Athletic Training Program:
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Director of Athletic Training Services
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Physical Online Submission Instructions

Includes All Sports, JROTC, Competitive Dance Teams, Marching Band and Guard

- Please be mindful of the OCPS 48 hour rule. It takes up to 2 school days to process paperwork. During summer, clearances may take 2-3 weeks.
- Same day clearance is not possible
- Online clearance must be done at the beginning of each school year even if physical is still valid. Consent forms for each school year need to be digitally signed and medical information updated.
- See WPHS Athletic Website for more Physical information and ECG locations.

You will need these forms completed first to finish the process below:

- FHSAA EL2 Preparticipation Physical Exam www.tinyurl.com/NewOCPSPhysical (Required Annually and good for 365 days)
- OCPS Cardiology Report : ECG Clearance <u>www.tinyurl.com/OCPSECGReport</u>
 (Required once before participation and valid throughout high school)
 This form **MUST** be filled out. Read instructions on form if you also need to upload the ECG results.
 - If your ECG was completed by Who We Play For, Orlando Health, Advent Health or Nemours, upload the email you received <u>along with the top portion</u> of the OCPS Cardiology Report Form. Other providers MUST fill out the OCPS Cardiology Report Form.

ALWAYS KEEP HARD COPIES OF FORMS – ECG IS GOOD FOR 4 YEARS BUT NEEDS TO BE UPLOADED EACH YEAR WITH PHYSICAL.

Instructions for Submitting Physical Online

- 1. Go to www.AthleticClearance.com and select FL.
 - a. First Time Users:
 - i. **Create an Account**. PARENTS/GUARDIANS will register with a valid parent/guardian email username and password.
 - ii. A Parent or Guardian email MUST BE USED.
 - b. Return Users:
 - i. Enter login information and click "Sign In"
 - ii. Make sure to use account previously used or prior information will not transfer (such as ECG Date requiring you to upload the new ECG form)
- 2. **Sign In** using your parent/guardian email address that was used to register.
- 3. Select "Start Clearance Here or Add New Clearance" to start the process.
- 4. Choose:
 - a. School Year: 2024-2025
 - b. School: Winter Park High School
 - c. Sport/s: Select ALL sports your student may choose to participate. (harder to add later)
- 5. Complete all required fields:
 - a Student Information

- b. Parent/Guardian Information
- c. Medical History
- d. Signature Forms (Names must be exact match to previous information; case sensitive)
- e. ONLY Upload Required Forms (see below)
 - i. Physical on FHSAA EL2 NEW FORM REVISED 4/24
 - 1. Upload Only Page 4 (and supplement, pg.5, if you were referred for further clearance)
 - 2. Make sure all information is complete: HANDWRITTEN parent/student signatures, doctor writes date of the physical, Doctor signature and must be stamped to show physician office/address
 - ii. OCPS Cardiology Report: ECG Clearance
 - 1. This form **MUST** be filled out. Read instructions on form if you also need to upload the ECG results.
 - 2. If your ECG was completed by Who We Play For, Orlando Health, Advent Health or Nemours, upload the email you received along with the top portion of the OCPS Cardiology Report Form. Other providers MUST fill out the OCPS Cardiology Report Form. For any ECG that is not normal the physician box needs to be filled out on this form.
- f. Click "Submit Your Completed Registration"
- 6. Once you reach the **Confirmation Message** you have completed the online registration process.
- 7. The student is not Cleared yet! This data will be electronically filed with the WPHS Athletic Training department for review. When the student has been cleared for participation, an email notification will be sent to the registered email from Athletic Clearance. Please be mindful of the OCPS 48 hour rule. It takes up to 2 school days to process paperwork. Sometimes longer at the beginning of each season.

Questions? Use the yellow Help option on the bottom right of the screen and submit a ticket.

