

POUGHKEEPSIE CITY SCHOOL DISTRICT
INTERSCHOLASTIC SPORT REQUIREMENTS

TO ALL PARENTS/GUARDIANS:

It is the policy of the Poughkeepsie City School District that, in order to participate in sports, student athletes must possess a valid authorization for sport participation. Student/athletes who do not have a valid authorization are not permitted to “try out for” or “participate in” interscholastic sports.

No student/athlete will be cleared for tryouts or sport participation until ALL the required forms listed below are submitted and reviewed by the Health Office, the Athletic Director and approved by the School Healthcare Provider each sport season. All forms must be completed by the parent/guardian, not the student.

1) Annual Physical Examination

Student/athletes must have a valid Physical within twelve (12) months prior to the start of the sport season. Students should bring a copy of their physical exam report from their doctor to the Health Office. Additionally, there will be several days scheduled before the start of each sport season where students may get a sport physical at school if they have been unable to obtain one from their private doctor.

The School Health Care Provider has the final authority to determine the physical capability of a student to participate in a sport.

2) Medications

You must **hand in** updated parent/guardian permission and doctor’s prescriptions for inhalers, epi-pens, etc. to the Health Office. **You must have an updated prescription and parent permission form every academic year.**

3) Interval Health History Form

An Interval Health History for each student/athlete must be completed in **ink** and signed by a parent/guardian, and submitted to the Health Office no more than 30 days prior to tryouts for each season.

4) Interscholastic Athletics Emergency Information Form

Parent/guardian must complete this form in **ink** and it must be signed by both the **parent/guardian and the student**. Please fill in all emergency contact information and inform the Health Office and coach if any information changes during the season.

*******CLEARANCE NOTES*******

If you have seen a specialist (orthopedist, cardiologist, etc.) you **MUST** bring a clearance note from the specialist to the Health Office. This note must state that the student is medically ready to participate/return to his/her sport. This note must also include the diagnosis, limitations and restrictions for the student. You must also provide any clearance notes requested by the school doctor/nurse practitioner after he/she reviews the student/athlete’s paperwork before being cleared to participate. **By New York State Education Law, the school health care provider makes the final decision whether a student resumes participation in interscholastic sports.**