

SHMS Physical Packet Requirements

The Spring Hill Middle School physical packet includes numerous documents that are required by the state to be on file in the office. **A student missing paperwork or signatures cannot practice until everything is complete.** Please follow these guidelines to insure you child's physical is completed correctly.

PLEASE DO NOT USE THE HIGH SCHOOL FORMS. Using the incorrect forms could delay your student's participation. The entire packet for the 2020-2021 school year will be posted on the USD230 Middle School web page under the Athletics tab. From the main page, click on Athletics, then scroll down to the link for 2020-2021 Physical Packet. The most current revision of the physical and concussion forms can also be found on the KSHSAA web page under the KSHSAA Links section – Sports Medicine and Safety.

IMPORTANT: Physicals obtained for the previous school year are not valid for the 2020-2021 school year. To be valid for the upcoming school year, all physicals must be dated after **May 1, 2020**. In addition, we recommend taking the updated KSHSAA forms with you to appoints, not all medical offices have the updated forms on file, if we receive outdated forms you will be asked to have the information converted to current forms (including the medical doctor signed form)

The physical packet includes the following documents:

1. Pre-Participation Physical Evaluation – History Form (Self Completion)
The student and parent should jointly complete this page. Signatures are required from both at the bottom of the page.
2. Pre-Participation Physical Evaluation – Physical Exam Form (Dr. Completion)
Your doctor will complete and sign this page.
Note: Physicals can only be signed by one of the following: Doctor of Medicine (MD), Doctor of Osteopathic Medicine (DO), Doctor of Chiropractic Medicine, Physician Assistant Certified (PA-C), and Advanced Practice Registered Nurses (APRN)

3. Parent or Guardian Consent Page

The student and parent should jointly complete this page. Signatures are required from both at the bottom of the page.

4. KSHSAA Concussion Release Form

The concussion release form will be dated 2020-21 on the front. The back requires both the student and parent signature.

5. KSHSAA Emergency Medical/Insurance Verification Form

The Emergency Medical Information and Insurance Verification form should be completed by the parent – **please be sure to provide the policy number**. A parent signature is required at the bottom of the page.

NOTE: All athletes must have medical insurance to participate in activities. If needed, please contact school office for student insurance options.

6. SHHS Impact Testing Release Form

Please choose either Consent or Opt-Out. The form then requires both a student and parent signature.

TIPS: Do not wait to turn in physical documentation. Do not give physicals to the coaches. Turn all documentation into the office.

- The office is open daily Monday – Friday from 7:30 am to 4 pm
- Turning it in early keeps documentation from getting lost in your student's car or backpack.
- Even if your student is not participating in a fall sport, the forms can be turned into the office as soon as they are completed.
- Waiting until the first day of practice could potentially cause a delay in your student's participation if anything is missing.

Please contact Mrs. Duncan at 913 592 7288 if you have any questions on how to complete the physical packet.