

INTERSCHOLASTIC ATHLETIC PROCESS

In compliance with New York State Education Law, the Wappingers Central School District requires that each student participating in an interscholastic sport will successfully complete the following process prior to try outs in order to best ensure the safety of the participating student. Interscholastic sports are school sponsored team sports, for students in grades 7-12, that compete against teams from other schools in the area.

The parent/guardian must complete and sign:

- Sports Candidate Health History form. Only one Health History form needs to be completed per year (per physical)
- Interscholastic Athletic Consent form. One Interscholastic Athletic Consent form needs to be completed for each sport; each season.

These forms are available in the school Health Office and on line on the WCSD website.

The student will need a physical examination. The physical examination can be completed by any of the following methods:

- The physical examination can be done in the school Health Office by the WCSD physician/associate during the school day. The physical examination for sports will require the same equipment as a routine school physical examination, but with the addition of the aforementioned forms.
- The physical examination can be done by the WCSD physician/associate. The parent/guardian should make an appointment with the District Physician at either of the Health Quest locations:
 - a. Wappingers @ 297-2511
 - b. LaGrange @ 485-4455

The Sports Candidate Health History form and the Interscholastic Athletic Consent form should accompany the student to that physical examination appointment, then be returned to the school Health Office following the physical examination.

- The student may be examined by the student's private physician. The private physician physical examination must be submitted to the student's school Health Office for review and eligibility determination by the District physician/associate.

Upon completion of any athletic physical examination, the WCSD physician/associate will complete an Interscholastic Athletic Medical Examination form.

All required paperwork should be turned in to the Health Office as soon as possible but no later than 1 month prior to the beginning of the athletic season to ensure that all eligibility requirements can be satisfied for the student to participate when the athletic season begins. Fall sport paperwork should be submitted to the Health Office no later than June 1st of the preceding school year.

If the student's sports physical examination was completed more than 30 days prior to the beginning of the sports season (including tryouts), an Interval Health History must be completed,

signed by the student and the parent/guardian, reviewed and signed by the School Nurse prior to participation.

Sports physical examinations are valid for 12 months. If the physical examination date expires in the middle of the sports season, the student may continue to participate until the end of the season.

The athletic physical examination as outlined by the New York State Department of Education, will include an assessment of the following:

General appearance- alertness, attention span, posture, walk, general nutrition, involuntary movements, speech, and behavior patterns

Hair and scalp- quantity, pattern, nits, lesions

Skin- lesions, scars, nails

Lymph nodes – size, shape, mobility, consistency, tenderness

Head- size, symmetry

Eyes- lids, eye movements, redness, discharge

Ears – external structure, ear canal, eardrum

Nose- shape, discharge

Mouth- lips, gums, teeth, tongue, palate, tonsils

Neck – thyroid, lymph nodes

Cardiovascular- heart rate, rhythm, and quality of sounds; extra/abnormal sounds

Chest – size, shape

Lungs- quality of breath sounds, extra/abnormal sounds

Abdomen – organ enlargement, masses, tenderness, femoral pulses, inguinal nodes

Musculoskeletal- muscle mass, tone, strength spine, extremities, joints, and range of motion

Neurologic- mental status, speech/language, balance, coordination, reflexes as needed

Genitalia – (male) penis, testes, hernia; (female) hernia. The district physician/associate will determine if this portion of the examination is necessary.

No part of the exam may be omitted.

If you have any questions, please call the District Coordinator for Physical Education and Interscholastics; Kurt Jesman (John Jay) @ 897-6700 ext.30096 or the Assistant Coordinator for Interscholastics, Health, & FACS; Joe Luzzi (RCK) @ 298-5100 ext. 31096.