



# Welcome to the NISD Athletics Online Forms 2025-2026

Select State: TEXAS

Select District: Northside ISD

Student ID #'s Only: 123456

1	<b><u>NISD Compliance Requirements (Online)</u></b>  1.Acknowledgement of Rules 2.Concussion 3.Parent/Student Steroid Agreement 4.Sudden Cardiac Arrest Awareness 5.UIL Safety Training 6.NISD Athletic Injury Protocol 7.NISD Behavior Expectations of Spectators 8.NISD Code of Conduct	<p>Must be completed yearly.</p> <p>If student is not attached to your correct high school or is a transfer student please contact your HS Athletic Trainer or MS Head Coach.</p>
2	<b><u>Medical History Form (Print, Complete, Turn in)</u></b>	<p>Must be completed yearly.</p> <p>Please provide a completed form to HS Trainer or MS Head Coach.</p> <p>To access a blank copy of the Physical/Medical History form, please click the Download and Print tab on the right-hand side of the page.</p>
3	<b><u>Physical Upload Form (Print, Complete &amp; Turn in)</u></b>	<p>New physical needed for ALL 7<sup>th</sup>, 9<sup>th</sup> &amp; 11<sup>th</sup> grade students or if new to district/sport.</p> <p>Please make sure you provide a signed and completed form to HS Trainer or MS Head Coach.</p> <p>To access a blank copy of the Physical/Medical History form, please click the Download and Print tab on the right-hand side of the page.</p>
4	<b><u>Asthma Action History Upload Form (Print, Complete &amp; Turn in)</u></b>	<p>This only needs to be printed and submitted to HS Trainer or MS Head Coach if the student has Asthma or needs an Inhaler.</p> <p>To access a blank copy of the Asthma Action Plan, please click the Download and Print tab on the right-hand side of the page.</p>

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## STEP 1. REQUIRED Online Participation Forms PLEASE READ INSTRUCTIONS

- ✦ Select “**Electronic Participation Forms**” tab to view the menu of 8 forms. Middle and High School athletes must complete these forms, every year.
- ✦ Accuracy is important - All information is used in case of emergency.
- ✦ Parent/Guardian AND Student signatures are required...form is not accepted without them.

### Please have Student's ID number (enter #'s only) – Do Not Use Athletes Nicknames on Forms

- ✦ Click on the form name and fill out the information requested. If you are unsure about the answer to a question, please answer N/A, unknown or none.
- ✦ To sign the document, click inside the signature box and hold your mouse button down, this will allow you to create an “Electronic Signature.” If you make a mistake and need to start over, click on the refresh icon next to the signature box.
- ✦ Once you have completed the forms, you will have the opportunity to print the document.
- ✦ You will receive a confirmation email once the documents have been completed.

## STEP 2. REQUIRED Forms to be Printed - (Completed & Turn In to HS Train or MS Head Coach)

- ✦ Click on the **Download and Print button**.
- ✦ Print **Medical History / Physical**. The physical examination must be performed and signed on or after April 1, 2024 by a medical doctor to be valid for participation in practices or games. Physicals are valid for 2 years. \*\*ALL incoming 7<sup>th</sup>, 9<sup>th</sup> & 11<sup>th</sup> graders must submit new physical & medical history, or if a transfer student or participating in a new sport.\*\*
- ✦ Print the **Asthma Form** and submit **ONLY IF APPLICABLE**. Must be renewed annually.
- ✦ Students are required to use the **Pre-Participation Physical Examination Form** provided by NISD/UIIL. **NO OTHER** Physical Examination Form can be accepted.

The **Pre-Participation Physical Examination Form** must be completed by a Physician and turned in to the HS Athletic Trainer or the MS head coach. **No one else can accept this form.**

