

aktivate

Athlete Registration Instructions

If you do not already have an account

- 1. Go to aktivate.com
- 2. Click Login
- 3. Then click Create Account
- 4. Fill out all of the information
- 5. Click Submit when finished.

Your account is now created, you will need to complete a registration for your athletes next. After you have completed this step, move on to the next section.

If you already have an account

- 1. Go to aktivate.com
- 2. Click Login
- 3. Log in with your email/username and password.
- 4. Open on the Parent Portal by clicking Click here to start/complete athlete registrations
- 5. Click on **Start/Complete Registrations**. This is on the left-hand side of the screen under the section "what would you like to do?"
- 6. select Click Here to Start New Registration.
- 7. Click Select School
- 8. Select your school from the list of previously registered schools OR search for your school at the bottom using the state filter and the search bar.
- 9. Click Select Athlete
- 10. Select an existing athlete and then Use selected Athlete OR Select Add New Athlete.
- 11. Click Select Year/Sport

- 12. Select what academic year your athlete will participate in
- 13. Select a sport for your athlete and click Submit
- 14. Please review the information carefully before submitting it. Once you have reviewed the information click I have selected the correct information

You have now created a registration! Depending on the school, there may be a few additional steps here. Continue to click and complete the red or yellow bars as they appear on the page until you reach the Registration Checklist.

Registration Checklist

This is where documents will be read and agreed to, legally binding E-Signatures will be completed, physicals will be uploaded, and fees can be paid. Once this section is complete, the registration is complete. Any requirements here that require the parent to upload a document will also require that the school's athletic administration approve the document, so please do not be alarmed if the status is Pending School Approval. Your registration is complete once all items on the checklist have been completed.

Additional Athletes: If you have additional student-athletes to register, you can start a new registration and add them as an athlete. You do not need to create another login for additional athletes. Once you add them, they will be available to select next time.

Instructional video available at:

https://aktivate.helpscoutdocs.com/article/38-how-do-i-begin-a-registration-for-a-sport

Athletic Director/Assistant Principal:

Alex Randel 480-883-5309

Randel.alex@cusd80.com

Administrative Secretary:

Linda Pardoe 480-883-5310

Pardoe.linda@cusd80.com



Crear el Registro de un Estudiante en Aktivate (Register My Athlete)

Si aún no tiene una cuenta

- 1. Visite la página web aktivate.com
- 2. Haga clic en Login
- 3. Luego haga clic en Create Account
- 4. Llene toda la información
- 5. Haga clic en Submit cuando haya terminado.

Su cuenta ahora está creada, ahora tendrá que completar el registro de su(s) atleta(s). Continúe con la siguiente sección una vez que haya completado este paso.

Si ya tiene una cuenta

- 1. Visite la página web aktivate.com
- 2. Haga clic en Login
- 3. Inicie una sesión con su correo electrónico/nombre de usuario y contraseña.
- 4. Abra el Portal de Padres al hacer clic en Click here to start/complete athlete registrations
- 5. Haga clic en Start/Complete Registrations. Esto se encuentra en el lado izquierdo de la pantalla abajo de la sección: "what would you like to do?"
- 6. Seleccione Click Here to Start New Registration.
- 7. Haga clic en Select School
- 8. Seleccione su escuela de la lista de escuelas inscritas anteriormente O OR busque su escuela abajo usando en filtro de estado y la barra de búsqueda.
- 9. Haga clic en Select Athlete
- 10. Seleccione un atleta existente y luego Use selected Athlete O Seleccione Add New Athlete.
- 11. Haga clic en Select Year/Sport
- 12. Seleccione el año académico/escolar en el que participará su atleta
- 13. Seleccione un deporte para su atleta y haga clic en Submit
- 14. Por favor repase la información cuidadosamente antes de enviarlo. Haga clic en I have selected the correct information cuando haya repasado toda la información

¡Ha creado un registro! Puede que haya algunos pasos adicionales, dependiendo de la escuela. Continúe hacienda clic y complete las barras rojas o amarillas conforme vayan apareciendo en su pantalla hasta que llegue al Registration Checklist (Lista de Registro).

