

5000 SERIES/STUDENTS**HEALTH ASSESSMENTS FOR INTERSCHOLASTIC SPORTS PROGRAMS**

To be eligible to participate in any out-of-season conditioning sessions, tryouts, practices, and any sport team, a physical with an exam dated within the past 13 months must be on-file. If the physical exam date falls outside of the 13 month window, at any time during their sports season, an updated physical will be required to continue participating.

The CT Health Assessment Record or the Preparticipation Examination must be completed by your physician and submitted to satisfy this requirement. Forms should be uploaded to the PowerSchool Parent Portal with the sports packet, mailed, or dropped off to the school. When dropped off at school the forms are to be made to the attention of the school nurse in middle school and in high school the Athletic Director .

The physical exams will be carried out by the student's physician. If the student's family cannot afford an exam by a private physician, the family may request a physical exam from the school physician. In order for eligibility for physical exams to be determined, all such requests are to be made to the principal-of the student's school. If the request is approved, the Superintendent's office will contact the physician's office and will notify the family that they may schedule an exam with the school physician.

Policy Approved: 4/8/85

Policy Revised: 2/27/95, 6/17/96, 4/25/22