Southington Public Schools

Southington, Connecticut

**Sports Physical Instructions**

In order to participate in the Southington Public Schools sports program please note the following instructions:

• A physical examination is to be completed and documented on the *State of Connecticut Health*

*Assessment* form within 13 months of the sport season in which the student will be participating. This

physical is valid only for 13 months after the date of the exam.

• If the physical expires during the sport season a new physical will be required to continue participation

in the sport.

• The front page of *State of Connecticut Health Assessment* form must completed and signed by a parent or

guardian.

• A second form, the *Sports Participation Permission Form,* must be completed and signed by a parent or

guardian.

• A third form, the *CIAC Concussion Parent Consent Form*, must be read and signed by the student and a parent/guardian.

• Bring the completed forms to the school nurse for review. If all documentation is complete a yellow card

signed by the nurse will be given to the student.

• The yellow card, *CIAC Concussion Parent Consent Form* and *Sports Participation Permission Form* are given to the coach by the student.

• This documentation procedure is necessary for try-outs, practice and play.

• It is advised to bring your physical and permission form needed for fall sports to the school nurse during

the summer on one of the days in August allotted for this purpose. Please call the Health Office or Main

Office of the school after August 1 to note the dates a nurse will be available to process the yellow cards.

• If your student requires an epinephrine auto-injector, inhaler, or diabetes medication discuss this with

your student’s coach and remind your student to safely carry the prescribed medication at all times.

• Be sure the doctor or authorized prescriber has documented that the student can self-administer the

prescribed medication on the appropriate medication authorization form. The specific medication

authorization forms that are needed are available from your School Nurse.

• Medications delivered to the School Nurse for use during school hours are only available during the

school day. They do not follow the student to sporting events or after school activities. Please have

another medication available for your student to carry for activities or have your student self-carry their

prescribed inhaler, diabetes medication or epinephrine auto-injector at all times.