Dear Hebron HS and Feeder School Families of athletes and band members,

We hope you are enjoying some much-needed rest and relaxation during these summer months. We want to inform you of the UIL/LISD Pre-Participation Physical Examination Rule changes due to COVID-19. In years past a yearly Pre-Participation Physical Examination by an approved medical provider was required for your student to be able to participate in athletics or band. Due to COVID-19 the UIL legislative council and our LISD Leadership has decided to implement the following changes for the 2020-2021 school year.

The following students will need a Pre-Participation Examination by an approved medical provider:

* All incoming 7th and 9th graders
* Anyone who does not have a Pre-Participation Examination on file from the 2019-2020 school year

All 8th, 10th, 11th, and 12th graders will be required to fill out the UIL Medical History Portion of the Pre-Participation Physical Examination. This will be online through our RankOne Sport website.

* Anyone who checks a box on 1-6 on the UIL Medical History portion of the Physical form, which indicates preexisting conditions will have to get a new physical exam performed by an approved medical provider as well.

If there are any questions or concerns please feel free to contact our athletic training office.

Link for the up to date Pre-Participation Physical Examination:

<https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvsd4_24_20.pdf>

Link for Rank One Sports for all online forms:

<https://lewisvilleisd.rankonesport.com/New/NewInstructionsPage.aspx>

Thanks for your help and Go Hawks!

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