



Fall 2022 Athletic Clearance Information

Step 1: Register on Family ID and/or Sign Up for the 2022 Fall Sports Season

To participate in a RHS Athletic program for the 2022 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 if you don't already have one. Once you have created an account or if you already have one, click on "2022 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 1st, 2022.

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 Recheck Form (Health History Update Questionnaire)** or just a **Recheck Form (Health History Update Questionnaire)**. See below to find out which scenario pertains to your athlete. The Sports Physical Packet will also need to be reviewed by the School Physician. Both forms can be printed from the RHS Athletics website (<https://randolphathletics.rschooteams.com/#>) or picked up from the RHS Nurse's Office.

If you have previously handed in a sports physical packet and the date of your physical exam was after Aug 22nd, 2021, you only need to hand in a Recheck Form (Health History Update Questionnaire).

If you have not previously handed in a Sports Physical Packet, or the date of your last physical exam was before Aug 22nd, 2021, 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 Diabetes, a history of Seizures, require an inhaler or an EpiPen, please make sure you turn in a Diabetes Care Plan, Seizure Action Plan, Asthma Action Plan or Anaphylaxis Health Care plan for the 2022-2023 school year.

You must be registered on Family ID and all forms must be turned in to the RHS Nurse's Office by June 15th, 2022

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. This is completed once per school year by incoming Freshmen, rising Juniors and previously untested student athletes. The instructions and link to complete this 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 .

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