

REQUIREMENTS TO PARTICIPATE IN A SPORT

Current Physical (physicals are valid for 1 year)

Health History Form (valid only within 30 days of start of sport)

Emergency Contact form

Physical examinations

Physicals are required for students participating in interscholastic sports. Proof of physicals must be presented before students may try out/practice. Students must be cleared by specific deadlines TBA (typically the first day of practices/tryouts). There are TWO OPTIONS for a sports physical, it can be done:

at school (district physician sports physical)

OR

by the student's own doctor (private physician sports physical)

- **District Physician Sports Physical**

Physicals for participants in all sports (Fall, Winter and Spring) will be held at school, Physicals are open to ALL potential athletes (girls and boys in grades 7-12). Dates are tba.

- **Private Physician Sports Physical**

Private physicals must be approved by the school nurse before a student can practice. Coaches cannot approve or accept private physical forms.

Health History /Emergency contact

A completed Health History form is required for each sport season. The form must be completed within 30 days of the start of the sport.

For students who participate in more than one sport during a year:

After the physical for the first sport, [an updated health history form](#) is required for students who participate in additional sports throughout the year. Note that all athletes are required to recertify within 30 days of the start of their respective season.