

SPORTS PARTICIPATION REQUIREMENTS:

FHSAA: Everyone must turn in new EL3's dated 5/18 even if their physical has not expired to be eligible to participate in conditioning or tryouts.

1. **BASELINE TEST** – Required every other year, usually 9th and 11th except if you are a transfer student. Baseline tests are given every Monday and Wednesday during the school year and you must sign up in Athletics.
2. **PHYSICAL PACKET** – 4 back to back pages. (Gray paper this year)
3. **COPY OF INSURANCE CARD** – must be attached to physical packet.
4. **CONCUSSION IN SPORTS (not concussion for students), SUDDEN CARDIAC ARREST & HEAT ILLNESS PREVENTION CERTIFICATES** – These courses must be taken every year. See instructions below, print out certificates, attach to physical packet. The FHSAA highly recommends parents view the videos also.
5. All paperwork must be turned in at the same time to the Athletic Office. The Athletic Office will not accept incomplete physical packets. Do not turn in your physical packet to a coach.

THIS IS NOT THE BASELINE TEST

INSTRUCTIONS FOR STEP #4 FOR STUDENT-ATHLETES

NFHS “Concussion in Sports”, “Sudden Cardiac Arrest”, & Heat Illness Prevention Courses (Important Note: If you have completed these courses anytime in the past, the course must be “ordered” prior to beginning the course but you can use your previous log in.)

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 nfhslearn.com 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 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.com account.

Step 3: From your “Dashboard,” click “My Courses”.

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