

*The health examination for qualifying a student's participation in interscholastic athletics is valid for a period of 12 continuous months- through the last day of the month in which the exam was conducted; and through the entire sports season, even if the exam's expiration is before the season is completed.*

For example, a student who received a health exam or physical on August 1, 2018 would not need another physical until prior to the winter season of 2019. To follow the guideline:

- the student's physical is good for 12 continuous months, which brings you to August 1, 2019;
- the student's physical is good through the last day of the month in which the exam was conducted, which brings you to August 31, 2019;
- and the student's physical is good through the entire sports season, even if the exam's expiration is before the season is completed. So the exam would normally expire August 31, 2019, but the Fall 2019 season is already in progress, so the exam is good for the entire season.
- If the student chooses to play a sport after the Fall 2019 season, they would need to get another physical before the start of practice.

Please feel free to call our office with any questions!