To participate in High School (grades 9-12) Athletics, the following is required BEFORE practice begins:

- Turn in to the Athletics Office, **paper copy** of:
  - completed & signed **Physical** *(physical is valid for one year from date given)*
  - This is page 2 of this document.
- Complete **registration** of account on RankOnesport.com. The direct link for Grace Prep is: [https://graceprepacademy.rankonesport.com](https://graceprepacademy.rankonesport.com) (There are further instructions at the end of this PDF.)
- Add **all** activities (athletics & fine arts) your child **may** be participating in. This can also be found under “Close” to the right of your child’s name when you log in where it says “Add Sports/Activities”.
- Complete **“Electronic Documents to be Submitted by the Parent”** underneath your child’s name. These forms are:
  - TAPPS Medical History *(this must be done online – paper form not accepted by TAPPS)*
  - TAPPS Student Profile *(basic info, allergies, medicines, emergency contact, transfer questions-Student Transfer Form/Previous Athletic Participation Form)*
  - TAPPS Signature Page *(Acknowledgment of Rules, concussion, cardiac, steroid, temperature, and PED)*
  - Athletics Participant Form *(GPA Athletics Handbook, what sports s/he is interested in)*
  - Student Transportation Permission *(Driver Waiver, Rider Waiver)*

Thank you for your assistance!
All students participating in sports and or band must complete the physical and the medical history. All students participating in other fine arts programs must complete the medical history only.

PREPARTICIPATION PHYSICAL EVALUATION

STUDENT'S NAME _______________________________ SPORT(S): _______________________________

GENDER: __________________ AGE: ___________ DATE OF BIRTH: __________________

HEIGHT: ___________ WEIGHT: ___________ % OF BODY FAT: __________________

PULSE: ___________ BLOOD PRESSURE: ___________ (/__/__ __/__/__)

VISION R: ___________ L: ___________ CORRECTED: Y  N Pupils: EQUAL ________ UNEQUAL ________

In keeping with the requirements of the Texas Association of Private and Parochial School, as a minimum requirement, this PHYSICAL EXAMINATION FORM must be completed prior to high school athletic participation each year of high school.

<table>
<thead>
<tr>
<th>MEDICAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
<th>INITIALS*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyes/Ears/Nose/Throat</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Lymph Nodes</td>
<td></td>
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</tr>
<tr>
<td>Heart-Auscultation of the heart in the supine position</td>
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</tr>
<tr>
<td>Heart – Auscultation of the heart in the standing position</td>
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<tr>
<td>Heart – Lower extremity pulses</td>
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<tr>
<td>Pulses</td>
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<tr>
<td>Lungs</td>
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<tr>
<td>Abdomen</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Genitalia (males only)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MUSCULOSKELETAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
<th>INITIALS*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neck</td>
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<tr>
<td>Back</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Shoulder/Arm</td>
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<tr>
<td>Elbow/Forearm</td>
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<tr>
<td>Wrist/Hand</td>
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<tr>
<td>Hip/Thigh</td>
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<tr>
<td>Knee</td>
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<tr>
<td>Leg/Ankle</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Foot</td>
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</tr>
</tbody>
</table>

*station-based examination only

CLEARANCE

☐ Cleared
☐ Cleared after completing evaluation/rehabilitation for: _______________________________
☐ Not cleared for: _______________________________ Reason: _______________________________
Recommendations: _______________________________

Provider Name: _______________________________ Date of Examination: __________________
Provider Signature: _______________________________
Provider Address: _______________________________
Provider Phone Number: _______________________________
How to Complete Online Forms
With a Parent Account

- Step 1. Visit [www.rankonesport.com](http://www.rankonesport.com)
- Step 2. Select "PARENTS CLICK HERE!"
- Step 3. Select "GO TO FORMS"
- Step 4. Select your State
- Step 5. Select your student’s school district

Grace Prep's RankOne page is:
https://graceprepacademy.rankonesport.com
How to Create a Parent Account Tutorial

Read through your district’s instructions page and select “Proceed to Online Forms” or “Click Here” at the top of the page.

