

Parents/Guardians- Read carefully and follow all instructions to ensure this physical form is completed correctly and your student is eligible.

This letter contains important information that all student athletes in the Colonial School District must follow. This is an explanation of the Delaware Interscholastic Athletic Association (DIAA) physical form.

I want to clarify exactly what is needed in order for our athletes to complete. DIAA mandates that all pages must be completed and signed in the proper order before being ELIGIBLE to try out and participate in any school-sponsored sport.

Physicals will be offered at the middle school and high schools at the beginning of each school year. If your child has not received a physical prior to the start of school, please contact your child's school to see when physicals by First State Orthopedics will be taking place.

Purpose of each page

- Page 1: Parental consent for sport participation
REMINDER: Check only sports that you **DON'T** want your athlete to participate in.
- Page 2: Medical History Form – **Parent completes**
- Page 3: Physical Form – **Physician completes**
- Page 4: Emergency medical information and consent for athletic conditioning, training and health care procedures.
- Page 5: Eligibility Reminders and Regulations(you keep this form)
- Page 6: Concussion Information Form (you keep this form)

Who completes the pages?

Parent/Guardian:

- Must complete Page 1 and sign all 4 places listed
- Must complete Page 2 in its entirety and sign the bottom right
- Must complete Page 4 and sign

Student:

- Must sign Section 1, Page 1
- Must sign the bottom of Page 2 on the left side
- Must sign Page 4

Doctor:

- Must complete and sign Page 3
- Must complete and sign Section 4, Page 4

If you have any questions, please contact the athletic director at your child's school.