



## Parent / Athlete Guide

### Arbiter Athlete - Planet HS

This is **required** for all students that are interested in playing sports at Lower Richland High School. **Incomplete forms will result in delay for workouts, try outs and playing.**

For the 2020-2021 school year and beyond, Lower Richland Athletes will complete all of their Pre-Participation Athletic Forms online with **Arbiter Athlete** powered by **PlanetHS**. This digital platform will allow you, and your student-athlete(s) to complete and access most forms via computer, tablet, or mobile phone. This will be the method of completing and submitting all required forms.

Athletes cannot participate in sports until all digital forms are complete and approved. Forms **MUST BE dated after April 1, 2020** to be valid for the 2020-21 school year. You must upload a scanned copy or legible photograph of the page on your physician's physical entitled "**Preparticipation Physical Evaluation – Physical Form**" and a birth certificate.

#### Step I. Create Accounts at [www.PlanetHS.com](http://www.PlanetHS.com)

- a. **Students must register first** and create an account, then invite their parent. Parents select the school of their OLDEST child.
- b. Students are to **use their Given Birth Name** as shown on your birth certificate and how you are registered with the school.
- c. Students register for the school they will be attending. All Hopkins and Southeast students will register under their middle school, make sure to "ADD" Lower Richland as a school and this will automatically list you as a potential Lower Richland Athlete.

#### Step II. Link Accounts

- a. Parents and Athletes are required to link their accounts.
- b. Once logged in, you will be prompted to link to your parent/child's account.

#### Step III. Athletic Forms

- a. Click the "Athletic Forms" button to complete the Pre-Participation Forms, which includes the physical, medical history and parent permission.

#### **DO NOT SEND THESE FORMS TO SCHOOL**

- b. Under "Sports Interest" select all sports you are interested in playing.
- c. Both Parent and Student are required to complete and sign forms.
- d. Parents must upload a copy of each child's birth certificate either by scanning or photograph (this will remain throughout the athlete's eligibility years).
- e. Parents must also upload a copy of the physician's portion of the physical.
- f. **ALL** forms must be completed before an athlete can participate.