

## Physicals 7 Health History Update Questionnaire

**Physicals** – There will be no further extensions for the 2020-21 school year, therefore the DOE regulations regarding physicals will be the rule.

- All Student-Athletes must have an approved physical before they are permitted to begin any athletic season. Sports physicals are good for 365 days of exam.
- If a physical expires during a particular sport, the Student-Athlete may continue until that sport is completed but must get a new physical before their next sport. Please be advised that some school districts may require you to get a physical before that 365 time period ends.
  - o CL1: A basketball players physical that expires on Dec 1, 2020, will need a new physical to start the season on Jan 11, 2021.
  - o CL2: A basketball players physical that expires on Feb 1st, 2021, can continue to the end of the basketball season unless the school requires a new physical by Feb 1st to continue.
  - o CL3: A basketball players physical expires on Jan 25th, 2021, and wants to swim, that Student-Athlete will need a new physical by the start of swimming season on Feb 1st.
  - o A football player's physical that expires on July 15th, 2021 and wants to also compete in basketball, winter track, wrestling and baseball is permitted for all 5 sports.

**Health History Update Questionnaire** – There are no changes to this DOE requirement. Any athlete that took the extension this past fall was required to complete the form. Going forward the DOE requirement for the HHQ form is the following:

*To participate on a school-sponsored interscholastic or intramural athletic team or squad, each student whose physical examination was completed more than 90 days prior to the first day of official practice shall provide a health history update questionnaire completed and signed by the student's parent or guardian*

**As of November 25, 2020**