2025-2026 FHSAA Physical Packet Cypress Creek Middle School 6th-8th Grade

*The FHSAA physical packet for the 2025-2026 school year must be completed using www.athleticclearance.com. Instructions for uploading the necessary documents are enclosed in this packet. Please see the list below for items that will need to be uploaded prior to clearance being granted.

Paperwork Requirements:

- FHSAA EL2 w/ Doctor, Parent, and Student Signatures, Exam Date, and Office Stamp. (Page 4)
- NFHS Concussion in Sports Certificate
- NFHS Heat Illness Certificate
- NFHS Sudden Cardiac Arrest Certificate
- Transportation Release Form

Eligibility Requirements:

- CCMS Zoned/Approved School Choice Full Time Student
- Home School/FLVS Student Zoned for CCMS
- Full-Time Pasco eSchool Student that Resides in Pasco County
- 2.0+ GPA from Previous Semester

Online Athletic Clearance

- 1. Visit AthleticClearance.com. Click on the Florida Picture
- 2. Click on "Create an Account" and follow steps. Or Sign in if you have previously created an account. Watch tutorial video if help is needed.
- 3. Register. PARENTS register with valid email username and password
- 4. Login using your email address that you registered with
- 5. Select "Start Clearance Here" to start the process.
- 6. Choose the School Year in which the student plans to participate. Example: Football in August 2025 would be the 2025-2026 School Year.
 - Choose the School at which the student attends and will compete for.
 - <u>Choose Sport</u>. *You can also "Add New Sport" if a multi-sport athlete. Electronic signatures will be applied to the additional sports/activities.
- 7. Complete all required fields for Student Information, Educational History, Medical History and Signature Forms. (If you have gone through the AthleticClearance.com process before, you will select the Student and Parent/Guardian from the dropdown menu on those pages)
- 8. Once you reach the **Confirmation Message** (if your school uses it) you have completed the process.
- 9. All of this data will be electronically filed with your school's athletic department for **review**. When the student has been **cleared for participation**, an email notification will be sent.

Online Athletic Clearance FAQ

What is my Username?

Your username is the email address that you registered with.

Multiple Sports

On the first step of the process, you have the ability to "Add New Sport". If you use this option, you fill out the clearance one time and it is applied to the sport selected.

If you complete a clearance and come back at a later date to add a sport, you will "Start New Clearance" and then autofill student and parent information using the dropdown menus on those pages.

Physicals

The physical form can be downloaded on Files page. Most schools will accept the physical upload as well as turning in a hard copy to the athletic department.

Why haven't I been cleared?

Your school will review the information you have submitted and Clear, Clear for Practice or Deny your student for participation. You will receive an email when the student's status is updated.

My sport is not listed!

Please contact your school's athletic department and ask for your sport to be activated.

Questions? Go to Support.AthleticClearance.com and submit a ticket.

Click Start Clearance Here

- 2. Select 2025-2026
- 3. Select Cypress Creek Middle
- 4. Select Sports you are trying out for in 2023-2024. If you are trying out for multiple sports, Click Add New Sport and add ALL sports you are anticipating trying out for. Click Next, which will take you to the Student Information Page.
- 5. Student Information Page Use the Drop-Down Menu under Choose Existing Student to select the student you are registering. Student Information will Populate.
 - a. Enter Students Grade
 - b. Select Whether Student is Covered by Insurance (Insurance Information from previous year will save, make sure to confirm this correct)
 - c. Select Education History
 - d. Click Save & Continue to get to the Parent Information Page
- 6. Parent Information Page Use the Drop-Down Menu under Choose Parent/Guardian to select the Parent/Guardian to populate the information.
 - a. Select who is Filling out this Form
 - b. Click Save & Continue to continue on to Medical History Page
- 7. Complete Medical History Information
- 8. Submit Signatures on Forms
 - a. Signatures have to be an EXACT match of what is entered into the Student Info & Parent Info pages.
- 9. Upload Files Upload required Files. Your previous files are saved into your account. Click choose existing File to select files that you have uploaded to previous Clearances. If you have a new File to upload, click Browse and select it from your Computer/Phone
 - a. Click Submit Your Completed Registration



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 of exam.



