

# SPORTS PARTICIPATION REQUIREMENTS:

1. **BASELINE TEST** – Required every other year, usually 9<sup>th</sup> and 11<sup>th</sup> except if you are a transfer student. Baseline tests will be given after school during the school year. Dates for next school year are TBA.
2. **PHYSICAL PACKET** – 4 back to back pages. (Goldenrod paper this year)
3. **COPY OF INSURANCE CARD** – must be attached to physical packet.
4. **3 CERTIFICATES REQUIRED: CONCUSSION IN SPORTS (not concussion for students), SUDDEN CARDIAC ARREST, HEAT ILLNESS PREVENTION**– These courses must be taken every year. See instructions below, print out certificates and attach to the physical packet. The FHSAA highly recommends parents view the videos also.
5. **FOOTBALL ONLY:** Football players are required to have an EKG every other year, usually 9<sup>th</sup> and 11<sup>th</sup> to participate in football. Please have one taken at the time of your physical.
6. All paperwork must be turned in at the same time to the Athletic Office. The Athletic Office will not accept incomplete physical packets. Do not turn in your physical packet to a coach. The FHSAA paperwork are the only forms accepted to participate in a sport.

## THIS IS NOT THE BASELINE TEST

### INSTRUCTIONS FOR STEP #4 FOR STUDENT-ATHLETES

NFHS “Concussion in Sports”, “Sudden Cardiac Arrest”, & Heat Illness Prevention Courses (Important Note: If you have completed these courses anytime in the past, the course must be “ordered” prior to beginning the course but you can use your previous log in.)

### COURSE ORDERING:

Step 1: Go to [www.nfhslearn.com](http://www.nfhslearn.com).

Step 2: “Sign In” to your account using the e-mail address and password you provided at time of registering for an [nfhslearn.com](http://nfhslearn.com) account. OR If you do not have an account, “Register” for an account.

Step 3: Click “Courses” at the top of the page.

Step 4: Scroll down to the list of courses.

Step 5: Click “View Course”.

Step 6: Click “Order Course.”

Step 7: Select “Myself” if the course will be completed by you.

Step 8: Click “Continue” and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for these courses.)

### Beginning a Course

Step 1: Go to [www.nfhslearn.com](http://www.nfhslearn.com).

Step 2: “Sign In” to your account using the e-mail address and password you provided at time of registering for an [nfhslearn](http://nfhslearn.com) account.

Step 3: From your “Dashboard,” click “My Courses”.

Step 4: Click “Begin Course” on the course you wish to take.