Online Athletic Clearance FAQ

- **Username:** Your username is the email address used during registration.
- **Existing Clearance:** If you have clearance already, think of it as a folder for that year. You can still access it to upload files.
- **Registering for Multiple Sports:** Add all sports during initial registration. For additional sports, start a new clearance.
- **Denial of Clearance:** If denied, check your email for reasons and update accordingly. Contact the Athletic Training Department if not reviewed after 2 school days.
- **Status of Clearance:** Your school will review and change your clearance status. You'll receive an email once cleared.

Remember to keep hard copies of forms, and note that ECG is valid for 4 years but needs to be uploaded each year with the physical. You can download the physical form from the Medical History page or obtain copies from the WPHS 9th Grade Center and Main Campus front office. Your uploaded files are stored for future access. For further assistance, use the yellow Help option on the bottom right of the screen to submit a ticket.



PREPARTICIPATION PHYSICAL EVALUATION (Page 1 of 4)

This medical history form should be retained by the healthcare provider and/or parent. This form is valid for 365 calendar days from the date signed below.



MEDICAL HISTORY FORM

Student Information (to be completed by student and parent) *print legibly*

Stude	ent's Full Name:	· ,	· ·			Biolog	gical Sex: _	Age: [Date of Birth:	/	./
SCHOO	01: a Addracc:		City/Sta		Gr	ade in Sci	11001:	_ Sport(s):			
Name	e of Parent/Guardian		City/Sta	ite	F-m	 ail·	1101116	riione. ()			
Perso	on to Contact in Case of E	mergency:			 Relat	ionship to	o Student:				
Emer	gency Contact Cell Phon	e: ()	Wo	rk Phone	e: ()		Other Phone	2: ()		
Famil	ly Healthcare Provider: _		C	ity/State:	:			Office Phone	: ()		
List p	ast and current medical	conditions:									
Have	you ever had surgery? If	yes, please list all surgical	procedu	res and d	lates:						
Medi	cines and supplements (please list all current presc	ription n	nedicatio	ns, ov	er-the-cou	unter medi	cines, and suppler	ments (herbal	and nuti	ritional):
Do yo	ou have any allergies? If y	yes, please list all of your al	lergies (i.e., medi	cines,	pollens, f	ood, insect	:s):			
Patio	nt Health Questionaire v	version 4 (PHO-4)									
		often have you been both	ered by	any of the	e follo	wing prob	olems? (Ciro	tle response)			
		Not at all		Sever	al day	s	Over h	nalf of the days	Nearl	y everyda	ay
	ling nervous, anxious, n edge	0		1				2	3		
	being able to stop or trol worrying	0		1				2	3		
	e interest or pleasure oing things	0		1 2				3			
	ling down, depressed, opeless	0			1 2			3			
									ļ		
Expla	IERAL QUESTIONS ain "Yes" answers at the end e questions if you don't kno		Yes	No		ART HEALT	TH QUESTI	ONS ABOUT YOU		Yes	No
Do you have any concerns that you would like to discuss with your provider?				8	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography (ECHO)?						
2	Has a provider ever denied or sports for any reason?	restricted your participation in			9	Do you get light-headed or feel shorter of breath than your friends during exercise?					
3 Do you have any ongoing medical issues or recent illnesses?				10	Have you	Have you ever had a seizure?					
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	HEA	RT HEALTH QUESTIONS ABOUT YOUR FAMILY			Yes	No		
4	Have you ever passed out or revercise?	nearly passed out during or after			11	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35? (including drowning or unexplained car crash)					
Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				12	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC),						
6 Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?						long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminerigc polymorphic ventricular tachycardia (CPVT)?					
7 Has a doctor ever told you that you have any heart problems?				13		ne in your fam or before age	ily had a pacemaker or 35?	an implanted			



PREPARTICIPATION PHYSICAL EVALUATION (Page 2 of 4)

This medical history form should be retained by the healthcare provider and/or parent.

This form is valid for 365 calendar days from the date signed below.



