

PARENT/STUDENT-ATHLETE CHECKLIST

Students **MUST** have all FHSAA paperwork in order to try-out for any and all OMS sports. Any student who attempts to participate in a try-out without any one of these forms will be stopped immediately and sent home until all FHSAA paperwork is complete.

All FHSAA forms are valid for 365 days from their completion date. Each form requires signatures from parent/guardian, student, and licensed physician (EL2).

- **EL2** – Pre-participation Physical Evaluation
 - This form **MUST** be completed by a licensed physician on page 2 of the document.
 - Florida Department of Health forms will **NOT** be accepted.
- **EL3** – Consent and Release from Liability Certificate
 - Every student-athlete **MUST** have accident insurance. Visit www.healthykids.org to purchase insurance for your student-athlete.
- **EL3CH** – Consent and Release from Liability Certificate for Concussion and Heat-Related Illness
 - Please sign **BOTH** sides of the EL3CH.

The athletic office is here to assist you in becoming a Shark; however, we cannot do your work. Make sure that all your paperwork is completed and properly filled out. If it is not, it will be returned to the student-athlete. Athletes are not permitted to participate, practice, or condition (including summer workouts) unless all paperwork (including physical exam) is on file.

Thank you for your interest in OMS Athletics!



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