

**Enfield Public Schools District Departments Athletic Department Sports Physical Information**  
**Sports Physical Information**

**Physical Exam Requirements for Sports Participation in Grades 7-12**

**To participate in any sports at the Varsity or Junior Varsity level, students are required to have a physical exam, conducted by their health care provider (physician, physician's assistant, APRN or RN), on record in the Nurse's Office.**

**This physical exam is good for 13 months.**

**Please remember, physicals for 10<sup>th</sup> grade students only must be done on a [State of Connecticut Blue Health Assessment Form](#). (This must be done on blue paper in order to be considered)**

**This physical must be on record PRIOR to try-outs: there are no exceptions.**

If a student's exam expires in the middle of the particular season, he or she may begin the season but must have an updated physical by the expiration date.

**Points to Remember:**

Due to the large number of students who participate in sports, it is often difficult to get an appointment with your health care provider on a last minute basis. Parents whose children plan to participate in a sport are urged to make an appointment with their health care provider well in advance of the intended sports season.

**The Nurse's Office or Athletic Office will be glad to help you clarify any matter relating to sports physicals.** {Fermi High Nurse's Office - 860-763-8829 / **Enfield High Nurse's Office - 860-253-5544** / Athletic Office – 860-253-6524}

If you are having a hard time getting an appointment with your physician before the expiration date, the Enfield Ambulatory Care Center (15 Palomba Dr.) will take walk-ins. You can go July 12 to August 18 – Monday through Friday from 9 a.m. to 6 p.m. There is a fee of \$89.00, they accept Cash/Charge (No Checks). (The fee is subject to change.)

**Sports Examination Form**

**The two-page Sports Evaluation Physical Form can be picked up at the main offices or Central Office.** The front page is to be completed by student and parent, and the back page is to be completed, signed and dated by the health care provider. You can also find a copy of the physical form on the following website.

<http://www.casciac.org/pdfs/physical.pdf>

The following dates and times have been set aside in the summer to submit updated physical forms to the nurse's office at each high school. **Do not hand the physical forms to your coach, only the nurse should get them.**

Fermi High Nurses Direct Fax # 860-763-7407

**High School Athlete Physical Drop Off dates**

**Wednesday, August 18, 2010 - Enfield & Fermi High 4:00 p.m. to 6:00 p.m.**

**Monday, August 23, 2010 - Enfield & Fermi High 1:00 p.m. to 7:00 p.m.**

**Friday, August 27, 2010 - Enfield & Fermi High 9:00 a.m. to 3:00 p.m.**