

VII. MEDICAL/PERMISSION/PHYSICAL EXAMS/INSURANCE

A. Requirements

1. All student-athletes who desire to participate in interscholastic athletics must be approved by the Forestville Central School District physician.
2. The school physician or the doctor treating the injury must re-certify injured athletes to return to play.

B. Athletic/Parent Consent Card and Emergency Medical Authorization Form

1. The coach will provide each student-athlete with a copy of each form.
2. The athlete and the parent will completely fill out the cards, sign each, and return them to the athletic director or school nurse before participation in any athletic practice.

C. Physical Examinations

1. It is the responsibility of each student to sign up with the athletic director prior to the sports season. The athletic director and/or school nurse will provide the student with the necessary forms to receive a physical exam.
2. The school nurse will notify students about the time of the physical exam appointment.
3. The student-athlete must bring the completed front side of the health history form signed by the parent/guardian.
4. Please be on time for the physical examination. If you must change the time of the appointment, please let the school nurse know as soon as possible.
5. **Fall sports physicals**-Students should get a physical exam in May or June for fall sport participation. Specific dates will be announced at the middle/high school. For those unable to obtain a spring physical, or new students in the district, a summer physical exam schedule will be published indicating the dates of the physical exams offered in August.
6. **Winter sports physicals**-Physical examinations will be given in October/November for winter sport participation. Specific dates will be announced at the middle/high school.

7. Spring sports physicals-Physical examinations will be given in February/March for spring sport participation. Specific dates will be announced at the junior and senior high schools.

Note: Physical examinations are good for twelve (12) calendar months; however, prior to each season a health history form must be completed before the first practice.

D. Treatment of Athletics Injuries

The Forestville Central School District coaches will render immediate first aid and provide sport injury emergency services for athletes injured during practices or games unless emergency medical service providers are on site to provide such services.

E. Accident Reports

All injuries should be reported to the coach immediately. Early care and treatment can minimize the physical restrictions from an injury. Athletes should give coaches all information so they can file the appropriate accident report. Injuries must be reported promptly.

F. Return to Competition after Injury

When a student receives an injury which requires medical treatment by a doctor, the student must be re-qualified by the school physician or their own doctor before returning to competition. This requirement is dictated by state law to prevent serious injury to the athlete from taking place. The school nurse will need the original medical release from the doctor in order to make arrangements for the re-qualification. Do not practice before you have received medical clearance and have turned in the clearance form to the nurse.

G. Medical Insurance - Students

New York State places no obligation upon school districts regarding medical insurance coverage for students. Generally, school districts do not carry budget appropriations for medical or hospital bills incurred by students. However, the Forestville Central School District Board of Education chooses to budget an appropriation for an annual premium, which provides a supplemental medical insurance program for all students.

This program is sponsored by the New York State Public High School Athletic Association (NYSPHSAA); however, the school district pays a premium for all students, regardless of participation in interscholastic athletics. Therefore, all students are enrolled in the program.

This program frequently referred to as the Pupil Benefits Plan (PBP), is a supplement to any family medical or health insurance plan. That is, the Pupil Benefits Plan is **secondary**; the family's plan is **primary**. The PBP provides coverage to supplement a primary plan.

Information regarding the plan may be obtained through the office of the superintendent at 965-2742. Accident forms should be completed by the coach and turned in to the nurse or health office in the school as soon as possible after an occurrence, but no later than 3 days after an event.