

SPORTS PHYSICALS FAQ's

1. What does my child need to try out for a sport?

- For their first sport season of the year, the district needs a current sports physical on file with the school nurse.
- Physicals are valid for one calendar year.
- The physicals MUST be on a Sachem Sport Physical Form and MUST be completed and signed by the healthcare provider, as well as the parent/guardian.
- For each subsequent sport during that school year that the student would like to participate in, a “green card” (medical update form) needs to be completed and signed by the parent/guardian and student and returned to the school nurse.
- If your child submits a current physical in September, but does not try out for a sport until the winter or spring season, the parent/guardian will need to complete a green card for the student’s first sport.

2. Where can my child get the forms they need for sports?

- All forms are available from the school nurse.
- The forms can also be printed from the district website: www.sachem.edu
Click on “Departments”, then select “Athletics”

3. My child was told the sports physical form was not complete. What is needed for it to be complete and for my child to be cleared to participate?

- There are several sections on the sports physical form. Please be sure that the physician included all items on the physical form including the date of exam, height, weight, blood pressure, BMI, urinalysis, signature and type of sports student is physically able to participate in (contact/collision, limited contact/impact, strenuous/non-contact, etc..)
- The parent/guardian needs to complete the top portion of the front (name, address, date of birth, etc..)
- The back page contains two sections that the parent/guardian completes: Health history & Risk Acknowledgement, as well as a **signature required**.
- If any portion is not complete, the school nurse is not able to process the form until it is complete.
- If the child has not been participating in PE/sports due to a prior injury or illness, they must provide written medical clearance to participate.

4. When do the forms need to be returned to the school nurse?

- The school nurse will set a deadline date for each sport season. This information will be announced at school. It is typically one week before the first day of tryouts.
- Please note the deadline date, as there may be several hundred student-athletes submitting forms.

- It is the responsibility of the school nurse to verify all forms are complete and up to date before clearing the student-athlete for tryouts.

5. Why does it take 24 hours to process sport forms?

- The school nurses have the responsibility of taking care of many students throughout the normal school day. They require adequate time to process the sport forms and review the child's health history.
- The school nurse and coaches make sure that announcements are made and meetings are planned well in advance of the start of the sport to give students enough time to return the forms to the school nurse in a timely manner.

6. Where can I find out when the sport seasons start?

- The first day of the sport seasons are indicated on the school calendar.
- The school nurse also puts the information on the school web page.

7. Are physicals given in school for sports participation?

- Yes. Sports physicals are given in each secondary building every June, free of charge, for the following school year. There will be several "School Messenger" phone calls made reminding parents/guardians and students of these physicals. You can also check the district website for more information.
- Students may also opt to go to their regular primary care physician for a sports physical.

8. How do I submit sports physical forms during the summer?

- Please visit the Sachem website for exact times and dates the nurses will be available during the summer. www.sachem.edu Click "Departments", then select "Athletics"
- The physical forms can only be dropped off to the school nurse during the hours listed.
- The forms cannot be mailed or submitted to anyone other than the school nurse.
- The main office cannot accept sports physical forms.
- No sports physicals are provided during the summer.