

2019-2020 ROMS/FDHS Sports Physicals

In order to participate in sports at Fort Dorchester, athletes must have an account on www.planeths.com to upload and digitally sign physicals and other required documentation.

STEPS:

1. Athletes MUST create a student account at www.planeths.com. Be sure to enter the correct graduation year. IF YOU CREATED AN ACCOUNT FOR PLANETHS.COM, USE THE SAME USERNAME AND PASSWORD.
2. Enter requested info and click "create account". If you are creating a new account, a "Guide Me" box will appear and helps you link the student and parent account.
3. Select the "Athletic Forms" button. Then select all sports you may be interested in participating in. If you are a middle school student and may be participating in middle school and high school teams, **you'll also want to use the "additional school" option and either enter Fort Dorchester High School or River Oaks Middle School.**
4. At the very bottom are 5 links to forms that must be completed and approved.
 - 1) [Pre-Participation Physical Evaluation – History Form](#)
This is the front page 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"
 - 2) [Pre-Participation Physical Evaluation – Physical Examination Form](#)
This is the back page 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".
 - 3) [Parent's Permission & Acknowledgement of Risk for Son or Daughter to Participate in Athletics](#)
After statement is read, hit "sign & submit".
 - 4) [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.
 - 5) [Concussion and Student Athletes](#)
After statement is read, hit "sign & submit".
5. Parent MUST create a parent account at www.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.**