



Sports Health Requirements

2012-2013

- In order to try out and participate in interscholastic sports or practices, a sports physical (or full physical exam), dated within one year of the sport start date, must be on file with the Health Office ***prior to the tryout date***. These may be reported on the IHSA Pre-participation Examination form .
<http://www.ihsa.org/documents/sportsMedicine/Pre-participation%20Examination.pdf>
- If the athlete is entering 6th or 9th grade, his/her school physical exam is acceptable as a sports exam - as long as the physician has approved the sport activity; however, a sports exam is not acceptable for a school physical.
- Each parent or guardian of an athlete must sign the Sports Consent and Release form and turn it in to the athlete's coach. This form is distributed by the coach.

