

Somers High School
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Health Office
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To: Parents of Student Athletes
From: Health and Athletic Offices
Re: Sports Participation Health Clearance

Dear Parents,

New York State mandates that any student participating in interscholastic sports must have an annual physical examination. In addition, an updated Health History Form (Blue Form) is required 30 days prior to each sports season. You must provide us with documentation of your child's health status, including health history, physical examination, medical conditions, medications taken, and recommendations regarding sports participation. All forms are then reviewed by our medical/athletic personnel for final clearance. Please be aware that student athletes will ***not be permitted to participate*** in any interscholastic sport, including practices, without approval by our staff.

An annual examination, ***performed by your child's own physician***, is the ideal way to obtain this critical information, ensure your child's good health, and satisfy the state's requirement. Have your physician complete the Health Certificate/Appraisal Form; fill in the exam information with recommendation regarding sports participation. Sports physical forms and interval health history forms are available from the athletic office, health office, team coaches and district website.

All of us involved in Somers school sports are proud of our programs and encourage all students to participate. Please help expedite the sports clearance process by obtaining the necessary paperwork from your child's physician and submitting it to the school in a timely fashion. The district will continue to offer sports physicals for the small number of students who have no access to medical care. We look forward to working together to ensure that your child will be able to participate without any delay.

FAQ's:

- Q. My child plays basketball. She has a yearly physical with her doctor around her birthday in December. If I can't get an appointment with her doctor until January, is she still able to play as of one year after her last physical?
- A. Yes, she may continue to play. The rule is: an annual physical is "good for" one year through to the end of the sports season in which it was performed. For example: a physical done in December 2012 (after the start of the winter sports season) permits the student to play through the end of the winter sports season 2012-2013. However that physical in December 2012 would not allow the student to be eligible to play a spring sport in 2014.
- Q. Do I have to have my doctor fill out the SHS Health Certificate/Appraisal Form?
- A. Forms generated by your physician are acceptable in lieu of the SHS Forms as long as they contain the necessary information outlined above.
- Q. What do I do if my child has had a serious illness or injury since his last physical exam?
- A. This information should be noted on the interval Health History Form which must be completed within 30 days prior to the start of each sports season. In addition, obtain a letter of clearance form the treating physician.