

Rank One Sport On-line Pre-Participation Physical Packet FAQs

1. What does it mean to be “under a doctor’s care”? Who needs a clearance note and who doesn’t?

If you have recently seen a physician for a medical condition, or you require ongoing medical care, please provide a medical release note from your treating physician that releases you to athletic participation. This note may be emailed to your coach or athletic trainer. You may contact your athletic trainer with any questions.

2. What is the “valid” date for all physicals?

Physicals for the 2023-24 school year must be dated AFTER 4/1/2023.

3. Do I still need to get my inhaler form/epi-pen form/student self-management of diabetes completed by my doctor?

Yes, you will need to have a new form completed and signed by your prescribing physician.

4. I want to get an EKG for my child. Can they participate if they have not gotten the results/had the exam yet? Do you require me to give you the results of the EKG exam?*EKGs are optional and your child will not be held out of sports participation while they are waiting on the results of their EKG exam. Please send your results to your athletic trainer when you receive them.*

5. Who do I contact if I have additional questions?

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Memorial High School	Northbrook High School	Stratford High School	Spring Woods High School
Spring Branch Middle	Landrum Middle	Spring Forest Middle	Spring Oaks Middle
	Northbrook Middle	Memorial Middle	Spring Woods Middle