Registration Checklist – Aquí es donde leerá y coincidirá los documentos, completará las firmas electrónicas que son legalmente vinculante, enviará los exámenes físicos médicos y pagará las cuotas. Su registro está complete después que complete esta sección. Cualquier requisito aquí que requiere que los padres envíen un documento también requieren que la administración atlética escolar apruebe el documento, así que por favor no se preocupe si el estado aparece como Pending School Approval. Su registro está completado cuando se haya completado todas las cosas en la lista.

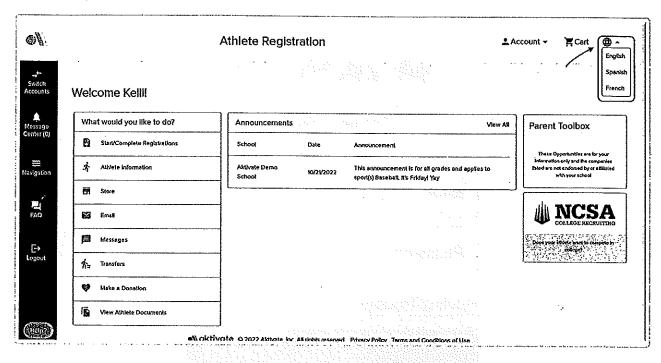
Atletas Adicionales: Si usted tiene estudiantes-atletas adicionales que registrar, puede comenzar un registro nuevo y agregarlos como un atleta. Usted no necesita crear otro nombre de usuario para atletas adicionales. Una vez que los agregue, estarán disponibles para seleccionar la próxima vez.

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Language Translation

View in Help Scout (https://secure.helpscout.net/docs/615caaac2b380503dfdf7a5f/article/637509b5e1486a4bddba7410)

Aktivate now supports language translation in Spanish and French. Once you've created your account and are logged in you can switch the language by clicking on the globe drop down in the top right corner. This will translate the website into the language that you have selected.



If you have any further questions, please reach out to us at support@aktivate.com.

Still need help? Contact Us (#)

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aktivate

Formerly Salting

Email **Password ③** Having Trouble? **Create Account** Athletic Training Check in

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of Use



2024-25 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION



Exam Date: (The parent or guardian should fill out this form with assistance from the student-athlete) In case of emergency contact: Name: Home Address: Phone: Relationship: Date of Birth: Phone (Home): Age: Phone (Work): Sex Assigned at Birth: _____ Phone (Cell): Grade: School: Name: Sport(s): Relationship: Personal Physician: _ Hospital Preference: _ Phone (Work): Explain "Yes" answers on the following page. Circle questions you don't know the answers to. N 1) Has a doctor ever denied or restricted your participation in sports for any reason? 2) List past and current medical conditions: 3) Are you currently taking any prescription or nonprescription (over-the-counter) medicines or supplements? (Please specify): 4) Do you have allergies to medicines, pollens, foods or stinging insects? (Please specify): 5) Does your heart race or skip beats during exercise? 6) Has a doctor ever told you that you have (check all that apply): High Blood Pressure A Heart Murmur High Cholesterol A Heart Infection 7) Have you ever had surgery? (Please list): ______ 8) Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, etc.) that caused you to miss a practice or game? (If yes, check affected area in the box below in question 10) 9) Have you had any broken/fractured bones or dislocated joints? (If yes, check affected area in the box below in question 10): 10) Have you had a bone/joint injury that required X-rays, MRI, CT, surgery, injections, rehabilitation physical therapy, a brace, a cast or crutches? (If yes, check affected area in the box helow): Shoulder Upper Arm Elbow Forearm Neck Thiah Hand/Fingers Chest Upper Back Lower Back Hip Calf/Shin Foot/Toes Knee



