River Ridge High School



ATHLETIC PARTICIPATION INSTRUCTIONS ELIGIBILITY

- RRHS ZONED/APPROVED CHOICE FULL-TIME STUDENTS
- HOME SCHOOL / FLVS STUDENTS WHO LIVE IN RRHS ZONE/ FT PASCO ESCHOOL
- 2.0+ CUMULATIVE GPA
- TRANSFER STUDENTS WHO MEET ALL FHSAA AND DSBPC ELIGIBILITY REQUIREMENTS

WHAT YOU WILL NEED FOR ATHLETICCLEARANCE.COM

- FHSAA EL2FORM WITH SIGNATURE, DATE AND OFFICE STAMP
- TRANSPORTATION FORM
- GA4 FORM FOR TRANSFERS
- NFHS CERTIFICATATE FOR: SUDDEN CARDIAC, CONCUSSION, HEAT ILLNESS

STUDENTS MUST HAVE RECEIVED A CLEARED STATUS EMAIL TO BE ELIGIBLE TO PARTICIPATE

ATHLETIC DIRECTOR COACH DEGENARRO mdegenna@pasco.k12.fl.us

RIVER RIDGE HIGH SCHOOL 11646 Town Center Road • New Port Richey, FL 34654 • (727) 774-7200

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 Sept 2025 would be the 2025-2026 School Year.
 Choose the School at which the student attends and will compete for.
 Choose Sport. *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.

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

- 1. Select 2025-2026
- 2. Select River Ridge High School
- 3. Select Sports you are trying out for in 2025-2026. 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.
- 4. 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
- 5. 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
 - 6. Complete Medical History Information
 - 7. Submit Signatures on Forms pages.
 - a. Signature have to be an EXACT match of what is entered into the Student Info & Parent Info
- 8. 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

Questions? Go to Support. Athletic Clearance.com and submit a ticket.



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.



Revised 2/25

MEDICAL HISTORY FORM

Stu-	dent Information (to b	e completed by student a	nd pare	ent) <i>pri</i>	nt leg	iibly				
Sch	ool:					Biolo	ogical Sex: Age:	ate of Birth	:/_	_/
					(-	rade in V	chool: Chort(s).			
	***************************************		-itv/stat	LE:			Hama Bhana. (
Pers	son to Contact in Case of I	Emergency		***************************************	E-n	nail:	rione raone: ()			
Eme	ergency Contact Cell Phon	arl \	111	l Di	_ Rela	tionship t	to Student:			
Fam	illy Healthcare Provider:	c. ()	wor	rk Phone	a; (}}	Other Phone:	:()		
Milanosan	m, risultindare i rovider		Cit	ty/State	:		Office Phone:	()		
List	past and current medical	conditions:								
Hav	e you ever had surgery? If	f yes, please list all surgical pr	ocedure	es and c	lates;					
Med	licines and supplements (please list all current prescrip	tion me	edicatio	ns, ov	er-the-co	unter medicines, and supplem	ents (herba	l and nut	ritional).
		es, please list all of your alle								
		- 77 - 1 and an ar your direct	Bica (ive	c., mear	cities,	poliens, i	rood, insects);			
Patie Over	ent Health Questionaire v r the past two weeks, how	version 4 (PHQ-4) v often have you been bothere	ed by ar	ny of the	e follo	wing prob	olems? (Circle response)			
		Not at all		Sever	al day	\$	Over half of the days	Near	y everyd	ау
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		0	1			2	3			
Feeling down, depressed, or hopeless		0	1 2			3				
Expl	NERAL QUESTIONS ain "Yes" answers at the end e questions if you don't know	of this form.	Yes	No		RT HEALT	TH QUESTIONS ABOUT YOU		Yes	No
1	Do you have any concerns that you would like to discuss with your provider?			And South	8	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography				
2		Has a provider ever denied or restricted your participation in sports for any reason?			9	(ECHO)? Do you get friends du	=			
3	Do you have any ongoing medical issues or recent illnesses?				10	friends during exercise? Have you ever had a seizure?				
UEADT MEANTH AUGUSTON STATE			Yes	No	HEA	RT HEALTH QUESTIONS ABOUT YOUR FAMILY Yes			No	
4	Have you ever passed out or no exercise?	ou ever passed out or nearly passed out during or after e?			11	Has any family member or relative died of heart problems or				1000
5	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?					Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome.				
6	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?				arrhythmogenic right ventricular cardiomyopathy (ARV long QT syndrome (LQTS), short QT syndrome (SQTS), 8 syndrome, or catecholaminerigc polymorphic ventricultachycardia (CPVT)?					
7	Has a doctor ever told you that	you have any heart problems?			13	Has anyone in your family had				



