



## Athlete Clearance Checklist

Please read the following carefully before coming to the Athletic Trainers to turn in forms. No forms will be accepted if any are incomplete. If you have questions, please come to the Athletic Training Room.

**\*\* ALL FORMS MUST BE DONE IN BLUE/BLACK PEN \*\***

### ***Physical Portion:***

1. Physical is a **2024** issued form.
  - a. Physicals **MUST** include ECG/EKG box on the medical history portion.
2. Physical is completed by a doctor, **stamped and dated**.
3. Questions on the physical are answered completely (including male/female portions).
  - a. If you answer "yes" to any question, you **MUST explain** why you answered, "yes."
4. Physicals must be signed by both the student and parent on the medical history.
5. Information for emergency contacts is filled out completely.

### ***Insurance Portion:***

6. Fill out the home information and emergency contact information.
7. If declining school insurance, the student and parent will sign the agreement and have the Athletic Trainer notarize the document **FOR FREE**.
  - a. Insurance information **MUST** be filled out completely.
    - i. Insurance Company, Policy ID, Insurance Phone, Group Number, and Name of Insured (name of the person who is insured/student or parent).
  - b. To notarize, proof of insurance MUST be provided. They are as follows:
    - i. Insurance Card, Copy of Insurance Card, or Picture of Insurance Card.
    - ii. If notarized by someone else do not need proof of insurance unless insurance information is not completed on the Insurance agreement form.
8. If the parent wishes to purchase their student insurance from the school, the parent may go online to [WWW.MMC-INS.COM](http://WWW.MMC-INS.COM) or call 1-800-662-2778 to purchase a plan from Monarch Management Corporation.
  - a. The student must inform the Athletic Trainers that the insurance was purchased.

### ***Online Forms:***

#### **9. Medical History, Emergency Contact Information, and UIL Acknowledgement**

**Page** must be completed prior to participation at:

[HTTPS://WWW.ALDINEISD.RANKONESPORT.COM](https://www.aldineisd.rankonesport.com)

- a. If you answer "yes" to any questions, you **MUST explain** why you answered, "yes."