

# HOW TO MAKE THE SPORTS CLEARANCE PROCESS EASIER!!

- REGISTER EARLY!!!! Late registrants will most likely NOT be cleared for the first day of try outs!. Registrations are processed as they come in. Typically, in any season, there are close to 600 registrations that require processing.
- Please know that the nurses work very hard to make sure that every registration is looked at with student safety as our number one priority. This process does take time. We thank you in advance for your patience.
- Make sure you have the most current physical on file in the health office. This physical must have the following: signature and date of the primary healthcare provider, date of the actual physical, all vital signs and review of body systems, and a statement of clearance for sports. All physicals must be on a NY State required physical form or HER equivalent. See below for link to the form.

<https://www.arlingtonschools.org/site/handlers/filedownload.ashx?moduleinstanceid=37859&dataid=47671&FileName=ReqNYSSchoolHealthExamForm.pdf>

- **If you have ever been COVID POSITIVE** you will need separate clearance from your primary healthcare provider on the district form linked below. You will need to have clearance for each time you tested positive for COVID.  
<https://www.arlingtonschools.org/site/handlers/filedownload.ashx?moduleinstanceid=342&dataid=44349&FileName=Nurse%20Covid.pdf>
- If you have been excused from PE class for any reason in this school year, make sure that you have clearance notes from the treating physician on file. Those clearance notes **MUST** include the diagnosis or reason that you did not participate in PE class. The notes **MUST** have a statement that says "Cleared for PE/SPORTS with no restrictions." Please note that PE and competitive sports are very different. Being cleared by your doctor to participate in PE does NOT automatically clear you for sports. We require separate clearance for competitive sports at the high school level.
- If you have a documented diagnosis of asthma anywhere in your medical history, you will need to provide either a doctor's order for an inhaler or a note from your doctor that states an inhaler is no longer required. Only **ONE** form is accepted. Parent signature is required on this form as well. If you have provided this document for this school year already, we do not need another one.  
This is the link to the mandated form...  
<https://www.arlingtonschools.org/site/handlers/filedownload.ashx?moduleinstanceid=342&dataid=1182&FileName=Emergency-Medication-Form.pdf>

If you have documented allergies which have ever required that you carry an Epipen and/or Benadryl anywhere in your medical history, you will need to provide either a doctor's order for an Epipen and/or Benadryl or a note from your doctor that states this medication is no longer required. Only **ONE** form is accepted. Parent signature is required on this form as well. If you have provided this document for this school year already, we do not need another one.

This is the link to the mandated form.....

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- When you answer “Yes” to any question on the FamilyID.com health history, please understand that the Medical Director may require further clearances/documentation from your treating physician. Please continue to report medical history that is chronic or on-going, all YES entries for illnesses and injuries must include a date. Please include as much information as you can as this will help speed up the clearance process. Medical History that you have reported in the past and is resolved, not requiring treatment or restrictions, does not need to be included on the current health history. (i.e – Sprained ankle when student was 4 years old.)
- If your child’s registration is sent to the school Medical Director for review, please know that they have 5 business days to review the registration and determine approval status. The school Medical Director may ask for additional clearances upon review of your child’s medical information.
- We will communicate with you regarding your registration and clearance issues via the email that you use to register on FAMILYID.com, so please make sure that your registration includes a good email address. Check that email frequently!