

WARDLAW + HARTRIDGE

Pioneering. Thinkers.

Dear Parent/Guardians,

This letter is to help guide you through the athlete eligibility process. If your child/children plan on participating in athletics in any season, then these requirements must be met. Every season that an athlete wishes to participate, there is something that needs to be submitted. When logging into Rank One, it will tell you exactly what is needed for each season.

1. [NJ State Pre-Participation Physical Exam](#) - This must be completed and signed by the parent/guardian and your physician. All 5 pages are required to be filled out. If a certain section doesn't apply to your child, then the doctor can write "N/A." This physical is valid for 365 days from the date of the exam. Please hand in this physical copy to the athletic trainer or the school nurse. You can also scan and email a copy of the physical to roliveira@whschool.org or upload it directly to Rank One. Please ensure that all 5 pages are completed and scanned in.
2. [Health History Update Questionnaire \(HHUQ\)](#) - This form must be completed just prior to any season your child plans to participate in when a physical is not handed in. It can be found and submitted on the Rank One Website. It needs to be filled out and signed by both parent/guardian and athlete
3. [W+H Participant Signature Form](#) - This contains several documents that the state of NJ requires to be signed by parent/guardian and athlete. They are found again on the Rank One Website and can be submitted directly to the website. This only needs to be submitted one time per school year and needs to be done before competing in the first sport of the school year.



Rank One is our athlete eligibility and injury software. I highly encourage you to download the mobile app on your phone and create an account for yourself. It will show the most up to date information on your child's eligibility. It will also give you reminders if any of your forms are about to expire.

[Download the app on the iPhone app store here](#)

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