's sport physical is less than 365 days old, but more than 90 days old from the Practice Start Date please submit the following forms:

- Health History Update Questionnaire
- Athletic Parental Consent Form

If the athlete has any special requirements, please submit the appropriate forms. These are located on the Health Office website.

- Asthma Treatment Care Plan
- Allergy Action Care Plan
- Diabetic Treatment Care Plan
- Other Medical Care Plans