

Mount Greylock Regional School District 1781 Cold Spring Road Williamstown, MA 01267 www.mgrhs.org, @AthleticsMG Contact: Lindsey von Holtz, Athletic Director Ivonholtz@mgrhs.org, (413) 458-9582 x103

STEP BY STEP GUIDE TO ATHLETIC REGISTRATION

Ensure Mount Greylock has an updated Physical Exam

Physicals expire after 13 months, and may expire mid-season.

- <u>DON'T HAVE AN UPDATED PHYSICAL</u>: Schedule an appointment ASAP! Students cannot participate or tryout without this. If your PCP does not have an opening, MedExpress, Berkshire Health Medical Center and 510 North Street in Pittsfield have walk-in options.
- <u>COMPLETED YOUR PHYSICAL WITH DOCTOR</u>: Verify the school has a copy. If not, drop it off in the Main Office, email it, or fax it to 458-9581 or 458-2343.

✓ Student and Parent complete the online <u>Concussion Course</u>

- Log into <u>nfhslearn.com</u> and select concussion courses (do not use internet explorer).
- If you are a new user, create an account. Save your login info for future registrations.
- o <u>Students</u> should view "Concussions for Students"
- <u>Parents</u> can view the above course alongside their child to develop discussion or they can view the "*Concussion in Sports*" course separately.
- Save the Completion Certificate on your computer or at least the Completion Code and Date. You will need it for this registration and any other within the year.

✓ Begin the <u>Online Registration</u>

https://www.familyid.com/organizations/mount-greylock-athletics-activities

- New users will need to create an account (this is a separate account from NFHS site).
- Select the appropriate Athletic Registration (fall, winter or spring).
- Enter the completion code and date from the concussion courses completed above.
- Select the specific sport program you are registering for.
- Complete the demographic, emergency contact and medical information. Please make sure the emergency contact is not a parent. We will make every attempt to contact parents first, but need a separate contact, just in case.
- o Read the Code of Conduct, Hazing Law and Opioid Misuse Prevention Information.
- Acknowledge the photography release, concussion risks, familiarity with hazing and opioid materials, fan behavior statement, and the overall acknowledgement of risks.
- o Click "Save and Continue".
- o Click "Submit Registration".

GET INVOLVED!