

Important Notice About Sport Physicals

Dear Parent/Guardian,

An up-to-date physical and permission form must be on file with the School Nurse before a student tries out for, practices or plays a sport.

As of July 1, 2008, the Connecticut Technical High School System (CTHSS) will no longer be providing sports physical exams to students. However, the CTHSS supports student participation in interscholastic sports and has implemented a form and policy designed to simplify the requirements for sports participation and to help ensure the health and safety of our student athletes.

The process is easy:

- Complete both sides of the attached form, have your child's doctor sign it and
- Attach a copy of **any physical exam** completed in the last year and return to the school nurse.

A sports physical exam is good for 13 months and can be part of your child's routine yearly physical exam.

Most insurance plans, including Husky, will cover a yearly physical exam. If you need help scheduling an exam, do not have insurance or have questions please contact the School Nurse,

_____ at _____ or _____.
(name) (e-mail address) (phone number)

(Important: Completed sports physical forms must be returned directly to the School Nurse. Please place forms in a sealed envelope, and clearly mark "sports physical" on the outside of the envelope. This is especially important when sports forms are returned during the summer months).

For School Nurse's/Coach's Use Only

Name of Student:

Grade:

Your student's sports physical exam expires/expired on _____.