



December 2000

**TO:** Superintendents of Schools  
Principals of High Schools  
Directors of Physical Education  
Directors of Athletics  
School Physicians  
School Nurses

**FROM:** Roseanne DeFabio, Assistant Commissioner  
Office of Curriculum, Instruction and Assessment

James Butterworth, Assistant Commissioner  
Office of Regional School and Community Services

**SUBJECT:** Updated Information Regarding Sports Physicals

We are writing to inform you of a change in the conduct of sports physicals. This memo further clarifies an article in the summer 2000 School Executive's Bulletin about this subject. Effective immediately, physicals for participation in school sports may be scheduled at any time during the calendar year. The results of the physical shall be valid for a period of 12 months through the last day of the month in which the physical was conducted. Until now, sports physicals were valid for a period of 12 months to the date. School athletic and medical staff have communicated that having the valid period extended to the end of the month will provide greater flexibility.

As always, before participation in each sports season, school nursing personnel must review every student athlete's attendance record and either interview the student athlete to update the health history and/or have the parent complete an interval health history in order for the 12-month physical to be valid. The purpose of the interview/interval health history is to ensure that any health problems occurring since the last physical are identified and considered.

If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical 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 physical is required if the student is going to play another sport. **Please remember that the sports season includes tryouts.**

If you have any questions, please feel free to contact Kent Gray, Associate in Physical Education, at (518) 474-5922 or Grace Stevens, Associate in School Health, at (518) 486-6090.