MEDICAL HISTORY FORM

	ent Information (to be											
	Student's Full Name: Biological Sex: Age: Date of Birth:/_ School: Grade in School: Sport(s): Home Address: Home Phone: ()											
Jom/												
Name of Parent/Guardian: E-mail: E-mail: Person to Contact in Case of Emergency: Relationship to Student:												
Emergency Contact Cell Phone: ()Family Healthcare Provider:				Work Phone: ()			Other Phone: ()					
				nty/State			Office F	none: ()				
List p	ast and current medical co	onditions:										
Have	you ever had surgery? If y	es, please list all surgical p	procedu	res and c	lates:							
Medi	cines and supplements (pl	ease list all current prescr	ription n	nedicatio	ns, ove	er-the-counter	medicines, and su	upplements (he	rbal and nu	utritional):		
Do yo	ou have any allergies? If ye	s, please list all of your all	lergies (i	i.e., medi	icines,	pollens, food,	insects):					
	nt Health Questionaire ve the past two weeks, how o		ered by (any of the	e follov	wing problems	? (Circle response)					
A 11.7		Not at all		Sever	al days	s (Over half of the da	ays N	early every	'day		
Feeling nervous, anxious, or on edge 0			1			2		3				
Not being able to stop or control worrying 0			1			2		3				
Little interest or pleasure in doing things			1			2		3				
Feeling down, depressed, or hopeless 0			1			2		3	3			
Expla	IERAL QUESTIONS ain "Yes" answers at the end of e questions if you don't know		Yes	No	100/2006/00	ART HEALTH Qu	JESTIONS ABOUT	YOU	Yes	No		
1	Do you have any concerns that your provider?	you would like to discuss with			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 r sports for any reason?	estricted your participation in			9	Do you got light headed or feel shorter of breath then your			r			
3	Do you have any ongoing medi	cal issues or recent illnesses?			10	Have you ever had a seizure?						
HEART HEALTH QUESTIONS ABOUT YOU			Yes	No	HEA	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY Yes			No			
4	Have you ever passed out or ne exercise?	arly 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)						
5	Have you ever had discomfort, your chest during exercise?	pain, tightness, or pressure in			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, flutt (irregular beats) during exercise						ne (LQTS), short QT syn techolaminerigc polym /T)?		gada			
7 Has a doctor ever told you that you have any heart problems?				Has anyone in your family had a pacemaker or an implanted				ed				



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 of exam.



Student's Full Name:				Da	Date of Birth: / School:					
BONE AND JOINT QUESTIONS Yes No		No	MEDICAL QUESTIONS (continued) Yes							
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?					
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?					
MEDICAL 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	olain "Yes" answers here:	·				
18	Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?			11 —						
19	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			11-						
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?			1 _						
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?			11 –						
25	Have you ever had or do you have any problems with your eyes or vision?			11 —						
abov injur prep each othe We I	cipation in high school sports is not without ri e questions allows for a trained clinician to ass ies and death. Florida Statute 1006.20 requires articipation physical evaluation as the first stell year before participating in interscholastic ar r physical activity, including activities that occu	sk. The ess the sa stude of injustification of the time of the time of the	studen individu ent cand ury prev competi de of the answer	t-athle ual stu didate rention ition c e scho	dent-athlete against risk factors associated with for an interscholastic athletic team to success the success of the success o	th sports- fully com all be con condition t. In add	related aplete a apleted aing, or ition to			
the we a electreco	coutine physical evaluation required by Florid re hereby advised that the student should u rocardiogram (ECG), echocardiogram (ECHO), mmends a medical evaluation with your health listed above.	a Statu ndergo and/or care pro	te 1006 a cardi cardio s ovider fo	5.20, a ovasc tress t or risk	and FHSAA Bylaw 9.7, we understand and accular assessment, which may include such dia cest. The FHSAA Sports Medicine Advisory Cor factors of sudden cardiac arrest which may inc	knowled agnostic nmittee s clude the	ge that tests as strongly specia			
	ent-Athlete Name: (p									
² arer	t/Guardian Name:(p	rinted) I	Parent/G	Guardia	n Signature: Dat	e: /	_/			

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 of exam.



