



RED OAK ISD ATHLETICS

220 South State Highway 342 * Red Oak, TX 75154 * PH: 972-617-4635 * FAX: 972-617-4790

2026-2027 Red Oak ISD Online Athletic Physical Instructions

For the 2026-2027 school year, all RANKONE athletic physical forms will be submitted electronically, ***except for the UIL Pre-Participation PHYSICAL and MEDICAL HISTORY forms***, which can be turned into the Athletic Trainers at the Red Oak ISD Athletic Office.

Steps to Complete RANKONE Online Forms:

- 1) On your computer, tablet, or smartphone go to <https://redoakisd.rankone.com/New/NewFormList.aspx>
- 2) Click on the first form "ROISD Emergency Card"
- 3) Once you have completed the first form, click "submit" then the red arrow that says "Go to the next form"
- 4) Complete all three forms

Steps to complete PHYSICAL and MEDICAL history

- 1) For a copy of the UIL Pre-Participation Physical; click on the button on the top of the Rank One portal that says "Download and Print".
 - a. The student **and** parent/guardian must complete and sign the medical history form
 - b. **You must have a physician's signature and date of physical on the physical form or it will not be accepted**
- 2) Save/print a copy for your own records if you wish.
- 3) Turn in your completed **UIL Pre-Participation Physical and Medical History** form to the Red Oak Athletic Trainers for review. Athletic Trainers hold the right to refuse acceptance if physical is not complete, signed by parent and student, have a current date and physician signature.
- 4) **If the physician marks "Clear after completing evaluation/rehabilitation for... (cardiac, eye, ortho, etc.)", you must provide separate documentation of clearance by a physician in that field. THERE ARE NO EXCEPTIONS**

All online forms must be completed before the student-athlete will be allowed to practice, workout or tryout for a team.

If you have any questions, please feel free to contact the Red Oak Athletic Training Staff or the Athletic Department.

Athletic Training Office
(972) 617-3535 ext. 6018
Red Oak Athletic Office
(972) 617-4635