

Pulaski Academy and Central School
Middle School and High School
4624 Salina Street, Pulaski, NY 13142

Dear Parent/Guardian:

I would like to take this time to explain the health clearance process for interscholastic sports. Students in grades 7-12 have the option of participating in after-school sports and competing against other schools. New York State requires a health screening process before students may be eligible (i.e. "cleared") to participate. To determine if it is safe for your child to participate in a sport, they must follow the clearance process as described below:

1. Students must sign-up 2-3 months prior to the start of the season. Sign-up times are announced in school and posted on the school calendar. They run for approximately 2 weeks. Signing up does not obligate a student to play. A student that is simply considering playing a sport should sign-up because it allows time for the next steps of the clearance process.
2. A sports physical with a medical provider, completed within 12 months prior to the start of the season, is required. If your child is enrolled in the School Based Health Clinic, their physicals may be scheduled automatically when due annually, or you can call them to schedule an appointment. If your child sees another medical provider, you need to submit a copy of the completed physical form to the school nurse at least 1 week prior to the start of the sports season.
3. If your child's physical was done more than 30 days prior to the start of the season, an Interval Health History Form (i.e. 30-day form) must be completed by a parent or guardian. This form is important in determining if anything has changed in your child's health since their physical that may impact their safety in sports participation. Please fill it out accurately and submit it to the school nurse at least 1 week prior to the start of the season. The nurse needs time to review all forms, so late physical forms or 30-day forms may delay your child's clearance for participation. If questions arise regarding a student's health, the school physician has the final say on whether or not a student is cleared to participate.
4. If your child's safe participation requires medication (e.g. inhaler for asthma, epipen for allergies, diabetic supplies, etc.), an adequate supply must be made available in the coach's First Aid Box. All medication documentation (e.g. Independent Carry and Use form) must be on file with the school nurse before the student will be cleared to participate. Medication forms must be updated each school year and will be valid for the school year. Notify the school nurse of any changes.
5. If your child visits a provider, clinic, Urgent Care, ER, etc. for an illness or injury, a written medical release from a provider must be given to the school nurse, not the coach, before the student can resume participation.

All forms are available on the district website, pulaskicsd.org, in 'Health Services' under the 'District' tab. Forms may be mailed or dropped off in the main office or nurse's office. If you have questions or concerns, please contact the school health office.

Sincerely,

Alyson Tighe

School Nurse: Alyson Tighe, RN		School: PACS
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