



## **Fall 2021 Athletic Clearance Information**

### **Step 1: Register on Family ID and/or Sign Up for the 2021 Fall Sports Season**

To participate in a RHS Athletic program for the 2021 Fall season, you need to register online using FamilyID. The link can be found at [www.FamilyID.com](http://www.FamilyID.com). Follow the prompts to create an account if you don't already have one. Once you have created an account or if you already have one, click on "2021 Fall Athletics Registration" and fill in the requested information. **Registration is required for each new sports season.** Family ID will open for Fall registration on May 7th, 2021.

### **Step 2: Medical Clearance BEFORE tryouts**

You will need to be medically cleared before the start of the season/tryouts by turning in either the entire 4-page **Sports Physical Packet** and **Recheck Form (Health History Update Questionnaire)** or just a **Recheck Form (Health History Update Questionnaire)**. All forms can be printed from the RHS Athletics website (<https://randolphathletics.rschooteams.com/#>) or picked up from the RHS Nurse's Office.

All first-time athletes and incoming freshmen will need to submit the 4 page Sports Physical Packet and Recheck Form (Health History Update Questionnaire) to be cleared for Tryouts.

For returning athletes, if you have previously handed in a sports physical packet and the date of your physical exam was after Aug 9, 2020, you only need to hand in a Recheck Form (Health History Update Questionnaire). If the date of your last physical exam was before Aug 9, 2020, you will need to turn in a new 4-page Sports Physical Packet and a Recheck Form. Pages 1 and 2 are completed and signed by the student athlete and the parent. Pages 3 and 4 are completed, stamped and signed by the physician/medical provider.

Please submit a doctor's clearance note for any recent injuries, concussions, or illnesses.

If you have Asthma or require an EpiPen, please make sure you turn in an Asthma Action Plan or Emergency Health Care plan for the 2021-2022 school year.

**You must be registered on Family ID and all forms must be turned in to the RHS Nurse's Office by June 30<sup>th</sup>, 2021**

### **Step 3: Concussion ImPact Testing must be completed**

If you have not had Concussion ImPact baseline testing yet, you will need to complete it online in order to be "Approved" for participation in the tryouts/season. This is completed once per school year by Freshmen, Juniors and previously untested student athletes. **The instructions and link to complete concussion testing will be emailed to you from Family ID once you are medically cleared.**

Thank you for your anticipated cooperation. Do not hesitate to contact the school nurses with any questions or concerns. They can be reached on school days 7:30 AM – 2:30 PM .

Ms. Dorothy Carlson, RN 973-361-2400 ext 6509 [dcarlson@rtnj.org](mailto:dcarlson@rtnj.org)

Mrs. Melissa Wardrope, RN 973-361-2400 ext 6510 [mwardrope@rtnj.org](mailto:mwardrope@rtnj.org)