



# Welcome to the NISD Athletics Online Forms 2026-2027

Select State: TEXAS

Select District: Northside ISD

Student ID #'s Only: 123456

<p><b>1</b></p>	<p><b><u>NISD Compliance Requirements (Online)</u></b></p> <ul style="list-style-type: none"><li>1.Acknowledgement of Rules</li><li>2.Concussion</li><li>3.Parent/Student Steroid Agreement</li><li>4.Sudden Cardiac Arrest Awareness</li><li>5.UIL Safety Training</li><li>6.NISD Athletic Injury Protocol</li><li>7.NISD Behavior Expectations of Spectators</li><li>8.NISD Code of Conduct</li></ul>	<p>Must be completed yearly.</p> <p>If student is not attached to your correct high school or is a transfer student please contact your HS Athletic Trainer or MS Head Coach.</p>
<p><b>2</b></p>	<p><b><u>Medical History Form (Print, Complete, Turn in)</u></b></p>	<p>Must be completed yearly.</p> <p>Please provide a completed form to HS Trainer or MS Head Coach.</p> <p>To access a blank copy of the Physical/Medical History form, please click the Download and Print tab on the right-hand side of the page.</p>
<p><b>3</b></p>	<p><b><u>Physical Form (Print, Complete &amp; Turn in)</u></b></p>	<p>New physical needed for ALL 7<sup>th</sup>, 9<sup>th</sup> &amp; 11<sup>th</sup> grade students or if new to district/sport.</p> <p>Please make sure you provide a signed and completed form to HS Trainer or MS Head Coach.</p> <p>To access a blank copy of the Physical/Medical History form, please click the Download and Print tab on the right-hand side of the page.</p>
<p><b>4</b></p>	<p><b><u>Asthma Action History Form (Print, Complete &amp; Turn in)</u></b></p>	<p>This only needs to be printed and submitted to HS Trainer or MS Head Coach if the student has Asthma or needs an Inhaler.</p> <p>To access a blank copy of the Asthma Action Plan, please click the Download and Print tab on the right-hand side of the page.</p>

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## STEP 1. REQUIRED Online Participation Forms

### PLEASE READ INSTRUCTIONS

Select **“NISD Compliance Requirements”** tab to view the menu of 8 forms. Middle and High School athletes must complete these forms, every year.

Accuracy is important - All information is used in case of emergency.

Parent/Guardian AND Student signatures are required...form is not accepted without them.

### Please have Student's ID number (enter #'s only) – Do Not Use Athletes Nicknames on Forms

Click on the form name and fill out the information requested. If you are unsure about the answer to a question, please answer N/A, unknown or none.

To sign the document, click inside the signature box and hold your mouse button 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 completed the forms, you will have the opportunity to print the document.

You will receive a confirmation email once the documents have been completed.

## STEP 2. REQUIRED Forms to be Printed - (Completed & Turn In to HS Train or MS Head Coach)

Click on the **Download and Print** button.

Print **Medical History / Physical**. The physical examination must be performed and signed on or after April 1, 2026 by a medical doctor to be valid for participation in practices or games. Physicals are valid for 2 years. **\*\*ALL incoming 7<sup>th</sup>, 9<sup>th</sup> & 11<sup>th</sup> graders must submit new physical & medical history, or if a transfer student or participating in a new sport.\*\***

Print the **Asthma Form** and submit **ONLY IF APPLICABLE**. Must be renewed annually.

Students are required to use the **Pre-Participation Physical Examination Form** provided by NISD/UIIL. **NO OTHER** Physical Examination Form can be accepted.

The **Pre-Participation Physical Examination Form** must be completed by a Physician and turned in to the HS Athletic Trainer or the MS head coach. **No one else can accept this form.**

