

Physical Examinations:

All students' grades 7-12 that desire to participate in interscholastic athletics must receive an adequate physical examination. A medical history must be done if a student is carrying over their physical from one season to another as well. The nurse must approve this information before the athlete can participate. No student will be allowed to try out or practice with the team without the required physical examination. **There are no exceptions.**

Physical examinations are provided by the school district prior to each sports season free of charge. Students may be examined by their family physician. The district medical form must be completed and returned directly to the school nurse. Failure to provide proof of a physical examination will result in a loss of practice time. Physical examinations are valid for the school calendar year. Students trying out for a sport can have the exam before the season starts.

Notes:

1. Parents must completely fill out a medical sports update form and return it to the school nurse prior to the first practice each season.
2. All injured athletes who have been seen by a physician must be released with a signed statement by that physician, in order to resume participation with their team. This release must be filed with our school nurse prior to resuming practice or competition.
3. In case of a long term or severe injury, clearance by the school physician may also be necessary prior to the return of the athlete.

Important Reminders:

1. All student-athletes must have a physical examination. Students who had a physical examination for a fall sport or winter sports season may only need to complete the medical update (health questionnaire) prior to the start of participation.
2. Coaches are expected to help the nurse with the physical examination process.
3. Student-athletes may obtain a physical exam from their private physician using a school form, which may be obtained from the nurse's office.
4. A coach must be aware of a student's special medical condition known by the nurse. Make contact with the school nurse to discuss this issue.
5. All coaches must refrain from scheduling activities during Regents week.
6. NYSPHSAA thunder/lightning policy (see manual)
7. Hazing (see manual)
8. All coaches must send home a letter (per-season) to parents about needed information, (ex. Health forms, meeting dates, schedules, and physicals.)
9. All coaches, student athletes and parents will be notified and expected to attend the "Meet the Coaches" night for each new season.
10. All head coaches will conduct an interest meeting prior to the start of each season. This meeting will provide potential student-athletes with information regarding starting dates and the team selection process.