

PORTLAND PUBLIC SCHOOLS
SPORTS PHYSICALS
2017-2018

Dear Parent / Guardian:

If your child wishes to participate in a school sport program during the year, he or she must satisfactorily pass a physical exam. The Connecticut Association of Schools Connecticut Interscholastic Athletic Conference (CIAC) guidelines require that this exam be given within the year prior to that particular sport season beginning. Physical exams expire one year after the date of the exam.

It is always best that the exam be performed by your child's primary physician who is familiar with your family's health history. However, if that is not possible, our school medical advisor will be available to provide this examination on Tuesday, August 29, 2017 at 9:00 AM.

Please be aware that a sports physical performed by the school medical advisor **cannot** be substituted for the annual physical required by our Board of Education and the State of Connecticut for 10th grade students.

If your child does not attend the school physical, you must have your own physician provide the required exam and return the health form to the school nurse. **No student will be allowed to try-out, practice or compete in any school sport without a current physical.**

Sincerely,

David Opuszynski, RN
Nurse Supervisor

Phone:860-342-1880

Fax: 860-342-3934

SPORTS PHYSICAL PERMISSION FORM

TUESDAY, AUGUST 29, 2017

9:00 am

Nursing Office PHS/PMS

I would like my son / daughter _____ to have a sports physical given by
the school physician. (name)

Signed: _____ Date: _____
(Parent / Gaurdian)

Revised 8/17