PHYSICAL EXAMINATION FORM

Student's Full Name:	Date of Birth://_	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, hopeless	s, depressed, or anxio	us?			
Do you feel safe at your home or residence?	 During the past 30 days, did y 	ou use chewing tobac	co, snuff, or dip?			
Do you drink alcohol or use any other drugs?	 Have you ever taken anabolic supplement? 	steroids or used any o	other performance-enhancing			
 Have you ever taken any supplements to help you gain or lose weight or improve performance? 	Have you experienced perform of low energy during the past		tigued, and/or experienced times			
Verify completion of FHSAA EL2 Medical History (pages 1 and Cardiovascular history/symptom questions include Q4-Q13 of			f your assessment.			
EXAMINATION						
Height: Weight:						
BP: / (/) Pulse: Vision: F	R 20/ L 20/	Corrected: Yes	No			
MEDICAL - healthcare professional shall initial each assessment	经验证的证据的	NORMAL	ABNORMAL FINDINGS			
Appearance Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachn prolapse [MVP], and aortic insufficiency)	odactyl, hyperlaxity, myopia, mitral valve					
Eyes, Ears, Nose, and Throat Pupils equal Hearing						
Lymph Nodes						
Heart • Murmurs (auscultation standing, auscultation supine, and Valsalva maneuver)						
Lungs						
Abdomen						
Skin Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Resistant Staphylo	coccus Aureus (MRSA), or tinea corporis					
Neurological						
MUSCULOSKELETAL - healthcare professional shall initial each as	sessment	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 drop test						
This form is not considered	valid unless all sections are con	mplete.				
* Consider electrocardiography (ECG), echocardiography (ECHO), referral to a cardiologist fo Advisory Committee strongly recommends to a student-athlete (parent), a medical evaluation	r abnormal cardiac history or examination findi with your healthcare provider for risk factors of s	ngs, or any combinatio sudden cardiac arrest w	n thereof. The FHSAA Sports Medicine hich may include an electrocardiogram.			
Name of Healthcare Professional (print or type):		Date	of Exam: / /			
Address: Phone: (
Signature of Healthcare Professional:	Cradentials	Lice	222 #1			