Student's Full Name: ______ Date of Birth: ___ / ___ / ___ School: _____

BONE AND JOINT QUESTIONS		Yes	No	MEDICAL QUESTIONS (continued)			No
14	Have you ever had a stress fracture?			26	Do you worry about your weight?		
15	Did you ever injure a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			27	Are you trying to or has anyone recommended that you gain or lose weight?		
16	Do you have a bone, muscle, ligament, or joint injury that currently bothers you?			28	Are you on a special diet or do you avoid certain types of foods or food groups?		
ME	DICAL QUESTIONS	Yes	No	29	Have you ever had an eating disorder?		
17	Do you cough, wheeze, or have difficulty breathing during or after exercise or has a provider ever diagnosed you with asthma?			Exp	lain "Yes" answers here:		
18	Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?						
19	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?						
20	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)?						
21	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?						
22	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?						
23	Have you ever become ill while exercising in the heat?						
24	Do you or does someone in your family have sickle cell trait or disease?						
25	Have you ever had or do you have any problems with your eyes or vision?						

This form is not considered valid unless all sections are complete.

Participation in high school sports is not without risk. The student-athlete and parent/guardian acknowledge truthful answers to the above questions allows for a trained clinician to assess the individual student-athlete against risk factors associated with sports-related injuries and death. Florida Statute 1006.20 requires a student candidate for an interscholastic athletic team to successfully complete a preparticipation physical evaluation as the first step of injury prevention. This preparticipation physical evaluation shall be completed each year before participating in interscholastic athletic competition or engaging in any practice, tryout, workout, conditioning, or other physical activity, including activities that occur outside of the school year.

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine physical evaluation required by Florida Statute 1006.20, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO), and/or cardio stress test. The FHSAA Sports Medicine Advisory Committee strongly recommends a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest which may include the special tests listed above.

Student-Athlete Name:	(printed) Student-Athlete Signature:	Date:	_/	_/
Parent/Guardian Name:	(printed) Parent/Guardian Signature:	Date:	./	./
Parent/Guardian Name:	(printed) Parent/Guardian Signature:	Date:	/	/



PREPARTICIPATION PHYSICAL EVALUATION (Page 3 of 4)

This medical history form should be retained by the healthcare provider and/or parent.

This form is valid for 365 calendar days from the date signed below.



PHYSICAL EXAMINATION FORM

Student's Full Name:		Date of Birth: /	_/ School:	
HEALTHCARE PROFESSIONAL REMINDERS: Consider additional questions on more sensitive issues.				
Do you feel stressed out or under a lot of pressure?		Do you ever feel sad, hop	peless, depressed, or anxio	us?
Do you feel safe at your home or residence?		 During the past 30 days, 	did you use chewing tobac	co, snuff, or dip?
Do you drink alcohol or use any other drugs?		 Have you ever taken ana supplement? 	bolic steroids or used any o	other performance-enhancing
 Have you ever taken any supplements to help you gain or lose w performance? 	eight or improve your	 Have you experienced pe of low energy during the 		atigued, and/or experienced times
Verify completion of FHSAA EL2 Medical History (Cardiovascular history/symptom questions include				of your assessment.
EXAMINATION				
Height: Weight:				
BP: / (/) Pulse:	Vision: R 20/	L 20/	Corrected: Yes	No
MEDICAL - healthcare professional shall initial each a	assessment		NORMAL	ABNORMAL FINDINGS
Appearance Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excorpolapse [MVP], and aortic insufficiency)	avatum, arachnodactyl, h	hyperlaxity, myopia, mitral valve		
Eyes, Ears, Nose, and Throat Pupils equal Hearing				
Lymph Nodes				
Heart • Murmurs (auscultation standing, auscultation supine, and Valsal	lva maneuver)			
Lungs				
Abdomen				
Skin Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Res	sistant Staphylococcus A	ureus (MRSA), or tinea corporis		
Neurological				
MUSCULOSKELETAL - healthcare professional shall in	itial each assessme	ent	NORMAL	ABNORMAL FINDINGS
Neck				
Back				
Shoulder and Arm				
Elbow and Forearm				
Wrist, Hand, and Fingers				
Hip and Thigh				
Knee				
Leg and Ankle				
Foot and Toes				
Functional • Double-leg squat test, single-leg squat test, and box drop or step	p drop test			
This form is not	considered valid	unless all sections are	complete.	
*Consider electrocardiography (ECG), echocardiography (ECHO), referral to Advisory Committee strongly recommends to a student-athlete (parent), a mo				
Name of Healthcare Professional (print or type):				
Address: Pl	hone: ()	E-mail: _		
Signature of Healthcare Professional:		Credentials: _	Lice	ense #:

