Howdy Players & Parents,

We will **not** be hosting physicals at Richland High this year. This adds another piece to the continually changing puzzle that we are all putting together, when it comes to dealing with the COVID-19 pandemic. The trainers want to make sure that each of you have the information that you need to get your student-athletes prepared for the upcoming school year. In January of 2020, the UIL changed their medical history form for the first time since 2017. Thankfully, litigation is continuing to move towards the protection of student-athletes.

With that being said, there are a few things that we need each of you to be sure to check & double check when it comes to getting paperwork taken care of for your teams and for any student that may be trying out for tennis. All of this applies to students that will play in middle school & the high school tennis programs. There are a few things you guys can highlight to ensure that there are minimal issues with paperwork this year. Here are a few tips:

**-          Make sure that the Medical History form that your students take to their physical exam is from 2020. The trainers will not be accepting earlier forms, as we have in past years. The current year can be found in the top right corner of the form. [See 2020 attachment]**

**-          Every Medical History form must be signed by both the guardian and the student**

**-          Encourage students to wear their glasses or contacts to their physical**

**-          Athletes should not participate in strenuous exercise prior to the physical exam because it will elevate their heart rate and greatly increase their blood pressure**

**-          All “yes” answers must be explained in the provided box below the new electrocardiogram section. These answers can also be explained on a separate sheet of paper. [There were a few athletes that weren’t cleared out simply because they did not explain their allergies or what type of surgery they’ve had]**

**-          Make sure the doctor that performed the exam has signed it and checked off whether the student-athlete has been cleared or not cleared**

Athletes that have other issues may require additional paperwork. Any student that will have prescription medications on campus will also need a completed Medication permit. The aforementioned form **must** be signed by the doctor or physician that prescribed the medication. Athletes with heart conditions or current musculoskeletal injuries **must**provide us with a current clearance note before they are allowed to participate in practices or competitions. Injuries from this past school year do not vanish. Many times, there are restrictions or things to look out for that Heather and I need to be aware of with certain students. In addition, parents that have checked “yes” in the new ECG box will need to provide the results of their student’s ECG to be cleared. We apologize for the inconvenience, but this is not something that can be completed in the Athletic Training room. It is the responsibility of the parent to get this imaging completed. If the parent changes their mind about the ECG, they will be *required*to come in and initial their change on the student’s Medical History form. Heather and I will not allow them to practice or compete, until they provide their ECG results or their parent comes in to make the change. All of these things are UIL requirements. We will not budge on these standards for any student-athlete, regardless of their year in school or role on your team. Having the required documentation on file helps make our jobs easier and will help us be better prepared in an emergency scenario.

More than ever before, this year will provide new challenges in sports, health and safety. Let’s all come together and do our part in making sure that small things do not become big issues.

**Every student needs to have completed:**

-          2020 Medical History Form

-          Physical Exam Form

-          Online Paperwork, both the Emergency Release Form & UIL Signature Page – <https://birdvilleisd.rankonesport.com/New/NewFormList.aspx>

We realize this is a ton of information to give out, but we want you to be able to reference this material in the near future. Please do not hesitate to e-mail, call, or text us if you need clarification about any of this information. Continue to wash your hands and take care of yourselves. Stay safe until we see you. Go Rebels!!