



City School District of Albany

Fall 2017 Health Requirements for Athletic Participation

All students in grades 7-12 who would like to participate in interscholastic athletics during the 2017 fall season must be cleared through the school Nurse's Office. No student will be allowed to try out, practice or participate with any team without a current physical examination on file.

[H.E. 104 Student Health Appraisal](#) form and the [H.E. 106 Seasonal Sports Interval Health History](#) form are required. More information is below. **There are no exceptions.**

Sports Forms Dates and Deadlines for the 2017 Fall Sports Season

Season	Practices Begin	Physical Dates (Nurse's Office)	Seasonal Sports Interval Health History H.E. 106 cannot be turned in prior to ...
Fall 2017	--Aug. 14 HS students --Aug. 24 Modified football (grades 7-8) --Aug 28 All other modified sports (grades 7-8)	HS level, Albany High PE Nurse's Office --Aug. 8 9 a.m.-noon and 5-8 p.m. --Aug. 9 9 a.m.-noon Modified, Myers Middle School Nurse's Office --Aug. 16 9 a.m.-noon --Aug. 17 9 a.m.-noon ** For modified students (grades 7-8): If you cannot attend your assigned dates/times due to illness or vacation please attend the High School physical dates listed above. **	HS level --July 17 Modified football --July 26 All other modified sports July 30

Sports physicals offered at school

A current physical is one that has been completed within one year of the month in which the sport starts. The district will be offering sports physicals with the board-appointed school physician during the summer. Dates are listed above. **These physicals are free.** Prospective student-athletes are encouraged to complete their physical with their private physician if possible. Whether a physical is completed by the school physician or private physician, it is encouraged that physicals be completed during the summer, as this will provide eligibility for the entire school year. In the event that you have your physical with a private physician, the **H.E. 104 Student Health Appraisal** form must be completed and returned directly to the school nurse.

In addition to the physical, if you are a middle school student seeking the **Athletic Placement Process (APP)** in order to play at the high school level, you must complete a physical maturity exam, to be performed by the school's physician as per state requirements. These exams will take place in the nurse's office, either at Albany High School or Myers Middle School.

Required Health Forms for Each Season

- **H.E. 106 Seasonal Sports Interval Health History** - Required for each new sports season. **This form cannot be dated earlier than one month prior to the start of the season.** If a student hands this form in dated earlier than one month prior to the season, it will not be accepted and they will not be able to participate until a valid form is submitted.
- **H.E. 104 Student Health Appraisal** - A current physical must be on file with the nurse's office. A current physical is one that has been completed within 12 months of the month that the sport starts. **Physicals may be submitted to the nurse's office at any time.**
- If the student may require medication (inhaler, epi-pen etc.) during sports, the **H.E. 132 Medical Permission** form and the **H.E. 133 Self-Administered Medication Permission** form must be completed and returned in order to be cleared. This form has to be current for each school year and on file in the nurse's office.

All forms can be found on the district website under Athletics.

Important note: During the summer, paperwork for all student-athletes in grades 9-12 should be submitted to the Albany High School PE Nurse's Office, either in person or via regular mail (700 Washington Ave. Albany, NY 12203). Modified (grades 7-8) paperwork can be submitted to Myers Middle School Nurse's Office (100 Elbel Court, Albany, NY 12209). During the school year, paperwork for middle school students should be submitted to the nurse at the respective school (Hackett, Myers or 50 North Lark St.).

Do not fax paperwork.

For high school teams, all completed paperwork must be submitted by Aug. 10.

For modified teams, all completed paperwork must be submitted by Aug. 21.