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PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL

This form is valid for 365 calendar days from the date signed below.



MEDICAL ELIGIBILITY FORM

Student Information (to be completed by student Information)				
Student's Full Name:			Age: Date of Birth:/	
School:Home Address:	Grad	ie in School: Spoi	c: ()	
Name of Parent/Guardian:	City/State		e. ()	
Person to Contact in Case of Emergency:	Relatio	· nship to Student:		
Person to Contact in Case of Emergency: Emergency Contact Cell Phone: ()	Work Phone: ()	Other Phone: ()	
Family Healthcare Provider:	City/State:	(Office Phone: ()	
The preparticipation physical evaluation must be §464.012, or registered under §464.0123, and in go				chapter 460,
☐ Medically eligible for all sports without restriction				
☐ Medically eligible for all sports without restriction w	vith recommendations for further e	valuation or treatment of:	(use additional sheet, if necessary)	
☐ Medically eligible for only certain sports as listed be	elow:			
☐ Not medically eligible for any sports				
Recommendations: (use additional sheet, if necessary)				
Physical Evaluation and have provided the conclus requested. Any injury or other medical conditions treated by an appropriate healthcare professional Name of Healthcare Professional (print or type):	that arise after the date of thi prior to participation in activitie	s medical clearance sho	uld be properly evaluated, dia	gnosed, and
Address:			Phone: ()	
Signature of Healthcare Professional:		Credentials:	License #:	
SHARED EMERGENCY INFORMATION - complete	ed at the time of assessment b	y practitioner and pare	nt	
Check this box if there is no relevant medica participation in competitive sports.	l history to share related to		er Stamp (<i>if required by school</i> , <mark>Requires Provider Stamp</mark>)
Medications: (use additional sheet, if necessary) List:				
Relevant medical history to be reviewed by athletic	c trainer/team physician: (expla	in below, use additional	sheet, if necessary)	
☐ Allergies ☐ Asthma ☐ Cardiac/Heart ☐ Concu	ssion Diabetes Heat Illnes	s ☐ Orthopedic ☐ Surg	ical History ☐ Sickle Cell Trait [Other
Explain:				
Signature of Student:	_ Date:/ Signature of Pa	arent/Guardian:	Date	: / /

We hereby state, to the best of our knowledge the information recorded on this form is complete and correct. We understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO), and/or cardio stress test.

This form is not considered valid unless all sections are complete.



PREPARTICIPATION PHYSICAL EVALUATION (Supplement)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL



This form is valid for 365 calendar days from the date signed below.

This form is only used, or requested, if a student-athlete has been referred for additional evaluation, prior to full medical clearance.

