



Area 26 Medical Form FAQ and Instructions

To participate in training and competition, all athletes are required to complete these forms and update them every 3 years.

ATHLETE FORMS CAN BE DOWNLOADED, FILLED OUT AND PRINTED AT:

<https://www.specialolympicsva.org/get-involved/athlete-resources>

(Forms are available in English and Spanish)

MEDICAL FORM CHECKLIST

This checklist outlines how to know if the athlete medical form has been completed correctly before submitting to Area 26.

- ✓ The following pages **must always** be completed when emailed or the medical packet is incomplete and will be returned for completion:
 - Registration page (first page)
 - Medical Release (second page)
 - COVID Waiver (pages 3-4)
 - Health History (applicable questions to health history must be answered by guardian or caregiver; pages 5-6)
 - Exam page (must be signed by a healthcare professional; page 7)
- ✓ If any of the above forms are blank or not submitted the medical packet will be rejected.
- ✓ Keep a copy of the completed medical packet for your records.
- ✓ Completed medical packets must be submitted as one, 7 page PDF file and emailed to athleteform@novasova.org. (8 pages if additional medical clearance, page 8 is deemed necessary by the primary care provider).
 - If you have a hard copy of the medical form packet you can create a PDF multi-page file by using your smartphone and emailed by following the directions in the videos below:
 - Android: <https://youtu.be/lCVSn46lkcs>
 - iPhone: <https://youtu.be/Oomupvlcmq8> or <https://youtu.be/W5r4chWG1gk>
 - A desktop scanner can also be used to create an electronic file of the Medical Packet which can be emailed to athleteform@novasova.org
- ✓ If you do not have access to a computer and scanner at home. Forms can be scanned to athleteform@novasova.org from Staples or FedEx Office.
- ✓ **In addition to completing the medical packet, Area 26 also requires a copy of the athlete's COVID19 Vaccination Card be submitted and kept with the medical data. This item should also be sent to athleteform@novasova.org**