Student's Full Name: __

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.



Date of Birth: ___/___ School: _ BONE AND JOINT QUESTIONS Yes No MEDICAL QUESTIONS (continued) Yes No 14 Have you ever had a stress fracture? Do you worry about your weight? Did you ever injure a bone, muscle, ligament, joint, or tendon 15 Are you trying to or has anyone recommended that you gain 27 that caused you to miss a practice or game? or lose weight? Do you have a bone, muscle, ligament, or joint injury that 16 Are you on a special diet or do you avoid certain types of 28 currently bothers you? foods or food groups? MEDICAL QUESTIONS Yes No Have you ever had an eating disorder? Do you cough, wheeze, or have difficulty breathing during Explain "Yes" answers here: 17 or after exercise or has a provider ever diagnosed you with Are you missing a kidney, an eye, a testicle, your spleen, or any 18 other organ? Do you have groin or testicle pain or a painful bulge or hernia 19 Do you have any recurring skin rashes or rashes that come and 20 go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)? Have you had a concussion or head injury that caused 21 confusion, a prolonged headache, or memory problems? Have you ever had numbness, had tingling, had weakness in 22 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? Do you or does someone in your family have sickle cell trait 24 Have you ever had or do you have any problems with your 25 eyes or vision? This form is not considered valid unless all sections are complete. Participation in high school sports is not without risk. The student-athlete and parent/guardian acknowledge truthful answers to the above questions allows for a trained clinician to assess the individual student-athlete against risk factors associated with sports-related injuries and death. Florida Statute 1006.20 requires a student candidate for an interscholastic athletic team to successfully complete a preparticipation physical evaluation as the first step of injury prevention. This preparticipation physical evaluation shall be completed each year before participating in interscholastic athletic competition or engaging in any practice, tryout, workout, conditioning, or other physical activity, including activities that occur outside of the school year. We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine physical evaluation required by Florida Statute 1006.20, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO), and/or cardio stress test. The FHSAA Sports Medicine Advisory Committee strongly recommends a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest which may include the special tests listed above.

Student-Athlete Name: _______(printed) Student-Athlete Signature: _______ Date: ___/ __/__

Parent/Guardian Name: ______(printed) Parent/Guardian Signature: _______Date: ___/ __/

Parent/Guardian Name: ______(printed) Parent/Guardian Signature: _____



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: / / 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, depressed, or anxious?
Do you feel safe at your home or residence?	During the past 30 days, did you use chewing tobacco, snuff, or dip?
Do you drink alcohol or use any other drugs?	 Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 Have you ever taken any supplements to help you gain or lose weight or improve yo performance? 	of low energy during the past year?
Verify completion of FHSAA EL2 Medical History (pages 1 and 2), Cardiovascular history/symptom questions include Q4-Q13 of Medical History	review these medical history responses as part of your assessment.
EXAMINATION	
Height: Weight:	
BP: / (/) Pulse: Vision: R 20	/ L20/ Corrected: Yes No
MEDICAL - healthcare professional shall initial each assessment	NORMAL ABNORMAL FINDINGS
Appearance Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodac prolapse [MVP], and aortic insufficiency)	
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 Staphylococcu	us Aureus (MRSA), or tinea corporis
Neurological	
MUSCULOSKELETAL - healthcare professional shall initial each assess	sment 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 vali	d unless all sections are complete.
Consider electrocardiography (ECG), echocardiography (ECHO), referral to a cardiologist for about	ormal cardiac history or examination findings, or any combination thereof. The FHSAA Sports Medicine rour healthcare provider for risk factors of sudden cardiac arrest which may include an electrocardiogram.
	Date of Exam://
ddress: Phone: ()	E-mail:
ignature of Healthcare Professional:	Credentials: License #;

