

Chappaqua Central School District  
Department of Physical Education and Athletics  
70 Roaring Brook Road  
Chappaqua, NY 10514

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Dear Parents and Student-Athletes,

### Mandatory Guidelines for Sports Participation

New York State regulations require that all interscholastic athletes have medical clearance before they are permitted to engage in any practice or contest. There are two parts to the clearance process:

1. Physical Examination: A physical exam, performed by your child's own physician sometime during the past 12 months. Your child's annual check-up satisfies this requirement. This examination can be documented in one of two ways:
  - a. Preferably, your physician will complete the school's Pre-Sports Medical Screening Form.
  - b. Your doctor's personal form will be accepted, provided it documents that your child is cleared for sports.

In all cases a parent/guardian must complete the first page of the form, which includes a thorough medical history, and sign it at the bottom.
2. Prior to *each athletic season*, the Athletic Participation Form as well as the Emergency Medical Treatment Form must be completed. That form is given to your child by their coach.

The school district no longer offers the annual on-site sports physicals. It is the responsibility of the athlete and his/her family to provide documentation that sometime during the previous 12 months, a pre-participation physical examination was performed by a physician, nurse practitioner, or physician's assistant. *For example, if your child's spring sport begins on March 10, 2009, the qualifying physical must be dated March 10, 2008 or later in order to meet the state requirement.* Your child cannot participate in pre-season practices without proper clearance. If your child plans to participate in a Fall sport the medical form must be submitted to the Athletic Department by August 1, 2009.

Frequently Asked Questions about the sports physical:

1. *My child had his/her annual physical examination around the time of his birthday, in November. Does he/she need another one to participate in a spring sport?* The physical examination is valid (and will be for 12 months, through the following November). However, a new Pre-Sports History Form must be completed and signed by a parent/guardian prior to the start of a sports season.
2. *How can I get my child cleared if my insurance company only permits one check-up each year?* Your child's previous physical examination is still valid, provided it was performed during the past 12 months. Once again, a new Pre-Sports History Form must be completed.

3. *My child was cleared for fall sports and now wants to play a winter sport. Is s/he automatically cleared?* No. The physical examination for winter clearance is valid only if it was performed within 12 months of the start of winter sport practice. Also, a new Pre-Sports History Form must be completed.
4. *How can my child be cleared if his/her doctor refuses to use the yellow HGHS form?* Your doctor's personal form will suffice. *However, you must complete and sign the history portion of the sports physical form.*
5. *What is the "Medical History Update" that is on The Athletic Participation Form?*  
New York State law requires a medical history update if a physical was conducted more than 30 days prior to the start of the season. Your child does not need a new physical exam. This form is required to document any changes in their medical status, i.e. broken wrist, concussion, newly developed asthma, etc.

We have enclosed a sports physical form that will need to be completed. In order to make certain that all students trying out for a team in the fall are cleared to play, the sports physical form must be sent to the Athletic Office by the following dates:

Horace Greeley athletics – August 1  
Middle School athletics – August 1

**Failure to submit the forms by the above date could delay your child's participation.**

If you have any questions regarding the sports physicals please contact the Nurses' office at your child's respective school or the Athletic Office at 861-9411.

Many thanks for your understanding.

Sincerely,

Stephen B. Young  
Director of Physical Education and Athletics

Andrew Selesnick, Principal  
Horace Greeley High School

Kathy Brehm, Nurse  
Horace Greeley High School

Donna Raskin, Principal  
Seven Bridges Middle School

Miette Cvijanovich, Nurse  
Horace Greeley High School

Martin Fitzgerald, Principal  
Robert E. Bell Middle School

Patricia Pollock, Nurse  
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Lori Miano, Nurse  
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