



Fall 2021 Athletic Clearance Information for Freshmen

Step 1: Register on Family ID and 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. Follow the prompts to create an account. Once you have created an account, click on "2021 Fall Athletics Registration" and fill in the requested information. ***Registration is required for each subsequent sports season.***

Step 2: Medical Clearance BEFORE tryouts

You will need to be medically cleared before the start of the season/tryouts by turning in the entire 4-page **Sports Physical Packet** and 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 incoming freshmen will need to submit the 4 page Sports Physical Packet and Recheck Form (Health History Update Questionnaire) to be cleared for Tryouts.

Pages 1 and 2 of the Sports Physical Packet 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.

All forms can be emailed, faxed or dropped off in person to the RHS Nurses (contact info is listed below)

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

Step 3: Concussion ImPact Testing must be completed

You will also need to complete Concussion ImPact baseline testing which is done online at home. This needs to be completed in order to be "Approved" for participation in the tryouts/season. It 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

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