2024-25 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION



	Y	N			
11) Have you ever had a stress fracture?					
12) Have you ever been told that you have, or have you had an X-ray for atlantoaxial (neck) instability?					
13) Do you regularly use a brace or assistive device?					
14) Has a doctor told you that you have asthma or allergies?					
15) Do you cough, wheeze or have difficulty breathing during or after exercise?					
16) Have you ever used an inhaler or taken asthma medication?					
17) Do you have groin or testicular pain, or a painful bulge or hernia in the groin area?					
18) Were you born without, are you missing, or do you have a non-functioning kidney, eye, testicle or any other organ?					
19) Have you had infectious mononucleosis (mono) within the last month?					
20) Do you have any rashes, pressure sores or other skin problems?					
21) Have you had a herpes skin infection?					
22) Have you ever had an injury to your face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to your head, having your "bell rung" or getting "dinged")?					
23) Have you ever had a seizure?					
24) Have you ever had numbness, tingling or weakness in your arms or legs after being hit, falling, stingers or burners?					
25) While exercising in the heat, do you have severe muscle cramps or become ill?					
26) Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?					
27) Have you ever been tested for sickle cell trait?					
28) Are you happy with your weight?					
29) Are you trying to gain or lose weight?					
30) Has anyone recommended you change your weight or eating habits?		Ш			
31) Do you limit or carefully control what you eat?					
32) Do you have any concerns that you would like to discuss with a doctor?					
F	Aparrola na promotivi me				
Females Only Explain "Yes" Answers I	1ere	•			
YN					
37) Have you ever had a menstrual period?					
38) How old were you when you had your first menstrual period?	13 –2° −3 % -23 <u>%-2</u> 3	derege for all time			
39) How many periods have you had in the last year?					



2024-25 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION



he physician should fill out this form with assistance from the parent or guardian.)			
tudent Name:	Date of Birth:	W	
atient History Questions: Please Share About Your Chi	ld .		
		Y	١
Has your child fainted or passed out DURING or AFTER exercise, emotion or startle?	e for the first section of a sec-		
Has your child ever had extreme shortness of breath during exercise?	The Arter Control (4) 45	Service Till	Γ
Has your child had extreme fatigue associated with exercise (different from other children)?	••		Γ
Has your child ever had discomfort, pain or pressure in his/her chest during exercise?			Г
Has a doctor ever ordered a test for your child's heart?	the state of the state of the	and the Table 1	
Has your child ever been diagnosed with an unexplained seizure disorder?			
 Has your child ever been diagnosed with exercise induced asthma not well controlled with m 	nedication?		
Explain "Yes" Answers Her	'e		
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OVID-19			
OVID-19 Was your child hospitalized as a result for complications of COVID-19?			
OVID-19 Was your child hospitalized as a result for complications of COVID-19? Has your child had any long-term complications from COVID-19?			
OVID-19 Was your child hospitalized as a result for complications of COVID-19? Has your child had any long-term complications from COVID-19?			
OVID-19 Was your child hospitalized as a result for complications of COVID-19? Has your child had any long-term complications from COVID-19? Did your child have any special tests ordered for their heart or lungs or were referred to a him to be cleared to return to sports?	eart specialist (cardiologist)		
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2024-25 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION



Patient Health Questionnaire Version 4 (PHQ-4)

Over the last two weeks, how often have you been bothered by any of the following problems? (circle responses)					
	Not At All	Several Days	Over Half The Days	Nearly Every Day	
Feeling nervous, anxious, or on edge	o	1	2	3	
Not being able to stop or control worrying	0	1	2	3	
Little interest or pleasure in doing things	o	1	2	3	
Feeling down, depressed, or hopeless	0	1	2	3	

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

If you score a sum of 3 or greater on either questions 1 and 2, or 3 and 4, you may have anxiety or depression that is affecting you more than normal. In this case, it is recommended that you talk to a trusted health care provider such as your primary care physician, your athletic trainer at school, or a counselor at school. If there is not someone you feel comfortable talking to or you are interested in learning more to help yourself or a friend, please use the resources provided below.

