



# *OLD SAYBROOK PUBLIC SCHOOLS*

*50 Sheffield Street, Old Saybrook, Connecticut 06475-2399*

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Director of  
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May 2019

Dear Parents/Guardians of Student Athletes:

To ensure safety of all athletes and comply with state law, the Old Saybrook Board of Education, in consultation with our School Medical Advisor Dr. Nicholas Condulis, requires students who engage in interscholastic sports, including dance team, to have an annual physical.

If your son or daughter is intending to participate in school athletics during the 2019-2020 school year, please adhere to the following procedures:

- Each athlete must receive a physical examination performed by a legally qualified practitioner of medicine pursuant to State Law, Section 10-206.
- This physical must include the student's relevant past medical history (Part I of blue form).
- The enclosed Health Assessment Record form must be completely filled out (Parts I & II) and **returned to the school nurse** prior to the first practice. DO NOT return this form to the coach. The form can also be uploaded to the school's online sports registration site at [FamilyID](#) where student athletes are **required** to register in order to be eligible to participate in our sports program. A physician's 'bridge' note **CANNOT** be accepted. **Your child will not be eligible to compete or practice if the completed form is not returned prior to the first try-out/practice.**
- The completed physical exam form is **due on the first day of try-outs** and is effective for one year in order to be in compliance with State established guidelines. If a student's physical expires during the season, they will not be able to participate in practices or games until a new physical is received by the school nurse. For example, if a student has an examination dated July 1, 2018, that physical will be valid for (365 days) through June 30, 2019. Therefore, as of September 1, 2019, that physical examination will no longer be valid; and a new physical would be needed. Similarly, a physical done on January 18, 2019 will be valid through January 17, 2020.

The school nurse, in consultation with the athletic director, will review the documentation. The student's medical file will be kept in the nurse's office. The nurse will monitor the sports physical expiration date.

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Telephone (860) 395-3157

FAX (860) 395-3162

[www.oldsaybrookschoools.org](http://www.oldsaybrookschoools.org)

*"The mission of the Old Saybrook Public Schools is to educate and prepare students to achieve their highest aspirations, care for others and the environment, and contribute to a global society by working in partnership with families and the community, and by engaging each learner in a rigorous, personalized, and meaningful educational program."*

Families who are experiencing fiscal hardship, do not have insurance and cannot afford the cost of the physical examination, may contact the school nurse who will direct them to services available. School nurses may be reached at:

Middle School – 860-395-3174

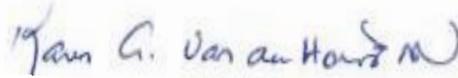
High School – 860-395-3195

If you have any further questions, please contact the school nurse.

Sincerely,



Jan G. Perruccio  
Superintendent of Schools



Karen van der Horst, RN  
District Nursing Coordinator

Enclosure (blue form)  
cc: Coaches