

INSTRUCTIONS FOR NEW STUDENT ATHLETES:

Step 1: Create a FamilyID Registration. [Click here to begin](#). **Make sure to use a valid email address. Important information will be sent to this email.**

Step 2: Complete the FamilyID Registration and register for each sport you plan to participate in after you have verified your account.

You will receive an email notifying you once you submit your FamilyID registration and will receive another email notifying you once your registration has been approved. Please allow time for staff to process the registration for approval.

RETURNING STUDENT ATHLETES THAT HAVE USED FAMILY ID PREVIOUSLY:

Step 1: Do not create a new FamilyID account! [Log into your FamilyID account here and submit a registration](#). If you do not remember your login, contact the Athletic Director at david.koontz@ashe.k12.nc.us. **Make sure your account is up to date and the email address is one that you check frequently!**

Step 2: If your physical is valid (see below section regarding Covid19 physical extensions) and on file at your high school, there is no need to submit a new pre-participation form or physical.

You will receive an email notifying you once you submit your FamilyID registration and will receive another email notifying you once your registration has been approved. Please allow time for staff to process the registration for approval.

Don't Get Caught Without a Valid Physical!

The NCHSAA states that in order to be eligible for practice or participation in high school athletic activities a player must receive a medical examination once every 395 days by a duly licensed physician, nurse practitioner, or physician's assistant. If the athlete's physical expires they become ineligible and can not practice or play until a current physical is on file with the school. This includes in season and out of season workouts.

****PLEASE NOTE THE DATE CHANGE DUE TO COVID19****

Pre-Participation Form (Physical Examination Form)

Date of Current Physical	Requirement for 2020-2021
Prior to 03/01/19	Need valid, up-to-date physical prior to participating
On or after 03/01/19 through 05/01/20	Granted a temporary extension to participate through the end of the 2020-2021 academic year.

On or after 05/02/20	Will participate based on the current policy of being "valid for 395 days".
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[Click Here to download the NCHSAA approved physical form.](#)

****Please note that the Ashe County Schools EKG requirement for student athletes has been waived from the 2020-2021 school year.****