

Students

MOUNT PLEASANT COTTAGE SCHOOL UNION FREE SCHOOL DISTRICT**SUBJECT: ATHLETIC HEALTH EXAMINATIONS****Athletic Health Examinations**

A student who may engage in interschool competition shall receive an adequate health examination and health history update when required and may not practice or participate without the approval of the District's Medical Officer.

Physicals for participation in school sports may be scheduled at any time during the calendar year. The results of the physical shall be valid for a period of twelve (12) months during the last day of the month in which the physical was conducted. Unless the medical examination is conducted within thirty (30) days of the start of the season, a health history update is required.

Any student whose safe participation is in question as a result of the health history interview, or injury or prolonged absence must be requalified by the school physician prior to participation. A student who has sustained a mild traumatic brain injury (concussion) must be symptom free for not less than twenty-four (24) hours and must be evaluated by and have received written and signed authorization from a licensed physician before return to athletic activities in school. Additionally, a student must have received clearance from the Medical Director to return to participation in extraclassroom athletic activities. If the twelve (12) month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (e.g., football), the student may complete that sport season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport seasons include tryouts.

Each incidence of prolonged absence shall be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based upon the athlete's readiness for safe return to competition.