

FREE SPORT PHYSICALS

Dear Athlete/parent/guardian,

In consultation with our school physician, Dr. Ruth Benet, DO, we have implemented new medical documents for free sports physicals. Please carefully follow the instructions to ensure you are eligible to participate in Tantasqua athletics.

Prior to your Free Sports Physical visit:

1. Have your parent/guardian complete the Preparticipation Physical Evaluation History form. Make sure they sign page 2.

On the day of your physical:

1. Bring completed paperwork with you on Wednesday, July 30th 2025. The doctor will NOT conduct the exam without the signed form.
2. Come to the High School Health Office by 9:00 a.m. Visits are first come, first served.
3. Check in with the Nurse when you arrive.
4. Do NOT leave without a copy of the "Medical Eligibility Form." You will need to upload it to *Arbiter Family ID* when you register for your sport. The school nurse does NOT upload this document to *Arbiter Family ID*.

Once registration for athletics opens:

1. Visit the Tantasqua Regional High School website. Select the hyperlink titled "Athletics" in the left-hand margin. Follow the instructions to register for your sport. Once you are at the *Family ID* website <https://www.familyid.com/organizations/tantasqua-regional-high-school>. You will be asked to upload your "physical form." Upload your Medical Eligibility Form in this place. Good luck and have a wonderful season!

Sincerely,

Michelle Seremet Robare, MPH, BSN, RN

School Nurse

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