

# Sports Physical Checklist

**All of the following items MUST be completed prior to participating in any open gyms, practices, or contests.**

(Applies only to school-sponsored sports/activities)

- Download and Read Physical Info Letter (available on the school website: [www.continentalpirates.org/athletics](http://www.continentalpirates.org/athletics))
- Schedule Appointment with Doctor (See info letter)

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**You have 2 choices on physical forms this year: the online PrivIT system, or the paper/pencil version (complete only one of the next two steps).**

- Complete Family History portion (online) of the Physical Form (URL for online system is located on the school website) and print to take with you to your appointment (Parent and Student must sign in multiple places)

**OR**

- Print (download from website), complete family history portion, and sign Physical Form to take with you to your appointment (Parent and Student must sign in multiple places)

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- Print, Read, and Sign the Ohio Department of Health's Concussion Information Sheet (Parent and Student must sign)
  - View Lindsay's Law Video, Read Lindsay's Law Information Handout, and Complete the Lindsay's Law Signature Page
  - Download and complete the Emergency Medical Authorization Form
  - Return Physical Form, ODE Concussion Information Sheet Signature Page, Lindsay's Law Signature Page, and EMA Form to your coach or the school office