

City of Meriden Department of Health and Human Services

Title: <u>Middle School Sports Physicals</u>
Original Effective Date: May 1, 2016
Revised Date: September 1, 2016

Policy: This policy will ensure that school nurses within the Meriden Department of Health and Human Services (MDHHS) have a standard procedure for accepting middle school sports physicals.

Purpose: Every athlete who participates in any school sponsored sports activity (try-outs, practice, or contest) must be determined physically fit through a physical exam completed within the previous 12 months of the first day of try-outs.

Procedure:

- The school nurse is responsible for reviewing the student’s physical to ensure the pre-participatory evaluation is complete, signed by a licensed medical practitioner, and dated within 12 months of the start of the first try-out within the given sports season.
- Cheerleaders who are performing in back-to-back seasons will need to have a physical dated to cover both seasons or are required to obtain a new physical prior to the start of the next sports season.
- If the pre-participatory physical indicates any medical concerns that will require further follow-up and clearance to participate, the school nurse will not clear the athlete to play until follow-up is complete. A letter from a licensed health care provider, clearing the athlete for participation must be provided to the school nurse.
- The school nurse will notify the coach.
- Any intimidation by an athletic director, coach, parent, or school personnel to clear a student without proper medical documentation will be reported to the nursing supervisor immediately.