



THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY
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To: Superintendents of Schools
Principals of High Schools
Directors of Physical Education
Directors of Athletics
Director of School Health Services/School Medical Directors
School Nurses

From: Kathleen R. DeCataldo

Date: September 6, 2022

Subject: Updated Information Regarding Health Exams for Athletics

We are writing to remind you that health exams (physical exams) for participation in school athletics (sports) may be scheduled at any time during the calendar year. A health exam is valid for a period of 12 months - through the last day of the month in which the health exam was conducted.

An [Interval Health History](#), must be completed and signed by a parent/guardian before each sports season if a health exam has not been conducted within 30 days of the start of the sports season. The purpose of the interval health history is to ensure that any health problems occurring since the last health exam are identified and considered.

A school nurse who is a Registered Nurse (RN) or the director of school health services (a.k.a. medical director or medical officer)¹ must review each student's interval health history. The director of school health services may request additional information or evaluation prior to approving the student to participate.

If the 12-month period for the health exam expires during a sports season (which includes try outs), participants may complete the season as long as a health history was conducted prior to the season. For example, a health exam conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new health exam is required if the student is going to play another sport.

For questions, please contact the Office of Student Support Services at 518-486-6090 or studentsupportservices@nysed.gov.

¹ Reviewing of an interval health history or health exam exceeds the statutory scope of practice of a Licensed Practical Nurse (LPN) or an Athletic Trainer (AT).