



NASHOBA

Regional School District

NEW Physical Exam Requirement for Athletics

The Massachusetts Interscholastic Athletic Association (MIAA) has changed the physical examination requirement for student-athletes to adhere to the Department of Public Health's policy. In order to be in compliance with the state regulation physical exams will be required every **13 months to the day of the exam.**

For example if a student-athlete has a physical exam dated September 14, 2011, that exam will expire on October 14, 2012. Meaning as of October 15, 2012 the student-athlete becomes ineligible to practice or compete until they present proof of a current physical exam to the school nurse or athletic department. This is a change from the current requirement, which enabled a student-athlete to remain eligible for the entire season if their physical was current on the first day of practice.

Please make certain that your child has a current physical exam that will last the duration of the season, or schedule a doctor's appointment as soon as possible to have an updated physical exam. There will be no exceptions to this rule, nor will there be extensions granted based upon a doctor's note. I realize this may cause some difficulties with the scheduling of doctor's appointments and insurance coverage so I am providing advance notification, so that everyone can comply with the Department of Public Health and MIAA regulations and not affect your child's eligibility for participation.

Respectfully,

Tania Rich
Director of Athletics