For more information regarding student-athlete mental health:

<u>Quiet Suffering - A Resource for Student-Athlete Mental Health</u>
spark.adobe.com/page/ILtwyoLpTAp0V/

Teen Lifeline Call and Text Crisis Line

(602) 248-8336 (TEEN)

Outside Maricopa county call: 1-800-248-8336 (TEEN)

Hours are: Call 24/7/365 | Text weekdays 12-9 p.m. & weekends 3-9 p.m. | Peer counseling 3-9

p.m. daily

Crisis text line: Text HOME to 741741 to connect with a crisis counselor

National Suicide Prevention Lifeline

1-800-273-8255 or suicidepreventionlifeline.org

The Trevor Lifeline

866-488-7386 (for gender diverse youth)



PHONE: (602) 385-3810

2024-25 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION



Family History Questions: Please Share About Any Of The Following In Your Family

				YN
1)	Are there any family members who had sudden/unexpected drowning or near drowning}	/unexplained death before age 35? (inclu	ding SIDS, car accidents	
2)	Are there any family members who died suddenly of "heart	problems" before age 35?		
3)	Are there any family members who have unexplained fainting	g or seizures?	Anna de Carlos de Ca Carlos de Carlos de	
4)	Are there any relatives with certain conditions, such as:			
	YN			Y N
	Enlarged Heart	Catecholaminergic Polymorphic Ventric	ular Tashvaardia (CDVI)	пп
	Hypertrophic Cardiomyopathy (HCM)	Arrhythmogenic Right Ventricular Cardi		
	Dilated Cardiomyopathy (DCM)	Marfan Syndrome (Aortic Rupture)	omyopamy (Akve)	
	Heart Rhythm Problems	Heart Attack, Age 35 or Younger		
	Long QT Syndrome (LQTS)	Pacemaker or Implanted Defibrillator		
	Short QT Syndrome	Deaf at Birth	A	H
	Brugada Syndrome	Deal at blein	en e	
	Explain "	Yes" Answers Here	ikanda Newson	
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			distribution of the second	1978
Ad	ditional History		Am	
ă și				
				Y N
1)	Have you ever tried cigarettes, e-cigarettes, chewing tobacco	o, snuff or dip?		
2)	Do you drink alcohol or use illicit drugs?		National Control of the Control of t	
3)	Have you ever taken anabolic steroids or used any other per	* · ·	e de la companya de La companya de la co	
4}	Have you ever taken any supplements to help you gain or lo	se weight, or imporive your performance?		
5)	Do you always wear a sealbelt while in a vehicle?		•	
_				
l he	reby state that, to the best of my knowledge, i	my answers to all of the above a	westions are compl	ata and car-
reci	t. Furthermore, I acknowledge and understand	l that my eligibility may be revo	ked if I have not gi	ven truthful
anc	l accurate information in response to the abov	e questions.		
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Sigr	ature of Student-Athlete Signal	ture of Parent/Guardian	Date	
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Sign	ature of MD/DO/ND/NMD/NP/PA-C/CCSP	Date		