Upload this Form



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 of exam. EL2
Revised 2/25

MEDICAL ELIGIBILITY FORM

School:	tudent's Full Name: Biological Sex: Age: Date of Birth: / / chool: Grade in School: Sport(s):								
Home Address:	City/State:	Home Phone	::()						
Name of Parent/Guardian:									
Person to Contact in Case of Emergency:	Relations	hip to Student:							
Emergency Contact Cell Phone: ()	Work Phone: ()		other Phone: ()						
Family Healthcare Provider:	City/State:	0	ffice Phone: ()						
SHARED EMERGENCY INFORMATION - comp	leted at the time of assessment by	ractitioner and paren	t						
Check this box if there is no relevant med participation in competitive sports.	dical history to share related to	Provide	r Stamp (if required by school)						
Medications: (use additional sheet, if necessary)								
List:		~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	· ·						
Relevant medical history to be reviewed by ath Allergies Asthma Cardiac/Heart Co Explain:	ncussion 🗖 Diabetes 🗖 Heat Illness 🛭	🛘 Orthopedic 🗖 Surgi							
ignature of Student:	Date:/ Signature of Pare	nt/Guardian:	Date:						
We hereby state, to the best of our knowledge the divised that the student should undergo a cardiova	information recorded on this form is com	plete and correct. We u	nderstand and acknowledge that we are her						
We hereby state, to the best of our knowledge the advised that the student should undergo a cardioval and/or cardio stress test.	information recorded on this form is com scular assessment, which may include su	plete and correct. We u	nderstand and acknowledge that we are her						
We hereby state, to the best of our knowledge the idvised that the student should undergo a cardioval and/or cardio stress test. Medically eligible for all sports without restrict	information recorded on this form is com scular assessment, which may include su on	plete and correct. We un	nderstand and acknowledge that we are her ectrocardiogram (ECG), echocardiogram (ECF						
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We hereby state, to the best of our knowledge the advised that the student should undergo a cardioval and/or cardio stress test. Medically eligible for all sports without restrict (If this option is checked, additional medically eligible for only certain sports as listed. Not medically eligible for any sports	information recorded on this form is com scular assessment, which may include su ion ion after clearance by medical specialist for cal follow-up and clearnace prior to sports ed below:	plete and correct. We un ch diagnostic tests as ele er:	nderstand and acknowledge that we are her ctrocardiogram (ECG), echocardiogram (ECH						
We hereby state, to the best of our knowledge the advised that the student should undergo a cardioval and/or cardio stress test. Medically eligible for all sports without restrict (If this option is checked, additional medically eligible for only certain sports as listed. Not medically eligible for any sports. Recommendations: (use additional sheet, if necessary in accordance with §1006.20(2)(c), F.S., I hereby or registered under §464.0123, and in good state above-named student-athlete using the FH of the exam has been retained and can be acceed.	information recorded on this form is comscular assessment, which may include such assessment as practitioner license anding with my regulatory board and SAA EL2 Preparticipation Physical Events assed by the parent as requested. Any	plete and correct. We unch diagnostic tests as elected in the control of the cont	nderstand and acknowledge that we are her octrocardiogram (ECG), echocardiogram (ECG). Use EL2 Page 5 for documentation.) er 458, chapter 459, chapter 460, §464.0 inder my direct supervision, have examinated the conclusion(s) listed above. A coll conditions that arise after the date of the conditions that are the conditions that a						
☐ Medically eligible for all sports without restrict (If this option is checked, additional medically eligible for only certain sports as listed	information recorded on this form is comscular assessment, which may include surpose the secondary of the se	plete and correct. We unch diagnostic tests as elected and correct as elected and elected and elected and elected and elected and elected and have provingury or other medical oppriate healthcare products and elected and el	nderstand and acknowledge that we are her extrocardiogram (ECF), echocardiogram (ECF). Luse EL2 Page 5 for documentation.) er 458, chapter 459, chapter 460, §464.0 ander my direct supervision, have examinided the conclusion(s) listed above. A call conditions that arise after the date of fessional prior to participation in activities.						



PREPARTICIPATION PHYSICAL EVALUATION (Supplement)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL This form is valid for 365 calendar days from the date of exam.



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 stu	udent and parent) print led	gibly			
Student's Full Name:			Age:	Date of Birth:	/ /
School:	(Grade in School:	Sport(s):		
Home Address:	City/State:	Home	Phone: ()	
Name of Parent/Guardian:	E-r	mail:			
Person to Contact in Case of Emergency:	Rela	ationship to Student:			
Emergency Contact Cell Phone: ()	Work Phone: ()	Other F	Phone: ()	
Family Healthcare Provider:	City/State:		Office P	Phone: ()	
Referred for:	D	Diagnosis:			
I hereby certify the evaluation and assessment for which the conclusions documented below:					
☐ Medically eligible for all sports without restriction	as of the date signed below				
☐ Medically eligible for all sports without restriction	after completion of the following	g treatment plan: (use a	dditional shee	t, if necessary)	
☐ Medically eligible for only certain sports as listed b	pelow:				
☐ Not medically eligible for any sports					
Further Recommendations: (use additional sheet, if necessity)	essary)				
Name of Healthcare Professional (print or type): _				Date of Exam: _	//
Address:			P	hone: ()	
Signature of Healthcare Professional:					
Provider Stamp (if required by school)					





As per FHSAA Policies 40.1.1, 41.1 and 42.1.1, all student-athletes are required to watch the following FREE NFHS Learn courses annually.

