

November 2013

Dear Coaches and Parents,

In an effort to simplify the process of clearing students to participate in interscholastic sports, a few changes have been made in the past few months. The State of Connecticut Health Assessment Record ("HAR" or blue form) is now being used for all school physicals. This form consists of three pages. Page one of the HAR is a health history that must be completed and signed by the parent or guardian. This page replaces the health history previously required on one side of the old yellow sports physical form. Page two is the medical evaluation to be completed and signed by the doctor. There is now a check box on page two where the MD indicates that "The student may participate fully in athletic activities and competitive sports". Page three of the HAR is an immunization record and is NOT required for sports physicals. However, if your student is in 9th or 10th grade, they are mandated by the state to have a physical this year, and immunizations must be listed. One physical meets both the requirement for state mandated physical and for sports physical. The HAR physical form can be found on the NHS website under Health Office (click "Departments", click "Health Office: State of CT Health Assessment Record") or under Athletics (Physical form).

All completed physical forms should be delivered to the nurse's office. You may have the student deliver it; email it to daltona@newtown.k12.ct.us; or fax it to 203-270-4838. To protect student confidentiality and to avoid confusion and loss of forms, physicals should not be given to coaches. The nurse's office will be accepting only health assessment forms. All other forms related to sports participation will be collected by the coaches. On receiving a student physical form in the nurse's office, the information is entered into our confidential database. All students who submit a physical, for any reason, will be entered as "cleared for sports" if the doctor has indicated this. Sports clearance is valid for 13 months from the date of the exam.

If the student requires medication during sports participation, such as an EpiPen or inhaler, there must be a medication order on file in the nurse's office. Most high school students "self carry" their medications, but an order is still required. This form is also available on the Health Office website ("Authorization for the Administration of Medicine").

At the beginning of the sports season, the nurse's office will generate a list of all students in the school and the date that they were cleared for sports. This list will be given to Greg Simon, Athletic Director. Coaches can access this information through Greg in order to complete their team eligibility lists. Students who do not appear on the "cleared for sports" list need to bring a current physical to the nurse's office. They will then be given a "cleared for sports" slip to submit to their coach.

My hope is that these changes will streamline the process of establishing sports eligibility for everyone involved in the process. Please feel free to call with any questions that you may have.

Sincerely,

Anne Dalton
Newtown School Nursing Supervisor
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