Welcome to the Parent Portal!

Once you have Clicked Here, proceed to online forms

We would like to thank you for taking part in our new process of accepting athletic participation paper work online. This new automated process will allow us to be more efficient in handling the forms as well as saving valuable resources:

- To access the online forms hold your cursor over the ‘Electronic Participation Forms’ tab. You will get a drop down list of the forms.
- Click on the form name and fill out the information requested (you must have your student's ID number available as it is required on each form).
- To sign the document click inside the signature box and hold your mouse down. This will allow you to create an ‘Electronic Signature’. If you make a mistake and need to start over click on the refresh icon next to the signature box.
- Once you have filled out all of the information on each page you will have the opportunity to print the document.

Proceed To Online Forms
To create a new parent account, select "Create New Account"

If you already have a Parent Account, you may use your credentials to login.

Not sure if you have an account? Select "Search for your account." to see if you have already registered.

If you forgot your password, select "Click here" next to "Forgot your password" and you will be emailed a re-set password link.
Create a new portal account

Register with your social media account

Login with Facebook
Login with Google

Login with your account

First name
Email
Password
Confirm password

Register

If you would like to use your Facebook or Google Plus credentials to create your parent account, select the appropriate icon to register.

If you do not want to use Facebook or Google Plus, you can register for your account by entering your First Name, Last Name, and Email Address.

Create a Password and confirm the password (Passwords must be at least 6 characters long)
After entering your information and selecting Register you will be sent a confirmation email.

If you do not receive a confirmation email, please check your junk/spam folders or email support@rankonesport.com to have your email address verified.

Click on the link in the email to continue.

The link will redirect your web browser. Click the link to sign into your parent account.
If you created your account with email, enter your Email Address and Password and select Sign In.

If you used Facebook or Google Plus to create your account, select the appropriate icon to Sign In.

If you created your account with email please sign in below:

Email: example@email.com
Password: ********

Or

If you created your account with a social media account please select the appropriate service:

Facebook Log In
Google+ Log In

Sign In
Forgot Password Create New Account
You will then link your student to your account.
(If you have multiple children you will have the opportunity to link multiple students to your account)

*Note: Some schools will require one of these three options to claim your student:

- Last Name and Student ID Number
- Birth Date and Student ID Number
- First Name, Last Name, and Birth Date

This is what Grace Prep uses. Be sure to type your child's name in as it appears in RenWeb.

*If you do not know your student’s ID number you will need to contact the school*

Enter the information requested and select Find Student
You will see your student linked to your account. To add another child to your account select **"Find Another Student"** and enter the requested information.

To start completing the forms select **"Start Forms"**

You will see your Student's Name and their Compliance Status.

Click "View" to complete the online forms and to see your student's status.
You will see 2 sections:

1. Paper Documents
2. Electronic Documents

To print a blank Physical form or other printable documents, click on the “Download and Print” tab on the right side.

In most cases printable forms such as the Physical should be turned into the school manually. However, some schools may allow you to upload these documents to an electronic form titled “Physical Upload Form”. If your student’s school allows this option, it will appear under the Electronic Forms section.

To complete the electronic forms, click on the first blue link to open the form. The form status will show as “Incomplete” until after the school has approved your student’s forms.

Note*: Some schools may require multiple forms to be completed.

*If you have any questions related to the forms, please contact your student’s school.*
Additional Features inside your Parent Account include:

**Inbox** – Where you can receive messages from your student’s school

**Printable Documents** – Access documents that you can print

**Manage Account** – Change your Password or Delete your account

**Tutorials** – Access Tutorials to help you complete electronic forms and manage your account

**FAQ** – View Frequently Asked Questions and Answers

**Find other Districts** – Search for other schools

**Logout** – Click Logout to Sign Out of your account

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**Rank One Sport ISD Forms**

**Manage Your Students**
[Click here to add a new student] or click on an existing student to view information

- Student Example
  - Out of compliance
  - View

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- Inbox
- Download and Print
- Manage Account
- Tutorials
- FAQ
- Find Other Districts
- Logout