

**Pre-Participation Physical Examinations for Athletes**

Each middle school and high school student who wishes to participate in interscholastic sports or in weight training must submit a "Pre-Participation Physical Exam Form" signed by the student's physician clearing the student for the specified level of play. This form must be submitted by June 1st of the school year prior to participation in any sport or in weight training. The form is valid from June 1st of the given year until June 30th of the following year.

Any student who decides to participate in interscholastic sports or weight training after the June 1 deadline may still participate but only after the school has received and processed a completed "Pre-Participation Physical Exam Form" signed by the student's physician. Such forms will be valid for the remainder of the school year in which the student participates in the sport(s) or weight training.

The Wallingford Board of Education does not stipulate the nature of the examination that the physician must perform in order to clear a given individual, but it is recommended by the Board that an annual physical exam be performed for students engaging in athletics. This recommendation is to be transmitted to the attending physician in the form of a letter from the school medical advisor accompanying the student's "Pre-Participation Physical Form."

The physical exams will be carried out by the student's physician. If the student's family cannot afford an exam by a private physician, the family may request a physical exam from the school physician. In order for eligibility for school provided physical exams to be determined, all such requests are to be made to the principal of the student's school. If the request is approved, the principal will notify the assistant superintendent of schools for personnel who, in turn, will notify the school physician of the student's eligibility.

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