

INSTRUCTIONS FOR FALL INTERSCHOLASTIC SPORTS & WORKING PAPERS

ATHLETICS AND HEALTH SERVICES

INTERSCHOLASTIC FALL SPORTS & WORKING PAPERS

2018-2019

VARSDITY & JR. VARSITY

FOOTBALL, CROSS COUNTRY, GOLF, SOCCER,
VOLLEYBALL, GIRLS SWIM, GIRLS TENNIS, &
CHEERLEADING

STUDENTS ENTERING

GRADES 9-12

This sports packet includes:

General information

Physical exam appointment schedule

Sport information for incoming 9th – 12th grade students

Pre-participation/Interval Athletic Health history form

ALL HEALTH HISTORY'S MUST BE COMPLETED IN PEN, SIGNED AND ANY YES ANSWERS MUST BE EXPLAINED IN THE DESIGNATED AREA!

SPORTS PHYSICAL EXAMINATION GENERAL INFORMATION SHEET

August 2018 Sports and/or Working Paper Physicals

All sports and working paper physicals will be held at Niagara Falls High School

Instructions:

- **NO SPORT OR WORKING PAPER PHYSICAL WILL BE DONE WITHOUT THE APPROPRIATE, COMPLETED HEALTH HISTORY SIGNED BY THE PARENT OR GUARDIAN IN PEN.**
- All Physicals will be *by appointment only* between the hours of 9:00 – 11:45 AM or 1:15 – 3:45 PM
This year we will be offering evening appointments on Thursday between 4:00 – 6:45 PM
 - No student will be given a sports physical without a completed and current (within 30 days) Pre-participation/Interval Athletic Health History (form D 14a/b) signed and dated by their parent or guardian
 - Working paper packets can be obtained from the guidance office at your child's school. No student will be given a working paper physical without a completed working paper packet, signed and dated *by parent or guardian.*
 - *Please note: students requesting both sports and working papers need only complete the sport health history form (D 14a/b)*

**** Call for an appointment after July 9, 2018**

286-0788 between 10:00 AM and 3:00 PM

Please do not leave phone messages, WE CAN NOT RETURN YOU CALL!

General Instructions:

1. All sports physicals are valid for one year from the date of the physical. Students are required to complete a Pre-participation/Interval Athletic Health History within **30 days of the start of each sport.** (D 14a/b)
2. Students who wear prescription glasses must bring them to the physical examination.
3. At the end of each school year, the school nurses send out specific forms to any student requiring medication or special medical care. These forms must be completed by the student's Health Care Provider and returned when the student presents for a sport physical.
4. All sports physicals for students attending District Schools must be completed by the District Nurse Practitioners. **Non-public school students may have their sport physical with their own Health Care Provider.** Final authority for all participation rests with the School Medical Director.
5. **PHYSICALS DONE THROUGH THE DISTRICT NURSE PRACTITIONER WILL BE BY APPOINTMENT ONLY.**
6. Working paper Physicals should be completed by the student's own health care provider. If the student has a pending job and cannot get into his/her own provider, appointment may be made with the District Nurse Practitioner.

***Fall sports opportunities
for students in 9th - 12th grade for the 2018-19 School Year***

All students attending high school, there will be a chance for you to participate in our Junior Varsity or Varsity sports programs and activities this fall. The following are offered in the fall:

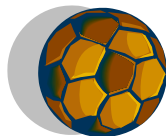
- **Cheerleading**
- **Swim** – Girls
- **Tennis** - Girls
- **Football**
- **Golf**
- **Cross Country** – Boys and Girls
- **Soccer** – Boys and Girls
- **Volleyball** – Boys and Girls

Here are the requirements BEFORE you can try-out for a team.

1. **Athletic Physical Exam** – this can only be provided through the school district medical personnel; Nurse Practitioner
 - a. A physical conducted by your family physician will not be accepted for sports.
2. **Baseline Concussion Testing (ImPACT)** PRIOR to any tryouts for Football or Soccer.
3. **Completed Health History** for Sports Participation signed by a parent or guardian in pen.
4. **Coach's note** – obtained from school district medical personnel once all medical requirements have been met.
5. **Completed J-20 form** – obtained from the coach.
6. ****Academic eligibility** – you must pass 4 classes and Physical Education. Of those 4 classes, 3 must be Core area classes; Math, Science, Social Studies and Language Arts.

Be on the lookout for future announcements for our Fall Sports Meeting, which will include start dates for Fall sports.

**** In order to participate and remain on any sports team, you must also meet the academic eligibility requirements, as well as follow all team and school rules. Failure to do so will result in your removal from the team.**



NIAGARA FALLS CITY SCHOOL DISTRICT
FALL SPORTS PHYSICAL SCHEDULE

Physicals will be done at Niagara Falls High School. At the parent's request parents are welcome to accompany their child during the physical exam. To complete a thorough exam, the removal of some clothing is necessary. Parents please advise female students to wear a tank top under their shirt the day of their physical.

All students must call and schedule an appointment for their sports and/or working paper physical. **NO WALK-INS WILL BE PROCESSED FOR PHYSICALS.**

Appointments will be offered in August for all students.

PRE-PARTICIPATION/INTERVAL ATHLETIC HEALTH HISTORIES

Students who had a sports physical with the District Nurse Practitioner **on or after August 1, 2017** will not require another physical for Fall Sports.

These students must turn in a **Pre-participation/Interval Athletic health history (D14 a/b)** included in this packet. The health history must be signed by the parent or guardian in pen as this is a legal document.

- ✓ INTERVAL HEALTH HISTORIES WILL ALSO NEED AN APPOINTMENT TIME as sometimes there are questions we need to ask which we would like to provide a private time for your child and/or you to discuss.
- ✓ **** Students who fail to schedule a physical exam or turn in a Pre-participation/interval Athletic health history PRIOR to August 24 may have to wait until the first week of school for their sport physical.

