

## Dr. Phillips High School Athletic Physicals

### I. General Directions

1. Return all forms **personally** to the Athletic Trainer in the training room (618) in the back hallway behind the gym...**do not** slide it under his door or give to anyone else! The Athletic Trainer must receive it from you only!
2. Incomplete forms will be returned to the student and the student will **not** be cleared to practice or play until forms are completed correctly!
3. A student is only cleared to practice or play when and only when the Athletic Trainer stamps and gives the student his/her EMT card!
4. Physicals are only valid for one year from the date of the physical!

### II. Directions for Physical Forms

1. Page 1: Parent and child **MUST** sign the bottom of the Physical Form.
2. Page 2: Fill out family history info...if **YES** is checked in any category, condition **must** be explained on the following page (page 3).
3. Page 3: If you have insurance, the insurance company and policy number **must** be listed on the bottom where asked.
4. Page 4: Fill out name at the top of page 4. At the bottom, physician must check "Cleared Without Limitation" box, sign and note the date of examination. If there is no stamp in the "Physician Stamp" box, the physician's address and phone number must be printed.
5. Risk Form: **VERY IMPORTANT**...at the top of the page, the parent **MUST INITIAL** after **EVERY** sport the student wishes to participate! "X's" or checks next to each sport ARE NOT ACCEPTABLE. Each sport must be **INITIALED**.
  - The parent/guardian must **SIGN** at the bottom of the Risk Form
  - The parent/guardian must **PRINT** their name
  - The parent/guardian must also **INITIAL** at the bottom of the Risk Form
  - The student must sign their name, print their name and date at the bottom of the Risk Form.
6. **Emergency Cards (2)**: Fill out **BOTH** emergency treatment cards completely (one for the head coach, one for the athletic trainer).