



## PRE-PARTICIPATION REQUIREMENTS CHECK LIST

SCHOOL:

STUDENT \_\_\_\_\_ GRADE LEVEL \_\_\_\_\_

Required Physical Examination and Medical History forms cannot be completed electronically. Copies of these forms are attached or are available online to print at: <https://planoisd.rankonesport.com>

\_\_\_\_\_ Physical Examination: Must be dated after May 1, 2017  
(Required for incoming 7th, 9th and 11th grades.  
A new physical is not required for incoming 8th, 10th and 12th grades if  
physical is on file from last year).

\_\_\_\_\_ Medical History (Required for all grades)

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Required forms below are available online.  
Please register at: <https://planoisd.rankonesport.com>

- \_\_\_\_\_ Emergency Card
- \_\_\_\_\_ Travel and Participate as a Group for the Season
- \_\_\_\_\_ UIL Acknowledgement of Rules/General Information and Eligibility Rules
- \_\_\_\_\_ UIL Parent and Student Notification/Agreement Form-Anabolic Steroid Use and Random Steroid Testing
- \_\_\_\_\_ UIL Sudden Cardiac Arrest Awareness Form
- \_\_\_\_\_ UIL Concussion Acknowledgement Form
- \_\_\_\_\_ Guidelines for District Extracurricular Activities
- \_\_\_\_\_ Accident Insurance Coverage