- Concussion in Sports What You Need to Know
- Heat Illness Prevention
- Sudden Cardiac Arrest

Course Ordering

Step 1: Go to www.nfhslearn.com.

Step 2: "Sign In" to your account using the e-mail address and password you provided at time of registering for an offisiern account.

OR

If you do not have an account, "Register" for an account.

Step 3: Click "Courses" at the top of the page.

Step 4: Scroll down to the specific course from the list of courses.

Step 5: Click "View Course".

Step 6: Click "Order Course."

Step 7: Select "Myself" if the course will be completed by you.

Step 8: Click "Continue" and follow the on-screen prompts to finish the checkout

process. (Note: There is no fee for these courses.)

Beginning a Course

Step 1: Go to www.nfhslearn.com.

Step 2: "Sign In" to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

Step 3: From your "Dashboard," click "My Courses".

Step 4: Click "Begin Course" on the course you wish to take.

For help viewing the course, please contact the help desk at NFHS. There is a tab on the upper right hand corner of www.nfhslearn.com. If you should experience any issues while taking the course, please contact the NFHS Help Desk at (317) 565-2023.



DISTRICT SCHOOL BOARD OF PASCO COUNTY PARENT RELEASE

MIS Form #166 Rev. 01/18

TRANSPORTATION BY:

CCASS EDD	School Bus/Van	PrivateVehic	leWalking	Charter Bus_	PCPT
Date of Field Tr	ip		Sponsor	•••	
In consideration	ofStudent Name -	Please Print	Date of Bir	having beer	accepted by the
principal, teache	er(s) or other personnel of			School of th	e District School
Board of Pasco and I, the unde walking, hereby Superintendent, responsibility be any accident in the person(s) in is in excess of to or accident,	County to go on a school sporsigned, understand that my release the District Schothe principal, teachers or ecause of sickness of the swhich the student is injured charge of said trip to incurthe amount paid by any acc	onsored trip to	by a privately owner or County, the individual of the school, and returning from, or a sattention in case of some cessary for treatments and policy that may be	ed vehicle, charter by dual members of volunteer leaders from the strending said field lickness or accident, and I agree to pose in effect at the time.	ous, school bus or said Board, the rom any financial trip or because of I hereby authorize bay for same if this me of the sickness
Department of hecessary steps Should this trip of will be refunded cautioned and a	in which the safety and so Homeland Security, severe to ensure the safety of its study event be cancelled as a red by the vendor(s) associate dvised that the District will not and returned to the District.	weather conditions, endents and staff, include sult of such an event, downth this transaction	tc.) the District School ling the cancellation o the District cannot gu n. Therefore, studen	ol Board of Pasco (f scheduled field trips larantee any monies ts, parents, guardial	County will take the sand school events. (including deposits) ns, etc., are hereby
conditions or alle	ted below all precautions/ins ergies regarding my child. I be present during the trip. N 30).	understand that the tr	ained school employe	e who usually dispe	enses medication
Please list any m	nedication(s) your child is curr	ently taking (at home o	or school): (Dosages/T	ïmes)	
Allergies:		Additional F	Health Concerns:		
	Name of Parent or G	uardian – Please Print		Da	ate
Signature	of Parent or Guardian	Primary Phone	Alternate P	hone Busi	ness Phone
		Street, Rural Route, o	r P.O. Box		
	City		State	Zip	Code
Na	ame of Additional Emergency C	ontact / Relationship to	Student	F	Phone