

# Sports Medicine Information for Parents/Guardians

As the Athletic Trainer for Bearden High School, it is my top priority to promote the health and safety of your student athlete(s) participating in athletics. Please familiarize yourself with the Athletic Training section of the BHS Athletics page to learn about all the ways we are being proactive to do so, and how you can help us through a commitment to communication with sports medicine staff and adhering to school and state regulations.

Please view the 2025-2026 [Virtual Parent Meeting](#) document for the following information:

- i. Contact Info
- ii. Introduction
- iii. Medical Services
- iv. Required Medical Forms
- v. Supplemental Medical Forms
- vi. Return to Play
- vii. ATSA Program
- viii. Communication
- ix. Office Locations
- x. KOC General Info

The above information is in summary format, with additional details available per embedded links.

## Annually Required Medical Forms

In order to participate in BHS Athletics, student athletes are required to submit all of the following forms annually. Please note that **all forms must be dated April 15** or later to be valid for the following academic year (ex. April 15, 2025 for 2025-26 academic year). Paperwork dated prior to April 15 is not in compliance with TSSAA regulations.

Please read all documents thoroughly and follow all instructions. See the FAQ for common questions regarding annually required paperwork.

1. [FAQ](#)
2. [TSSAA Pre-Participation Exam Form](#)
3. [TDOE Sudden Cardiac Arrest Form](#)
4. [TSSAA Concussion Form](#)
5. [TN Safe Stars Parent/Guardians Code of Conduct Form](#)

# Supplemental Medical Forms

The following forms are not required but encouraged should they pertain to any health needs of your student athlete while participating in BHS athletics. Please send completed supplemental medical forms directly to the athletic trainer.

1. [OTC & Rx Medication Parent Permission Form](#) – Parental permission for storage and dispensing of physician prescribed medication (ex. Epi-pen, inhaler) by the athletic trainer.
2. [Allergy and Anaphylaxis Emergency Plan](#) – Individualized plan for the event of an allergy related emergency for individuals with known history of allergies/anaphylaxis.