

MEDICAL REQUIREMENTS FOR PARTICIPATION IN INTERSCHOLASTIC SPORTS

The athlete will be recertified if the following criteria are met:

- a. A **Health Appraisal Form (Physical exam)**, conducted and signed by the primary care or school physician. Physicals are considered current if done within one year of first day of practice.
 - The form must be on file in the nurse's office or accompany the recertification form.
 - School physician will be available for physicals for students various dates throughout the school year. See nurse for an appointment.
 - b. **Full clearance** for any injury or surgery since the last physical exam, signed by the physician, must be on file in the nurse's office or presented to the nurse at the time of recertification.
 - c. **Use of Epi-Pens, Glucose, Benadryl, Inhalers, and Medications, either prescription or non-prescription** must be renewed yearly by the student's primary care physician and submitted to the nurse before recertified for practice. **Emergency Care Plans** for students, who have a life threatening health problem such as anaphylaxis, must also be renewed for each school year.
 - d. **Athletic Program Permission slip and Medical Recertification Form (this can be obtained at the nurse's office)**
1. The yellow copy of the recertification form will be forwarded to the coach of the sport designated on the recertification form by the nurse. The student will not be allowed to practice until the coach has the yellow copy signed by the school nurse.
 2. Please call the athletic office or school nurse if requesting a school physical exam.
 3. Middle school students must contact the athletic director directly concerning participation at the high school level before starting the selective elective process. (624-7070)
 4. **Students will not be able to practice without full medical clearance. There are no exceptions.**
 5. See the Athletics Department web page under "HFL Teams" for start dates of all sports.