

Attention Parent/ Guardian of a Friendswood ISD Student- Athlete:

Starting in 2022, Friendswood ISD Athletic Training will be switching over to digital submission of the physical packets for students looking to participate on any athletic/activity team. No physical paper will be accepted in the athletic training room this year and moving forward. We are hoping this will alleviate the problems we have had with missing signatures, missing paperwork, etc. The platform we will be utilizing for the digital submission is RankOne. Below you will find step-by-step instructions on how to proceed for the physical examination and how to start the submission process.

### **BEFORE PHYSICAL EXAMINATION:**

- Print off the Medical History/ Physical Examination page at the FHS Athletics website or the Friendswood Athletic Training website @ <https://www.friendswoodathletictraining.com/forms--policies.html>
- Complete the Medical History Page prior to the physical examination \*\* Please make sure to read the directions, write answers to the YES questions in the provided space, and sign at the bottom \*\*
- Attend a Physical Examination and have the healthcare provider complete the Physical Examination side
  - Friendswood ISD Student Athlete Physical Examination Day is **Saturday May 14th, 2022 8:30am -2:00pm**
  - If you are unable to make it on May 14th, please schedule an appointment with your physician.

### **AFTER PHYSICAL EXAMINATION:**

- Visit <https://friendswoodisd.rankonesport.com/New/NewInstructionsPage.aspx> ● Log into your RankOne account, register for a new account, or continue as a guest. ● Upload the Physical Examination document (this is the back of the page of the physical form in which the provider filled out). This may be done through photography or scanning.
- Fill out the Medical History Form (**NOTE-** this was completed prior to the physical examination, but **MUST BE** filled out again online as well for clearance)
- Complete the Athletic Information Form
- Complete the Athletic Policies Form
- Complete UIL Forms Signature Page
- Complete Consent to Treat Forms | BFR, Dry Needling, Cupping \*\*optional\*\*

**\*\*Please note Student's First Name, Student's Last Name, Student's ID, and School Attending in 2022 -2023 must be filled out on each page. Forms will not submit electronically without all required information being completed.\*\***

If you have any questions or concerns, please contact the Athletic Trainers at (281)- 996- 6553 or email Head Athletic Trainer Blake Lapier at [blapier@fisdk12.net](mailto:blapier@fisdk12.net)

Go Mustangs!