

Required Paperwork to Participate in FCPS Sports

1. A current valid VHSL physical- [VHSL 2018-19 physical form](#)
2. A filled out Emergency Care Card- [Emergency Care Card](#)
3. Completed concussion education by your parents- [Parents Concussion Education](#)
4. Completed concussion education by yourself- [Student Concussion Education](#)

If you need purchase medical insurance to participate, please click here- [K & K Student Accidental Insurance](#)