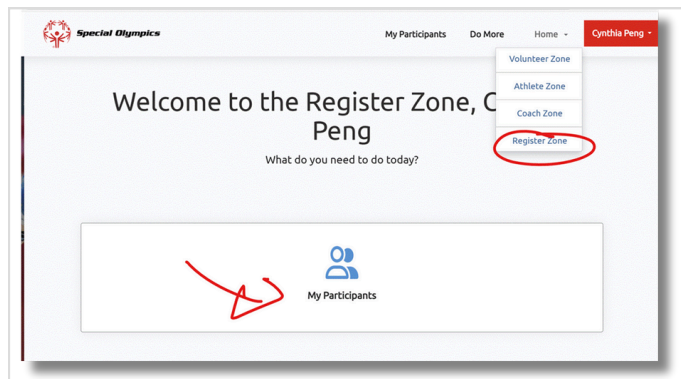


# Complete Or Update (On Behalf of) an Athlete's Health History Form

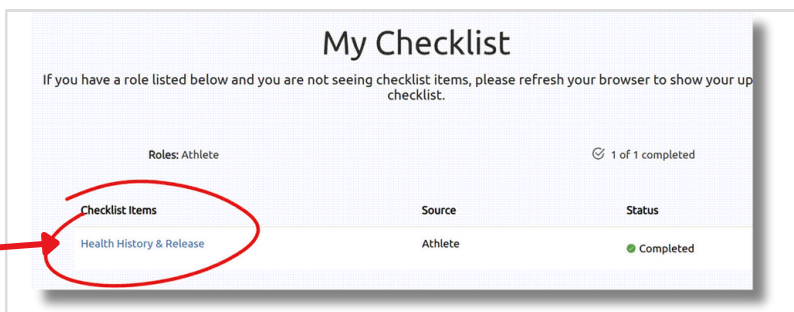
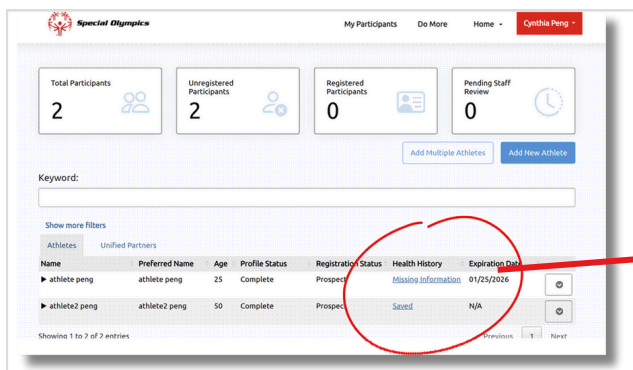
Log into the Register Zone of the Special Olympics Portal (<https://portals.specialolympics.org>). click on **My Participants**. Once you click on it, you should see a list of your Athlete(s).

If you haven't done so already, please add your Athlete(s) that you will be managing by clicking on **Add New Athlete**.



## Completing a SAVED Health History Form

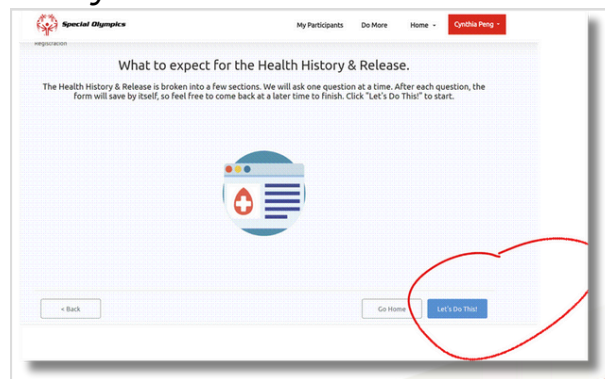
You should now see a list of your Athlete(s) with the Athlete's name and a link to their status of Health History form. If the status under Health History does not say "Approved" then please click on the link to update their form. Once you click on the link, the **Athlete's Checklist** should pop up.



The Portal will walk you through the steps of completing the Health History form. No Doctor's signature is required. Please have medication and medical history on hand for **faster form completion**.

Please note you will need to e-sign for your Athlete's Health History form.

If your Athlete's Health History form status is anything other than Saved, turn to the next page for instructions.



Special  
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Washington

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Visit our Portal Support page with questions at <https://bit.ly/SOWA-PortalSupport>

# Complete Or Update (On Behalf of) an Athlete's Health History Form (2)

## Updating an APPROVED (Or other status) Health History Form

If your Athlete's Health History status shows Approved but updates are required or it is expiring soon, please click on the **Health History status link** to update their form.

Special Olympics My Participants Do More Home - Cynthia Peng

Total Participants: 2  
Unregistered Participants: 2  
Registered Participants: 0  
Pending Staff Review: 0

Keyword:

Show more filters

Name	Preferred Name	Age	Profile Status	Registration Status	Health History	Expiration Date
athlete peng	athlete peng	25	Complete	Prospect	<a href="#">Missing Information</a>	01/25/2026
athlete2 peng	athlete2 peng	50	Complete	Prospect	<a href="#">Save</a>	N/A

My Checklist

If you have a role listed below and you are not seeing checklist items, please refresh your browser to show your up checklist.

Roles: Athlete 1 of 1 completed

Checklist Items	Source	Status
<a href="#">Health History &amp; Release</a>	Athlete	Completed

Special Olympics My Teams My Participants Do More Home - Cynthia Peng

Back Renew

Do you have any associated conditions?

Name	Other Description
There are no records to display.	

Please list all assistive devices and accommodations

From the Checklist, click on the Health History link. You now see an online version of the Health History form. *If you need to make changes/updates* to the form (medication/allergies have changed, or you need to report a concussion (etc) click on the **RENEW** button.

The Portal will walk you through the steps of completing the Health History form. No Doctor's signature is required. Please have medication and medical history on hand for **faster form completion**.

Please note you will be required to e-sign for your Athlete's Health History form.

We have quick tip Portal videos available for you as well on our Special Olympics Washington YouTube channel at <https://bit.ly/4gr0OIT>.

## CONTACT



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