

PlanetHS Instructions

Hello all Middle School Families!

Here are a couple quick reminders:

- Before participation, all athletes must have a current and valid physical to begin participation (dated within 365 days). If that date would expire, a new physical must be on file before the expiration. If the date lapses, the athlete will be ineligible to participate until a current physical is obtained.
- **NEW!!!** All pre-participation forms must be completed in PlanetHS by the parent and student before you can start. Attached is an information sheet to help with completing the online pre-participation forms, and below is the link to PlanetHS.

<https://www.planeths.com/?keyword=%2Fuser%2Fsignin&schoolID=0>

Create your new account and select Gunnison Middle School to get your account in the right place for us to view.

- Forms that must be completed are:
- Physical exam (upload a picture of the paper copy completed by the
- physician), physical history, and
- the emergency contact

Sport specific details will come from the head coaches of that sport. You may contact your head coaches with any specific questions about your sport or pre-participation forms.

Myself and our middle school athletic directors in the school district are able to help with this new registration process.

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Gunnison High School AD: Kevin Mickelson (kmickelson@gunnisonschools.net)

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