MEDICAL ELIGIBILITY FORM - Referred Provider Form

Student Information (to be completed by st	udent and parent) print legib	ly			
Student's Full Name:				of Birth: / /	
School:	Gra	de in School: Sp	ort(s):		
Home Address:					
Name of Parent/Guardian:	E-ma	il:			_
Person to Contact in Case of Emergency:	Relati	onship to Student:			_
Emergency Contact Cell Phone: ()	Work Phone: (_)	_ Office Phone: (-
Family Healthcare Provider:	CILY/State:		_ Office Phone: (_
Referred for:	Diag	gnosis:			_
I hereby certify the evaluation and assessment for whic the conclusions documented below:	ch this student-athlete was referred l	nas been conducted by my	yself or a clinician und	er my direct supervision wit	th
☐ Medically eligible for all sports without restriction	n as of the date signed below				
☐ Medically eligible for all sports without restriction	n after completion of the following t	reatment plan: (use additi	ional sheet, if necessa	ry)	
☐ Medically eligible for only certain sports as listed	below:				_
☐ Not medically eligible for any sports					_
Further Recommendations: (use additional sheet, if ne	cessary)				
					_
Name of Healthcare Professional (print or type):			Date of	Exam: / /	
Address:			Phone: ()	_
Signature of Healthcare Professional:		Credentials:	Licens	e #:	_
Provider Stamp (if required by school) OCPS Requires Provider Stamp					

OCPS Cardiology Report: Electrocardiogram (ECG) Clearance

Parents/Guardians: An ECG screen (also referred to as an EKG) can help identify young athletes who are at risk for sudden cardiac death, a condition where death results from an abrupt loss of heart function. An ECG screening may assist in diagnosing several different heart conditions that may contribute to sudden cardiac death. In accordance with School Board Policy JJ titled Extracurricular Activities, The School Board of Orange County, Florida is requiring each student athlete wishing to participate in high school athletics to have 1 electrocardiogram (ECG) screening prior to participating in his/her first athletic sport in high school. The initial ECG may be completed by any licensed physician, including a primary care physician, pediatrician, licensed physician assistant, or certified advanced registered nurse practitioner. If the ECG comes back ABNORMAL, the student may only participate after being cleared by a cardiologist or a pediatric cardiologist.

tudent's Name: (Print):	Student ID #:	DOB:
Parent/Legal Guardian Name Printed	Parent/Legal Guardian Signature	Date
Submit the email you received from the o	lay For, Orlando Health, Advent Health, or Nen organization to Athletic Clearance, along with th with the top completed must be submitted.	
ECG's performed by a PCP, Urgen	t Care Center, or Walk-in Clinic must complete	the form below
PHYSICIAN INSTRUCTIONS: This form is to be completed by an apprinterpret ECG readings based on the International Criteria (https://uECG is interpreted as NORMAL, complete the Normal Electrocarding Only a cardiologist can clear a student with an ABNORMAL ECG international control of the complete the Normal Electrocarding Only a cardiologist can clear a student with an ABNORMAL ECG international control of the complete the Normal Electrocarding Only a cardiologist can clear a student with an ABNORMAL ECG international control of the complete the Normal Electrocarding Only and the Complete the Normal E	opriate health care provider (AHCP) trained in the latest ECG into awsportscardiology.org/). After completing and interpreting the E gram Clearance. If the initial ECG is interpreted as ABNORMAL, the	erpretation guidelines. It is recommended ECG, select the appropriate box below. If
NORMAL	Electrocardiogram Clearance:	
	full by a licensed physician, PA or ARNP)	
I hereby certify that an ECG was performed by my	yself or an individual under my direct supervision	on with the following
conclusion: Low Risk/Cleared for Participation		
Low histy cleared for Participation		
Name of Physician/PA/ARNP (print)	Signature of Physician/PA/ARNP	 Date
Stamp of Physician Office:	Phone:	
Address:	City:	Zip Code:
An <u>ABNORMAL</u> ECG was found and student has been ref	ferred to cardiology. Physician name:	Date:
ABNORMA	AL Electrocardiogram Clearance:	
(To be completed in	full by a cardiologist or pediatric cardiolog	
An abnormal ECG screening was found and the cardiologist.	ne student was subsequently evaluated by a	a cardiologist or pediatric
I hereby certify that the student above has cardiac perspective.	s had a cardiac evaluation and is cleared for ath	nletic participation from a
Name of Cardiologist/Pediatric Cardiologist (print	Signature of Cardiologist/Pediatric Card	iologist Date
Stamp of Cardiology Office:	Phone:	
Address:	City:	Zip Code: