

WORCESTER PUBLIC SCHOOLS

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Physical Exam Requirement for Participation in Athletics

The Massachusetts Interscholastic Athletic Association Board of Directors voted on Thursday, June 7, 2012 to adhere to the Department of Public Health's policy regarding the physical exam required for participation in athletics. In order to be in compliance with the state regulation, physical exams will be required every **thirteen months to the day of the exam**. For example if a student-athlete has a physical exam dated September 14, 2011 that exam will expire on October 14, 2012. Meaning as of October 15, 2012, the student-athlete becomes ineligible to practice or compete until they present proof of a current physical exam to the school nurse or athletic department and obtain an updated clearance form for participation in athletics. This is a change from the current requirement which enabled a student-athlete to remain eligible for the entire season if their physical was current on the first day of practice.

Please make certain that your child has a current physical exam that will last the duration of the season, or schedule a doctor's appointment as soon as possible to have an updated physical exam. There will be no exceptions to this rule, or will there be extensions granted based upon a doctor's note. I realize this may cause some difficulties with scheduling of doctor's appointments and insurance coverage so I am providing advance notification, so that everyone can be in compliance with the Department of Public Health and MIAA regulations and not impact your child's eligibility for participation.