



## **Important Sports Clearance Information**

**A complete physical exam which is signed by a licensed practitioner is required before any participation, including practices, are allowed. The results of the physical are valid for a period of 12 months through the last day of the month in which the physical was conducted, unless there is a change in the student's health status following the physical exam.**

### **Other requirements are:**

1. A new **“Interval Health History”** form must be completed and signed by a parent or guardian each time a student participates in any sport. All forms are available in the nurse's office or main office, as well as on the districts website under the school nurse. Head injury information will be attached to all Interval Health History forms.
2. Students who have been injured or had an extended illness or absence since their last physical exam will need updated physician clearance for sports participation.
3. The school nurse must sign the Interval Health History forms before a student is allowed to practice or play. If the coach does not have a copy of the form signed by both the parent/guardian **AND** school nurse, the student may not participate in practice or play. The school nurse will not sign the Interval Health History form unless all information is up to date and student is completely cleared by physician.
4. It is recommended that students use their own private health care provider for physicals (a separate “sports physical” is no longer required). If you are unable to have a physical performed by your private provider, the school medical director can provide a physical for your child. Please alert the school nurse if your child needs a physical performed at school.
5. An updated action plan for students who have asthma or an emergency care plan for students who have life-threatening conditions must be filled out. You can find these plans on the school nurse website or the nurse's office.