

BROOKSIDE SCHOOL HEALTH SERVICES

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Medical Clearance Process for Sports Participation at Brookside School

Instructions for completing the Athletic Medical Online Forms:

This begins your registration process

1. Go to www.allendalek8.com
2. Go to "Services" tab on top of webpage
3. Click on "Nurse's office"
4. Click on "Forms" on left hand side
5. Download the last three forms on the page:
 - a. Preparticipation Physical Evaluation Exam Form (PPE)
 - b. Health History Update Questionnaire (X Form)
 - c. Sports Parents Consent Form

Preparticipation Physical Evaluation Exam Form

This form consists of 4 pages and is valid for 365 days.

1. **The History Form-** Parent/Guardian questionnaire regarding student health history. Be specific and include dates of past injuries and surgeries. Parent and athlete sign the bottom of this page. *Please note: If your child has a history of injury described in the 'yes' section, they may or may not require a separate clearance from that specialty medical doctor in addition to their physical forms.*
2. **Athlete with Special Needs:** Only fill this page out if your child has any special medical needs
3. **Physical Examination Form-** To be completed by your child's pediatrician. This is the medical assessment evaluation. All doctors must sign and date the bottom of this page.
4. **Clearance page-** This is where the pediatrician selects "cleared for all sports without restrictions" and completes the *Cardiac Assessment Professional Development Module. This page is also signed, dated, and stamped by the doctor.

Health History Update Questionnaire (X-Form)

If your child's physical examination was completed more than 90 days prior to the first day of practice a health history update should be completed and signed by the child's parent or guardian.

Parent Consent Form

This consists of 2 pages and must be filled out by a parent or guardian ONCE per year to give permission for your child to participate in Brookside sports while maintaining a certain grade point average. Must also be signed by the student athlete. The second page consists of emergency contacts in the event of an emergency.

Students with Allergies and or Asthma

Please have your child's current physician orders (updated every year) and medication (check your expiration dates) submitted to the health office in order to have clearance for participation. *All of the forms can be found on the allendalek8.com website as noted above.*

Deadline Dates for Submission: Fall: 8/18/2023 Winter: 11/1/23 Spring: 2/2/2024