

Signing Up For Sports

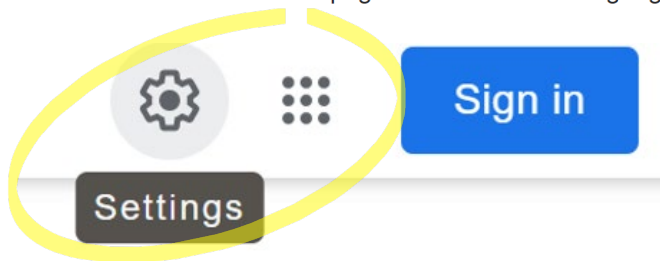
1. Use Google Chrome as Web Browser.

<https://www.google.com/chrome>

2. Set the **Translate** feature to your preferred language in Google Chrome.

You can control whether Chrome will offer to translate webpages.

1. On your computer, open Chrome.
2. At the top right, click More. Settings.
3. At the bottom, click Advanced.
4. Click Languages. Language.
5. Turn Offer to translate pages that aren't in a language you read on or off.



3. Go to this website:

<https://lakewashington-wa.finalforms.com>

4. You will see this ...



Parent

→ LOGIN



Student

→ LOGIN

5. Click on Parent Login.

Parent Login

 Login with Google

OR

Email: [Forgot your email?](#)

Password: [Forgot your password?](#)

[Back](#)

[Never logged in?](#)

Important:

You must use the email address we have on file. If you already have an account, please sign in. If you need to create an account, click on **“Never logged in?”** below the blue Login button. (See red arrow above)

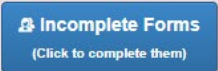
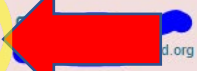
6. Once logged in, use the blue “Incomplete Forms” button to get started with forms and signatures.

My Students

MANAGE YOUR STUDENTS WITHIN THE SYSTEM.

Rose Hill Middle School Administrative Note: Student email accounts cannot be accessed until September. Please ignore the requirement for students to sign until that date.

By Lake Washington School District policy your student athlete must have health insurance to participate in athletics. If you currently do not have an insurance option for your student, the following link is provided to help you purchase insurance for your student athlete: <https://www.myers-stevens.com/enrollment-page/>

Status	Name	Grade	Sports/Activities	Actions
 (Click to complete them)	 d.org	7th	☒ Track ☒ Badminton ☐ + Add Sports	 Forms  + PPE  0  

7. **Registering for a sport:** Check the box next to the sport or sports in which your child wants to participate. Click the blue “Update Sports” button when your student’s preferred sports have been selected and you are ready to move to signatures.

Verify  sports Students

Before completing any forms, please verify your interest in sports for the 2022-23 school year.

Important: After registering for a new sport, you MAY be required to complete or re-sign additional student-athlete forms.

Fall 2022-23	Winter 2022-23	Spring 2022-23
Registration closed	Registration open until 12/15/2022	Registration open until 3/15/2023
☐ Cross Country	☐ Coed Soccer	☒ Track
	☐ Wrestling	☐ Girls Tennis
	☒ Badminton	☐ Volleyball
	☐ Girls Basketball	

Don't see an option you're looking for? Contact your school district to inquire about other options.

Update sports No changes, proceed to forms

 s Forms

- ☒ Contact Information
- ☒ Health History & Medical Profile
- ☒ Medications
- ☒ Injuries & Hospitalizations
- ☒ Past & Ongoing Health Conditions
- ☐ WIAA PPE Physician Questions
- ☒ Emergency Medical Authorization
- ☐ Permission to Share Medical Information
- ☐ Athletic/Activities Conduct Code
- ☐ Athletic Fees
- ☐ Track Inherent Risk
- ☐ Summer Athletics Inherent Risk
- ☐ WIAA JH Athletic Eligibility
- ☐ Sudden Cardiac Arrest Awareness
- ☐ Concussion Information Sheet
- ☐ WIAA PPE Physical (for Physicians)

8. The list of required forms will be on the left-hand side.

Forms that still require signatures will be **RED**.