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

Student Information (to be completed by st	udent and parent) print legibly	
Student's Full Name:		Biological Sex: Age: Date of Birth://
Je:1001.	Grade	in School: Smart(-).
Home Address:	City/State:	Home Phone: ()
rtaine of the efficial diality.	E-mail:	
zinergeney contact cen Filone.	Work Phone: ()	Other Dhannel
,	City/State:	Office Phone: ()
SHARED EMERGENCY INFORMATION - comple	ted at the time of assessment by p	ractitioner and parent
Check this box if there is no relevant medic participation in competitive sports.		Provider Stamp (if required by school)
Medications: (use additional sheet, if necessary)		
List:		
Relevant medical history to be reviewed by athleti	ic trainer/team physician: /avalain	holow use additional state of the
☐ Allergies ☐ Asthma ☐ Cardiac/Heart ☐ Const	ession Diahotos Uset Iller	Torbardia Torbardia Seet, if necessary)
		Orthopedic ☐ Surgical History ☐ Sickle Cell Trait ☐ Other
explain:		
Signature of Students		
ingliature of Studelift	_ Date:/ Signature of Parer	nt/Guardian:Date:/
advised that the student should undergo a cardiovascul and/or cardio stress test.	rmation recorded on this form is comp lar assessment, which may include such	olete and correct. We understand and acknowledge that we are hereby h diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO)
☐ Medically eligible for all sports without restriction		
☐ Medically eligible for all sports without restriction a	after clearance by medical specialist for	:
(If this option is checked, additional medical f	follow-up and clearnace prior to sports r	participation is required. Use EL2 Page 5 for documentation.)
☐ Medically eligible for only certain sports as listed by	elow:	, and a sequence, oscillating some supersupersupersupersupersupersupersuper
■ Not medically eligible for any sports		
Recommendations: (use additional sheet, if necessary)		
he above-named student-athlete using the FHSAA of the exam has been retained and can be accessed	ing with my regulatory board and the A EL2 Preparticipation Physical Evaluation of the parent as requested. Any in	I under Florida chapter 458, chapter 459, chapter 460, §464.012 hat I, or a clinician under my direct supervision, have examined uation and have provided the conclusion(s) listed above. A copy ligury or other medical conditions that arise after the date of this priate healthcare professional prior to participation in activities
		Date of Exam://
ddress.		pate of Exam://
		Phone: ()
Signature of Healthcare Professional:		Cradontials:



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.



Revised 2/25

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	l Provider Form							
Student Information (to be completed by stud	lent and parent) print legi	blv						
Student's Full Name:		Rinlagical Save	Age	re: Data of Birth. /	<i>i i</i>			
00,10011	Gr	Grade in School: Sport(s):						
	City/State:	Hama Dh	anna. I	1				
realine of trateful duarulars.	F-ma	ail:						
. c.soit to contact it case of title gelicy;	Relati	innchin to Student						
emergency contact cent Priorie: ()	Work Phone: (}	Other Pho	one: (
rating treatment riovides:	City/State:		Office Pho	one: ()				
Referred for:	Dia	gnosis:						
I hereby certify the evaluation and assessment for which the conclusions documented below:	his student-athlete was referred i	has been conducted by m	yself or a clin	ícian under my dire	ct supervision with			
☐ Medically eligible for all sports without restriction as	of the date signed below							
☐ Medically eligible for all sports without restriction aft		reatment plan: (use addi	tional sheet, ij	f necessary)				
☐ Medically eligible for only certain sports as listed belo	ow:							
☐ Not medically eligible for any sports								
Further Recommendations: (use additional sheet, if necess	ary)							
Name of Healthcare Professional (print or type):				Date of Exam:	/ /			
Address:			Pho	ne:()				
Signature of Healthcare Professional:		Credentials:		_ License #:				
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 offisiearn 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.

