

Dear Parent/Guardians,

The Athletic Department at York Catholic Middle School and High School hosts their Athletic Forms online with PlanetHS. This digital platform will allow you, and your student(s), to complete and access most athletic forms (physicals, agreements, etc.) via computer, tablet, or mobile phone. It is HIPPA, COPPA, and FERPA compliant.

All student-athletes are required to get a physical after June 1 of the upcoming school year. Physicals can be scheduled at OSS Health for \$15, or with your private physician or Urgent Care Center for your insurance co-pay amount. Prior to attending the doctor's appointment, you will need to complete the medical history information online and print Section 6 (completed) and Section 7 (blank) for the doctor to review and complete.

Each Student-athlete and Parent should complete the following steps after June 1 and PRIOR to the sports physical date:

1) Set-up Both Student and Parent Accounts

Using a computer, log onto www.planetHS.com. Click on the blue sign-up button in the top right of the screen and follow the instructions below.

OR

Using a SmartPhone, send a text containing the code S3089 (zero, not the letter O) to 69274. You will receive a text inviting you to create an account. Follow the instruction below.

Once on the Login page, click on Sign Up. Both parent and student must create accounts on www.PlanetHS.com, using different emails and/or phone numbers. Important: Students must be sure to create accounts using accurate information, including their full name (i.e., James, not Jim), their date of birth, high school graduation year, and school. Note: Be sure to select the school your student attends, not the school or district where you reside. Some school/district names may look similar so please be careful to select the correct one: York Catholic High School (York PA). York Catholic High School is used for both Middle School & High School sports.

2) Link Parent and Student Accounts

Once a parent/guardian and student have registered with separate emails and/or phone numbers, the accounts must be linked. You will be led through this process after creating an account, or login and click the "Link Account" button.

3) Complete Athletic Forms as Advised

Click the Athletic Forms button to move to the Pre-Participation Forms Overview Page and complete the required digital forms.

Please note: You will need to complete Section 6 online with the student's medical history. Once completed, click on "Print Document" (which will include section 6) to take with you to the student's physical exam. To print Section 7, click "Example Forms" button, select Section 7, and a blank form will open in a new tab. You will need to take both Section 6 and Section 7 to the student's physical exam.

Please note: All physicals must take place AFTER June 1. Once the physician has signed Section 7, complete the following steps:

- a) Scan or take a picture of completed Section 7 with doctor's signature and date visible.
- b) Save the picture to your hard drive or phone.
- c) Go to www.planeths.com or your phone app for PlanetHS.
- d) Go to Section 7.
- e) Click on UPLOAD.
- f) Click on CHOOSE FILE.
- g) Find your file and click on it.
- h) Click UPLOAD FILE(S).
- i) Click SIGN and SUBMIT.
- j) You are finished. You do not need to re-upload Section 6.

For additional help please access the complete online forms tips located in the light green bar at the top of the Athletic Forms page in your account, or use the light blue self-help button located on the right-hand side of your screen.

Athletes cannot participate in sports until digital forms are complete. Forms will be valid for the entire school year.

If you have any questions regarding this online process, please contact Josh Cross, Assistant Athletic Director, at jcross@yorkcatholic.org or 717-846-8871 x330. If you need technical assistance with PlanetHS, visit <https://schoolsupport.helpdocs.com> or email schoolsupport@planeths.com.

Thank you!

A handwritten signature in blue ink, appearing to read 'Kevin Bankos', is written over a light blue grid background.

Kevin Bankos
Athletic Director

(For SmartPhone: Text HELP to 69274 for more information. Text STOP to 69274 to opt out. Msg & Data rates may apply. The wireless carriers are not liable for delayed or undelivered messages. Number of messages vary per user).