

# FDHS Sports Physicals

In order to participate in sports at Fort Dorchester, athletes and guardians must each have an account on [www.PlanetHS.com](http://www.PlanetHS.com) to upload and digitally sign physicals and other required documentation. If you had an account last year on PlanetHS.com, you can use your same username and password to login. If you are unsure of your password you may request a password reset. Searching your email for an old email with "PlanetHS" may help as well.

## STEPS:

1. Athletes **MUST** create a student account at [www.PlanetHS.com](http://www.PlanetHS.com). **Be sure to enter the graduation year accurately.**
2. To create a new account enter requested info and click "create account", a "Guide Me" box will then appear and helps you link the student and parent account.
  - a. There must be both a parent and student account in order to complete the process.
  - b. This is easiest to achieve using two independent devices.
3. Select the "Athletic Forms" button. Then select all sports you may be interested in participating in.
  - a. If you do not attend Fort Dorchester High School, (Homeschool, middle school, charter school, etc.) Make sure you **add Fort Dorchester High School** as your school
4. At the very bottom are 5 links to forms that must be completed and approved by staff.
  - a. [Pre-Participation Physical Evaluation – History Form](#)  
This is page 1 of your physical. You can choose to upload a scan or photo of the front page OR you can complete all questions on the electronic form and hit "sign & submit"
  - b. [Pre-Participation Physical Evaluation – Physical Examination Form](#)  
This is page 2 of your physical completed and signed by the physician. Be sure that the physician's signature AND date are at the bottom and the athlete's name and birth date are at the top. Once uploaded, hit "sign & submit". **THIS MUST BE DATED AFTER APRIL 1!**
  - c. [Parent's Permission & Acknowledgement of Risk for Son or Daughter to Participate in Athletics](#)  
After statement is read, hit "sign & submit".
  - d. [Birth Certificate](#)  
Upload a photo or scan of the student's birth certificate then hit "sign & submit". If you had a previous account, you'll have the option here to "re-use document", which will pull the previously uploaded birth certificate you submitted.
  - e. [Concussion and Student Athletes](#)  
After statement is read, hit "sign & submit".
  - f. [Covid Waiver](#)  
Enter information requested and After statement is read, hit "sign & submit"
5. THEN: The parent **MUST** create a parent account at PlanetHS.com. Be sure to use a different phone number or email address than what was used for the athlete's account.
6. Link accounts by finding the "Link Accounts" button and entering the student's email or phone number they used to create their account and send invitation.
7. Parent will then go to "Athletic Forms" and click on the 5 links mentioned above to "sign & submit". Parents must hit "sign & submit" on each of the five links. *\*Parent cannot upload any of the above documents until **linked** to the student account.*