

YOU'RE NOT DONE YET!!!

Please follow the steps below: After a physical exam is performed by the appropriate health care provider, this information along with other documents must be uploaded in order to be cleared for participation.

1. Visit or see QR Code below:
<https://friendswoodisd.rankonesport.com/New/NewInstructionsPage.aspx>
2. Log into your Rank One account, register for a new account (QR Code Below), or continue as a guest.
3. Upload the Physical Examination document (this is the back of the page of the physical form in which the provider filled out). This may be done through photography or scanning.
4. Fill out the Medical History Form (**NOTE**- this was completed prior to the physical examination, but **MUST BE** filled out again online as well for clearance)
5. Complete the Athletic Information Form
6. Complete the Athletic Policies Form
7. Complete UIL Forms Signature Page
8. Complete Consent to Treat Forms | BFR, Dry Needling, Cupping, OTC ****optional****

****Please note Student's First Name, Student's Last Name, Student's ID, and School Attending in 2025 -2026 must be filled out on each page. Forms will not submit electronically without all required information being completed.****

If you have any questions or concerns, please contact the Athletic Trainers at (281)- 996- 6553 or email Head Athletic Trainer Blake Lapier at blapier@fisdk12.net

CREATE NEW RANK ONE ACCOUNT	UPLOAD ALL RANK ONE FORMS
	