

East Catholic Sports Forms– Fall 2017

There are four forms that need to be completed each year in order to play a sport at East Catholic. Each is described below.

Sports Participation Health Form

One of the four required forms is our “Sports Participation Health Form”. The Athletic Department also accepts copies of the State Health Assessment form which students hand in to the school nurse Freshman and Junior years. For ease of reference these two forms will be referred to as “medical form” throughout the rest of this email.

A *current* medical form needs to be on file with the trainer before we will permit a student to participate on a sports team (e.g., first day of practice/tryouts). The medical form is not an electronic form and needs to be submitted as a paper copy. If the medical form is completed well prior to tryouts the form may be handed in to the Athletic Department. A copy of the Sports Participation Health Form is maintained on the Athletic page of our school website (http://www.echs.com/Soar_Athletics), and the State Health Assessment form may be obtained from the nurse. A medical form is considered *current* if it is less than 13 months old as of the last day of the applicable sports season your child is competing in. If your student-athlete participates in more than one sport season make sure the medical form is *current* prior to the beginning of any new sport season.

Returning students please review the date of your last physical to make sure one is not due to expire (more than 13 months old) mid-season, and if "yes" make arrangements for an appointment well in advance of this expiration date. Please also be proactive and send the updated form into the Athletic Department in advance of the expiration of the 13 month period. Otherwise, new students please submit a new medical form some time over the summer.

3 Electronic Forms (housed on the Parent/Student Portal)

The three other forms defined below are housed on the Parent/Student portal. These three forms need to be submitted electronically in the system well in advance of the first day of practice/tryouts. If you are not certain whether your son/daughter will be playing a sport this coming year it still might make sense to submit these forms as it only takes a few minutes to review and submit. The three forms are:

- Student/Parent – Concussion Education Plan & Consent Form: This is a two page informational document East Catholic is required by law to provide parents/guardians and athletes (including intramurals) annually.
- Student & Parent – Sudden Cardiac Arrest Plan & Consent Form: This is a one page informational document East Catholic is required by law to provide parents/guardians and athletes (including intramurals) annually.

- Student & Parent Athletic Consent and Release Form: This is a one page form and is submitted annually by a parent/guardian, and the student.