

## CLEARANCE INSTRUCTIONS FOR PARTICIPATION IN ATHLETICS 2023-24

Hello, Harker Student-Athletes and Parents.

This flyer will serve as information on how to be prepared to participate in an interscholastic sport for the upper school at Harker.

Please direct questions regarding athletic clearance to the head athletic trainer:

Wes Howard, ATC | [wes.howard@harker.org](mailto:wes.howard@harker.org) | 408.345.9245

### **STEP 1 (for parents): Complete all required athletics forms in your Student Medical Record (Magnus Health).**

Required forms include:

- Pre-Participation Physical Evaluation (sports physical)  
Consists of two pages:
  - Medical history portion (for parent/student to complete and sign)
  - Exam portion (for doctor to complete and sign).
- Participation Release Form for upper school athletics
- CIF required information forms for Concussion, Sudden Cardiac Arrest, Performance Enhancing Drugs and Opioids.
- Acknowledgement of upper school athletics parent/student handbook

### **Regarding the Sports Physical**

- The sports physical is valid for one year from the DATE OF EXAM. This means the date of exam should fall less than one year prior to the END of the season in which you wish to participate.
- A new sports physical must be performed each year. Having a doctor sign the form based on an old exam does not satisfy this requirement.
- The exam must be performed by a licensed physician (MD or DO), physician assistant, or nurse practitioner. Exam forms signed by other health care providers will not be accepted.
- The first page of the exam (medical history) should be completed and signed by the parent/guardian PRIOR to receiving the physical.
- Exam should include vision screening.

**IMPORTANT NOTE: We will not accept ANY hard copies of these forms to be turned in to the athletics office. All requirements must be submitted directly to your Student Medical Record (Magnus).**

### **STEP 2 (for students): Complete registration form for the sports you intend to play or tryout for.**

(This includes strength and conditioning programs.)

**>> NOTE: Registration forms require students to be logged into their Harker gmail accounts. <<**

- Summer Sports Registration Form: <https://forms.gle/ydBpZgGtPjz5qTNz5>
- Fall Sports Registration Form: <https://forms.gle/u8zJGPjdT4cmezKv6>
- Winter Sports Registration Form: <https://forms.gle/wsfDKrEzL7LrQLfF6>
- Spring Sports Registration Form: <https://forms.gle/AKcUAvqVENzfpHuD8>

Approval of your requirements/registration will take a few days. So, please have all your requirements complete well in advance of your activity starting.

This will ensure you are cleared and ready to go on the first day and that your coach has received all necessary information.