

## Physical Exam Requirements for Interscholastic Sports Participation

To participate in interscholastic sports at the Varsity, JV or Freshman level, students are required to have a physical exam on record in the nurse's office by their health care provider (physician, physician's assistant, APRN or RN.)

This exam must have been done within thirteen (13) months prior to the start of tryouts, practices, or play in the particular sport in which the student plans to participate. If this physical expires during the sport season, a new physical must be submitted to the nurse in order for the student to continue participating in that sport.

***This physical must be on record PRIOR to try-outs; there are no exceptions.***

All health assessments must be complete. Both sides must be completed (one side by parent and one side by the health care provider) and **every item marked with an asterisk \* must be filled in**. Per our policy, any health assessment that has missing mandated information will be considered incomplete and will be returned to you for completion. This will delay a student's participation in sport as students will not be allowed to try out, practice or play until the form is completed.

If a student had a medical restriction last year due to an injury or illness and could not participate in physical education classes or sports, he/she must submit a note from the physician to the nurse's office specifically clearing him/her to return to PE and sports. Without such clearance, the student will not be allowed to participate in sports, even if the health assessment is current.

Link to Sports Participation Medical Examination Form is on Athletic and Health Office websites.

### Points to Remember:

Due to the large number of students who participate in sports, it is often difficult to get an appointment with your health care provider on a last minute basis. Parents whose children plan to participate in a sport are urged to make an appointment with their health care provider well in advance of the intended sports season. We recommend you keep a copy of your child's physical for your records at home.

**Physicals are to be submitted to the nurse's office, not the coach.** Coaches can not clear a student medically to participate in sports. Please hand in your physical as soon as it is completed. Do not wait for the sports season to begin.

The Health Office will be glad to help you clarify any matter relating to sports physicals. Please call 255-8358 for assistance.

### Sports Examination Form

The two-page Sports Examination Form can be downloaded in pdf format. The pages can be read using Acrobat Reader, free from Adobe. Page 1 is to be completed by student and parent and page 2 is to be completed, signed and dated by the health care provider. You may print this form out at home, complete both pages, and return them to the Health Office.

---

---