

SPORTS PHYSICAL INSTRUCTIONS

PHYSICALS CONDUCTED BY FAMILY PHYSICIAN/MEDICAL HOME

- It is understood that the most comprehensive and thorough physical examination is one completed by the family physician. Parents of incoming freshman are encouraged to have at least one physical performed by their primary physician.
- All examinations must be completed using the state mandated health history (Part A) and physical examination (Part B) forms. (enclosed)
- Physicals completed in the family medical home must be reviewed by the school physician before an athlete is cleared for participation. **The examination form and health history form must be completely filled out. It is very important that all vital signs are recorded in the appropriate spaces.**
- Examining physician must sign in the appropriate place (bottom of page 2) indicating that he has reviewed the student's health history form.
- Athletes and parents must also complete a Montville High School Sports Permission Form.
- The school physician will sign the enclosed clearance letter when an athlete is cleared to play. Please make sure your name, grade, and sport are filled in prior to review by the school physician. The athletic department will forward the letter to you when you are cleared to play.

PHYSICALS CONDUCTED BY THE SCHOOL PHYSICIAN

- Parents have the choice of having either their private physician or the school physician perform the sports pre-participation examination.
- Students must complete the health history (Part A) and physical examination (Part B) forms prior to the physical exam. These forms will be submitted to your coach for review. Incomplete forms will not be accepted.
- Athletes and parents must also complete a Montville High School Sports Permission form.
- The school physician will sign the enclosed clearance letter at the conclusion of the physical and hand the letter to the athlete. Please make sure your name, grade and sport are filled in on the letter prior to the physical.

PHYSICALS CONDUCTED WITHIN 365 DAYS

- An examination of each candidate for a school athletic team must be conducted 365 days prior to the first practice session. Examinations expire after one year.
- To participate on a school athletic team, each candidate whose medical examination was completed more than 60 days prior to the first practice session must complete a health history questionnaire. (Part A) (This form must be completed for each season the athlete participates in)

- A Montville High School Sports Permission Form must also be completed for each season.

FORMS NEEDED (New Physical)

1. Athletic Pre-Participation Physical Examination Form (Part A: Health History Questionnaire)
2. Athletic Pre-Participation Physical Evaluation Form (Part B: Physical Examination)
3. Participation in Sports Permission Form
4. Clearance Letter

FORMS NEEDED (Recertification – Examination within 365 days)

1. Health History Update
2. Participation in Sports Permission Form
3. Clearance Letter

DIRECTIONS FOR COACHES

- Collect all forms and check for accuracy and completion. The doctor will not examine or clear athletes that submit incomplete forms.
- Submit forms for the school physical to the school nurse as soon as possible so that the school physician can review them prior to the physical. Please hand in forms as you receive them and **do not wait until the entire team returns their forms.**
- The school physician will not accept forms on the day of the physical.
- Athletes will receive a clearance letter from the doctor upon successful completion of the examination.
- The school nurse will continually update a list of cleared athletes.
- **DO NOT ALLOW ATHLETES TO PRACTICE UNLESS YOU ARE SURE THEY HAVE BEEN CLEARED BY THE SCHOOL PHYSICIAN.**
- **The school nurse, athletic trainer, athletic director, or personal physician are not authorized to clear athletes to participate. ONLY THE SCHOOL PHYSICIAN IS AUTHORIZED TO CLEAR AN ATHLETE FOR PARTICIPATION.**
- The school physician will review all forms for final clearance and return them to the athletic director for dissemination.