Forms that are completed will be **GREEN**. Click on each box to complete the form with your digital signature.

9. Type your “signature” in the appropriate box. There will be one box for you, the parent, and a second box for your child, the student. They will sign the forms themselves once they have logged in separately with their student email address.

Both signature boxes are shown below. Click the blue “Submit Form” button when you have signed. Your student will do the same in their Final Forms account using their login information.

Required Form Signatures

We have read and understand the information presented in the Sudden Cardiac Arrest Information Sheet.

Parent/Guardian Signature:

Parent must log in to sign.

Signature must match a parent's name: [Blue scribbled signature]

Student Signature:

Student must log in to sign.

Signature must match student's name: [Blue scribbled signature]

[Submit Form](#) [Skip for now](#)

10. The last form in the list is for the sports physical. It is labeled “**WIAA PPE Physical Form**” and is where you will upload the actual form that has been signed by a physician, clearing your child for participation in athletic activities.

Your student will need a sports physical to participate. The form your doctor needs to fill out is on your table and can also be accessed in Final Forms (see below “CLICK TO PRINT”). **The sports physical is required BEFORE participation and no student is eligible without it, no exceptions!**

WIAA PPE Physical Form

Be sure you have completed your student's **Health History & Medical Profile** form first. Then, unless your student already has a valid physical on file for the year, follow steps 1-3 below and SIGN this form.

Note: you **MUST** sign this form (even if a valid physical is already on file).

1. [CLICK TO PRINT - WIAA PPE Physical Form](#)
2. **TAKE** this document to an appointment for your student with a certified physician.
3. **TURN IN** the completed and signed WIAA PPE Physical Form to your athletic administration. They will update your student's Physical expiration date with the new one.

Once you have the completed form from the physician, you can upload it using the black "Upload Physical" button at the bottom of the WIAA PPE Physical Form.

WIAA PPE Physical Form

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1.  **CLICK TO PRINT - WIAA PPE Physical Form**
2. **TAKE** this document to an appointment for your student with a certified physician.
3. **TURN IN** the completed and signed WIAA PPE Physical Form to your athletic administration. They will update your student's Physical expiration date with the new one.

Upload Physical Digitally (*Optional*)

PDF uploads are preferred as pictures are often not legible on our end and will need to be resubmitted.

- **Option 1: Upload a File from your Computer.**
 - Click the UPLOAD button below, locate the file, and upload.
 - Be sure the file is a PDF, DOC, JPG, or PNG (**PDF** uploads are preferred).
- **Option 2: Upload a Photo from your Phone or Tablet.**
 - Click the UPLOAD button below, take/locate your photo, and upload.
 - Be sure the photo is clear and well-lit.
- **IMPORTANT:** Name your file. We recommend "Physical-MM-DD-YYYY".

 **Upload Physical**
(ALL pages, completed and signed)

You may also upload/manage documents from your "My Students" page.

11. When your child has been completely cleared and is eligible for participation, you will see the word "**Eligible**" displayed and it will look like this when you login into Final Forms:

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Status	Name	Grade	Sports/Activities	Actions
Eligible! Physical expires on 8/30/24 (in 687 days)	@lwsd.org	6th	Cross Country Add Sports	Update Forms PPE Medical 1 Profile Edit

A student will be eligible when:

- Forms and signatures are completed by both parent AND student.
- A sports physical signed by a physician has been reviewed by TMS Athletics staff and approved.
- Payment of the sport fees have been made.

How do I get a Sports Physical?

Typically, students get an appointment with their family doctor for a sports physical just like they would any other appointment. If your doctor is not available prior to the sports season, there are other options since the physical is required for eligibility before the start of the season.

There is a local group called [Zoom Care](#) that offers a quick turnaround for physicals:



ZoomCare offers
sports physicals for \$49

Same-day appointments
Physicals in 15 minutes or less
On-time appointments with no waiting
Just \$49 out-of-pocket



Scan this code
to schedule today!