2024-25 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION



Name:			Date of Birth:	
Age:				
1 :			Weight:	
% Body Fat (opti				<u></u>
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Medical		<u>Million</u>	-Abhoritar i maings	initials =
Appearance				
Eyes/Ears/Throat/	Nose			
Hearing		<u> </u>		
Lymph Nodes		<u> </u>		
Heart		<u> </u>		
Murmurs				
Pulses		<u> </u>		
Lungs				
Abdomen				
Genitourinary &				
Skin				
Musculoskele	etal			
Neck				
Back				
Shoulder/Arm				
Elbow/Forearm		П		
Wrist/Hands/Finge	ers	Π		
Hip/Thigh		一		
Knee		Ti T		
Leg/Ankle				
Foot/Toes				
L *	ulti-examiner s	etup only l	L	
NOTES:	on oxemitor s	si op omy 1	a manage a mind party present is recommended for the germournary examination	
Cleared Without Re				
Cleared With Follow	ving Restrictio	on:		
Not Cleared For:	_IAII Sports	L_ Cert∘	ain Sports: Reason:	
medically e	eligible for al	ı sports wi	ithout restriction with recommentations for further evaluation or treatment of:	
	······			
Recommendations:_				
	······································		Exam Date:	
Address:			Phone:	
Signature of Physicia	nn!		MD/DO/ND/NAD/NB/BA	



ARIZONA INTERSCHOLASTIC ASSOCIATION

OUR STUDENTS, OUR TEAMS...OUR FUTURE.

Arizona Interscholastic Association, Inc. Mild Traumatic Brain Injury (MTBI) / Concussion Annual Statement and Acknowledgement Form

	Annual Statement and Acknowledgement Form
coaches	(student), acknowledge that I have to be an active participant in my own and have the direct responsibility for reporting all of my injuries and illnesses to the school staff (e.g., team physicians, athletic training staff). I further recognize that my physical condition is dependen oviding an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries disabilities experienced before, during or after athletic activities.
	ing below, I acknowledge:
	My institution has provided me with specific educational materials including the CDC Concussion fact sheet (http://www.cdc.gov/concussion/HeadsUp/youth.html) on what a concussion is and has given me an opportunity to ask questions.
•	I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
	There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
	A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
	A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
•	Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
•	If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
	I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
•	I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
•	Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.
Based o	n the incidence of concussion as published by the CDC the following sports have been identified as

high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by mis document.

Student Athlete:		
Print Name:	Signature:	Date:
	st print and sian name below and indicate do	ate signed:
Print Name:	Signature:	Date:



to activity, and any treating QMP.

2024-25 CONSENT TO TREAT FORM



2024-25 CONSENT TO TREAT FORM

Parental consent for minor athletes is generally required for sports medicine services, defined as services including, but not limited to, evaluation, diagnosis, first aid and emergency care, stabilization, treatment, rehabilitation and referral of injuries and illnesses, along with decisions on return to play after injury or illness. Occasionally, those minor athletes require sports medicine services before, during and after their participation in sport-related activities, and under circumstances in which a parent or legal guardian is not immediately available to provide consent pertaining to the specific condition affecting the athlete. In such instances it may be imperative to the health and safety of those athletes that sports medicine services necessary to prevent harm be provided immediately, and not be withheld or delayed because of problems obtaining consent of a parent/guardian.

Accordingly, as a member of the Arizona Interscholastic Association (AIA), (name of school or district) requires as a pre-condition of participation in interscholastic activities, that a parent/guardian provide written consent to the rendering of necessary sports medicine services to their minor athlete by a qualified medical provider (QMP) employed or otherwise designated by the school/district/AIA, to the extent the QMP deems necessary to prevent harm to the student-athlete. It is understood that a QMP may be an athletic trainer, physician, physician assistant or nurse practitioner licensed by the state of Arizona (or the state in which the student-athlete is located at the time the injury/illness occurs), and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by Arizona law. In emergency situations, the QMP may also be a certified paramedic or emergency medical technician, but only for the purpose of providing emergency care and transport as designate

It the parent believes that the minor is in need of further treatment or rehabilitation services for the injury/illness, the minor may be treated by the physician or provider of his/her choice. I understand, however, that all decisions regarding same day return to activity following injury/illness shall be made by the QMP employed/designated by the school/district/AIA.

minor. I understand such disclosures may be made to above-named minor's coaches, athletic director, school nurse, any classroom teacher required to provide academic accommodation to assure the student-athlete's recovery and safe return

Date:	C:	·
Dale;	Signature:	