

REQUIREMENTS TO BE ELIGIBLE TO TRYOUT/PARTICIPATE IN ATHLETICS:

1. Parents/guardians are **required to upload a current copy of their child's Athletic physical to rschool**, <https://highlandpark-ar.rschoolday.com/>

(**No paper**). This **must be done on the computer**, your *phone will not work* with rschool software.

2. Per IHSA regulations, **Athletic physicals are valid for 13 months or 395 days from the date of the exam** and are required for participation in athletics, including **tryouts**. Physical must stay current for students to maintain their eligibility to participate in athletics.

3. Physical must contain a “**YES**” statement signed and dated by the doctor on the day of the exam that your child can participate in physical education and/or activity.

4. Athletic Physicals have different requirements than the Department of Health Services/Nurses office - *For school health record requirements, please submit those forms directly to health services.*)

5. Choose either of the two physical forms: [State of Illinois Certificate of Child Health Page 2 Form](#) OR [IHSA Pre-participation Examination Form](#).

6. We **DON'T** need immunization records.

7. Click on the **ADD button** once you are in your child's record to upload their physical if your child has already been registered.