



## PHYSICAL EXAM REQUIREMENT FOR ATHLETICS

1. The Massachusetts Interscholastic Athletic Association requires all students to have a current (**within 395 days of the first day of the sports season**) physical documented by a health provider on file with the school nurse in order to try out for any team.
2. **The physical exam includes THE DATE OF THE EXAM, the student's name, and date of birth, height, weight, blood pressure, pulse and an up-to-date immunization record. In addition, a summary of the examination is noted including any limitations or restrictions in activity, as well as student's medications.** (Please note: that any student carrying any medication during school hours e.g. inhalers or Epi-pens **MUST** have written parent permission as well as a written medication order signed by the student's physician on file in the School Health Office.)
3. **The school nurse believes it is best that a physician who usually provides medical care for your child give this examination.** If you need a referral to a primary care provider or information on health insurance, please contact the school nurse.
4. Although most pediatricians' offices use their own physical exam form (which is acceptable as long as it includes the information outlined in #2), a Massachusetts School Health Record, Private Physician's Examination Form may be obtained from the school nurse or downloaded and printed from the HHS website <http://www.holliston.k12.ma.us/forms/pexam.pdf>. Take this form to your primary health care provider for completion and signature.

If you have any specific questions please contact:

Mrs. Peg Coleman RN, High School Nurse, (508) 429-0682

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