



## Burger Junior High Sports Clearance from the Health Office

**Physicals**-Each student who participates in sports must have a complete physical exam signed by a licensed practitioner dated within one year of the beginning of the sport on file in the health office. A physical is good for 12 months through the last day of the month in which it was completed.

**Interval Health History**-This form must be completed and signed by a parent or guardian prior to the first day of practice for all sports. **ALL** information is required to be completed, please do not leave any blanks as this may delay the process to clear your child for a sport. An Interval Health History form is required for **EACH** sport your child plays. If your child has any medical conditions, please follow the steps below:

If your child has Asthma, the additional following forms are required prior to sports clearance:

- Permission for the use of Medications signed by a licensed practitioner on file in the health office. If your physician determines your child is responsible to self-carry, it is the responsibility of the student to have their medication with them at all times. If your physician does not determine your child responsible to self-carry, it is the responsibility of the parent to supply the coach with the medication. Medications cannot be taken from the health office and used for sports.
- An Asthma Action Plan signed by a licensed practitioner on file in the health office.

If your child has a life threatening allergy requiring medications, the additional following forms are required prior to sports clearance:

- Permission for the use of Medications signed by a licensed practitioner on file in the health office. If your physician determines your child is responsible to self-carry, it is the responsibility of the student to have their medication with them at all times. If your physician does not determine your child responsible to self-carry, it is the responsibility of the parent to supply the coach with the emergency medication. Medications cannot be taken from the health office and used for sports.

If your child sustained an injury or had an extended illness prior to the beginning of the sport, the following additional information is required:

- An updated physician clearance is required stating the date the student may resume normal physical activities and sports.

**A tetanus vaccine is required every 10 years for each student playing interscholastic sports**