



CHRISTIAN HERITAGE
ACADEMY

ATHLETICS

STUDENT HEALTH REQUIREMENTS

All completed forms should be submitted through the Magnus Button of the [Veracross Parent Portal](#) before the start of the season. Student-athletes may not practice or play until they are cleared for participation by the nurse (who will report this information to the coach once all the forms have been submitted). Questions? Contact nurse@christianheritage.org.

As an approved school of the Illinois High School Association (IHSA), which governs the equitable participation in interscholastic athletics and activities, all students participating in athletics must abide by their health requirements. Please be aware that the required health forms for sports participation expire after 395 days. If your forms expire, your child cannot play or practice until new forms are on file.

FOR STUDENTS PARTICIPATING IN CHA SPORTS

1. Physical Health Exam (one of the two following):
 - [Illinois Certificate of Child Health Examination and Immunizations](#) OR
 - Must be signed by a doctor and parent within 395 days of the last game of the season
 - A summer exam is highly recommended to avoid mid-season exclusion due to expired forms
 - Parents, please complete and sign the **Health History** (under address)
 - [IHSA Preparticipation Examination](#)
 - Must be signed by a doctor (pages 1 & 4), parent (page 3) and athlete (page 3) within 395 days of the last game of the season
 - A summer exam is highly recommended to avoid mid-season exclusion due to expired forms
2. [IHSA Sports Medicine Acknowledgement & Consent Form](#)
 - Must be signed by athlete and parent within 1 year of the last game of the season
 - For athletes in Grades 5-12

SPECIAL MEDICAL CONSIDERATIONS (as needed)

If your student has a special medical condition that CHA should be aware of, the following forms need to be dated within 1 year prior to entry, completed and be submitted before August 1 so teachers can be informed before school begins. Most forms require physician and parent signatures.

Severe allergy forms that must be updated *annually*:

- [Emergency Food Allergy Action Plan & Treatment Authorization](#)

- [Medication Authorization Form](#)
 - For permission to carry emergency medication at school
 - For students requiring prescription medication during the school day
 - For students who request over the counter medication as needed during the school day
 - OTC permission recommended
 - NOT required for medications already on Action Plans

Severe allergy forms needed *once per enrollment* (unless the child has a change in his/her medical condition):

- [Allergy History and Care Plan](#)
- Passport style photo (no hats, sunglasses, etc) of student's face for identification

Other medical management forms (*updated annually*):

- [Asthma Action Plan](#)
- [Diabetic Medical Management Plan \(DMMP\)](#)
- [Seizure Action Plan](#)
- [Medication Authorization Form](#) (OTC permission recommended)