



Medical Clearance and Medical Information

Turn in this form once per school year.

Fall rowers: start of the fall season.
New rowers in Spring: start of the spring season.

For medical clearance to row:

Once per year, attach documentation of a pre-participation physical, either in the form of a letter from the rower's physician or the Maryland State Preparticipation Physical Form signed by a physician.

Physician's name _____ phone _____

Health insurance carrier: _____

Group/ID number: _____

Food allergies _____

Other allergies _____

Medical conditions _____

Medications rower will need to take during practice or regattas

Resources:

The public schools provide free pre-participation exams for their students. Contact the high school athletic trainer for more information.

Pre-participation Physical Form for Maryland:

https://www.mpssaa.org/wp-content/uploads/2026/03/Physical-Examination-Form_REVISI SED_May_2024.pdf