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