



Directions for Freedom Middle School Athletic Physicals

READ ALL DIRECTIONS FIRST

INCOMPLETE FORMS WILL NOT BE PROCESSED AND WILL BE RETURNED TO THE STUDENT. YOU WILL NOT BE ALLOWED TO PARTICIPATE IN ANY TRY OUTS, PRACTICES OR GAMES UNTIL THE FORMS ARE COMPLETED CORRECTLY.

GENERAL DIRECTIONS

1. Return all physical forms personally to the athletic director (Coach Morrill) in the gym or to the receptionist at front desk in the front office (to put in Coach Morrill's mailbox).
2. **DO NOT** give your physical packet to any coach or teacher.
3. Physicals are good for one calendar year however, if the date of your physical exam expires during your sport's season, you will not be cleared for that sport.
 - a. Sports physical are due to Coach Morrill no later than the following dates for each sport: Soccer – August 12th (first day of school and tryouts), Volleyball – September 30th, Basketball – December 18th, Track & Field – February 26th

Directions for Completing Physical Forms

1. **PAGE 1: Annual Sports Activity Participation** – Parent/guardian must fill out the front and sign the back.
2. **PAGE 3: Athletes insurance information** – Parent/guardian must fill out completely and sign.
3. **PAGE 5: Preparticipation Physical Evaluation (Page 1 of 3)** – Parents fill out Part 1 (student information) and Part 2 (Medical History) completely.
 - a. If you answer "yes" to any questions,
 - b. please explain at the bottom of the page.
 - c. Parent and student must sign & date the bottom of the page.
4. **PAGE 6: Preparticipation Physical Evaluation (Page 2 of 3):** Part 3 **MUST** be filled out by physician or qualified person performing the physical.
 - a. **At the bottom the physician must (1) Check "cleared without limitations", (2) sign, (3) date & (4) STAMP the form with the office stamp.** If there is no stamp available, the physician's name and telephone number must be printed on the bottom of the form. **NO YELLOW OR BLUE DEPARTMENT OF HEALTH FORMS ACCEPTED PER OCPS POLICY** (these are the school physical forms).
5. **PAGES 7-10: Consent and Release from Liability Certificate (EL3, Revised 05/18)** – All 4 pages must be read, filled out and signed by the parent/guardian and student athlete.
6. **PAGE 11 (English) or PAGE 6 (Spanish): EMERGENCY CARDS** – There are two (2) emergency cards (top and bottom of page) and **BOTH MUST BE FILLED OUT COMPLETELY. DO NOT LEAVE ANY LINES BLANK.** Write "NONE" or "N/A" where applicable. If your child does not have insurance, you must write "NONE" where it states Primary Insurance Company.