<u>Step 2</u>: "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:

, C(1727, 12)	School Bus/Van_	PrivateVehicl	eWalkingCha	rter Bus PCPT
Date of Field Trip			Sponsor	
In consideration o		ne - Please Print		having been accepted by the
				School of the District School
and I, the unders walking, hereby Superintendent, t responsibility beca any accident in w the person(s) in c	igned, understand that release the District She principal, teachers ause of sickness of the hich the student is injurharge of said trip to inc	my child, if transported School Board of Pasco or other employees of a student while going to, red. To ensure prompt at our expense considered no	County, the individual methe school, and volunteer returning from, or attending tention in case of sickness decessary for treatment, and	e, charter bus, school bus or embers of said Board, the leaders from any financial said field trip or because of or accident, I hereby authorize I agree to pay for same if this ect at the time of the sickness
necessary steps to Should this trip or will be refunded b cautioned and adv	meland Security, severed ensure the safety of its a event be cancelled as a y the vendor(s) associa	e weather conditions, etc students and staff, including result of such an event, the ated with this transaction. The not be liable for any reiments.	 the District School Board ng the cancellation of schedul he District cannot guarantee Therefore, students, paren 	ded Alert Status issued by the of Pasco County will take the ed field trips and school events any monies (including deposits ts, guardians, etc., are hereby this event that are not refunded
conditions or allerg	ities regarding my child. The present during the trip.	I understand that the trai	child's medication. I have no ned school employee who us ensed by a trained school en	oted any special health related sually dispenses medication apployee (in accordance with
Please list any med	ication(s) your child is cu	ırrently taking (at home or	school): (Dosages/Times)	
Allergies:		Additional He	ealth Concerns:	
	Name of Parent or	Guardian – Please Print		Date
Signature of	Parent or Guardian	Primary Phone	Alternate Phone	Business Phone
		Street, Rural Route, or F	P.O. Box	
	City		State	Zip Code
Name	Phone			



Code of Conduct at Sporting Events

We expect our athletes, parents, and fans to show respect to other teams, officials, and other fans at all times.

We will not tolerate fighting, yelling, or cursing at officials, other fans, or the other team at both home and away athletic contests.

Code of Conduct Expectations:

- Use of alcohol/alcoholic beverages, illegal drugs, smoking, vaping, and/or use of ecigarettes on school premises is prohibited.
- 2. Do <u>not</u> argue with or criticize the players, cheerleaders, coaches, or officials in front of spectators by word of mouth or gesture. If you do not have something positive to say, do not say it.
- 3. Do <u>not</u> use abusive or profane language during any athletic contests or activities.
- 4. Do <u>not</u> physically or verbally abuse anyone (athlete or coach) in the athletic program.
- 5. Do <u>not</u> incite unsportsmanlike conduct, to include melee or unrest at an event.
- 6. Do <u>not</u> seek to undermine school officials through word of mouth or deed.
- 7. <u>Do</u> always set an example by your personal conduct in front of all persons connected with the school programs.
- 8. Do remember that winning at all costs is not a message we wish to impart to our youth. Instead, we want them to have fun, to play safe, and to encourage sportsmanship.
- 9. Parents/Guardians: By not agreeing to and signing this Code of Conduct contract, you have elected not to participate with your child/children in the school athletic programs.

The violation of any portion of these expectations relating to this $\underline{\text{Code of Conduct}}$ may result in removal from the event or:

PENALTIES

- Adults: Removal from attendance at athletic events and potential for trespass from school/district campus
- 2. **Students:** The participating student who is in violation of rule or rules contained in this Code of Conduct may be suspended from the team for a game or multiple games; may be placed on probation; may have school consequences assigned and may face penalties from the FHSAA.

By acknowledging these expectations with your signature or on athleticclearance.com, it is known that this form was read and agreed to by the parent and athlete.

Date:		
Parent Name	Student Name	
Parent Signature	, Student Signature	