



Dear Parents/Guardians:

As we are preparing for the upcoming school year and athletic seasons, this letter is to inform you of the following items:

1. Temporary changes regarding physicals for the 2020-2021 school year
  2. New optional item for Electrocardiogram (ECG) on the PREPARTICIPATION PHYSICAL EVALUATION (PPE) form
  3. Current University Interscholastic League (UIL) documents required to complete in Rank One
1. Due to COVID-19, there will be some temporary changes for the 2020-2021 school year, which were enacted by the UIL Medical Advisory Committee (MAC) and adopted by the Crandall ISD Athletics Department. As a parent, you still have the option to attain a full physical with your primary care physician at your expense as usual.

However, to support social distancing and assist with the workload of the medical professionals on the front lines of the pandemic, the UIL MAC has recommended adjusting requirements related to the PPE form for the 2020-2021 school year.

Here are the requirements for students participating in UIL athletic activities and/or marching band for the 2020-2021 school year:

- a. If your student previously completed a physical for the 2019-2020 school year and is currently cleared for participation, they only need to complete the MEDICAL HISTORY page of the PPE form. Their 2019-2020 PHYSICAL EXAMINATION will be carried over to the 2020-2021 school year. If there are concerns about the MEDICAL HISTORY information, the Athletic Trainer will inform you on further steps that may include a new physical exam for the student.
- b. If your student did not previously complete a physical for the 2019-2020 school year or is not currently cleared for participation, they will be required to get a physical for the 2020-2021 school year. These students will need to complete both the MEDICAL HISTORY and the PHYSICAL EXAMINATION pages of the PPE form. The student will complete the MEDICAL HISTORY page online as well as on the hard copy for the physician. The PHYSICAL EXAMINATION page must be completed by a Medical Doctor, Nurse

Practitioner, and/or Chiropractor and turned in to the Athletic Trainer before the student can participate in athletics or band.

- c. All paperwork, except for the PPE, will be online through Rank One. This includes the Medical History form, Emergency Information form, Consent to Treat form, Drug Testing Authorization form, Insurance Waiver form, and the Athlete Participation forms. Instruction for how to do that is at the bottom of this letter.
2. The UIL has updated their PPE form to include the option for the student to have an Electrocardiogram (ECG) test performed on their heart at the family's own expense.

According to the American Heart Association, an ECG gives two major kinds of information.

- a. It measures time intervals of the heart on the ECG showing normal or irregular intervals.
- b. It measures the amount of electrical activity of the heart muscle on the ECG showing normal or overworked heart muscle.

It is imperative for you to understand you have the right to choose or decline having an ECG test performed on your child. You have two options concerning the UIL PPE form:

- a. The first option is to **DECLINE** the ECG and complete the physical as it has been done in the past. If you choose this option, simply check the "No" box.
- b. The second option is to **CHOOSE** the ECG and complete the physical as it has been done in the past. If you choose this option, simply check the "Yes" box. This testing will be at the Parent/Guardian expense. Consult your Athletic Trainer if assistance is needed.

3. The UIL packet on Rank One will remain the same as previous years. Every student who plans to participate in a sport or in band on their campus will need to complete the forms on the Rank One website before their first practice.

If you have any questions or concerns, please feel free to contact me by phone or by email

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Head Athletic Trainer

Crandall ISD

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## Crandall ISD Online Athletic Form Introduction and Instructions

The Crandall Athletic Department would like to thank you for taking part in our **new process** of submitting athletic participation paper work online. All forms can be submitted in this manner except for the PPE.

- i. Please go to [crandallisd.rankonesport.com](http://crandallisd.rankonesport.com) OR scan the QR Code below with your mobile device to submit athletic electronic forms.
- ii. Go to the "Electronic Participation Forms" tab
- iii. Fill out the 6 Electronic Documents to be completed by the parent and student athlete (**Medical History Online, Emergency Information, Athlete Participation Forms, Insurance Waiver, Consent to Treat, and Drug Testing Authorization**)

You will need **both the parent and student available** at the same time to finish the forms.

SCAN QR CODE TO BE DIRECTED TO THE RANKONE  
WEBSITE AND FOLLOW THE INSTRUCTIONS ABOVE

