

## Tips For Success

In anticipation of another successful Physical Day, please review and understand the following information. With the implementation of the Health Information Portability and Accountability Act (HIPAA), the same changes as last year still apply.

### ***Coaches and Sponsors***

- Give each athlete three items **before** Physical Day:
  - North Oaks Sports Medicine Enrollment Form if athlete doesn't have access to the internet.
  - LHSAA Pre-Participation Evaluation Form
  - Notice of Privacy Practices brochure
- Have all student athletes' parents visit [www.northoaks.org/sportsmedicine](http://www.northoaks.org/sportsmedicine) to complete online enrollment.
- Have a representative collect the completed LHSAA forms at the boys' and girls' check-out areas at the event. **Please note: North Oaks' employees are not allowed to collect the forms for you.**

### ***Parents***

- Sign and complete fully the LHSAA Pre-Participation Evaluation Form online or the hard copy upon request.
- **Enroll online at [www.northoaks.org/sportsmedicine](http://www.northoaks.org/sportsmedicine) or complete the Sports Medicine Enrollment Form. Please register online if possible. If you register your son/daughter online, you do not need to fill out and sign hard copy.**
- **Keep the Notice of Privacy Practices brochure.**
- If your child does not have the required forms completed fully and signed by you, they will **NOT** receive a physical examination.
- Parents are not allowed in the building during the physical exam process and no physicals will be performed after 9:00 am.

### ***Students***

- Arrive on time.
- Wear your prescription glasses or contacts.
- Wear shorts and a t-shirt, if possible.
- Leave all valuables, money and cell phones at home.
- Have your LHSAA Physical form signed by your parents.

**Please note:** On Physical Day, Sports Medicine Enrollment and LHSAA Pre-participation Evaluation forms will be given **only** to the parent or guardian of the athlete. An athlete will be declined a physical examination if the forms are not in order or if it is apparent that the signatures on the forms are those of the minor student, a coach or another athlete. Thank you for realizing and understanding this in advance.

If you have any additional questions, please contact **North Oaks Sports Medicine** Supervisor Jeff Schmitt at **(985) 230-5248**.

