

## New Sports Physical Requirements for 7<sup>th</sup> & 9<sup>th</sup> Grade Student Athletes

Dear Parents,

The State Board of Education has added a new requirement for pre-participation sports physicals. The new rule states that all incoming 7<sup>th</sup> and 9<sup>th</sup> grade students, for the 2008-2009 school year, wishing to participate in school athletics must undergo a Well Child Exam in accordance with a form developed by the Tennessee Department of Health. This exam, as well as the traditional pre-participation physical, will be valid after May 1 for the 2008-2009 school year. The goal of this rule is to ensure that all students receive the recommended annual comprehensive medical exam that addresses their physical, emotional, and social well-being.

The desire is for the students to have the exam administered by their primary care physician; however, for those students without a primary care provider, the Warren County Health Department can provide the required exam. If you do not have insurance, many children are eligible for TennCare or Cover Kids. You can contact the Tennessee Department of Health at 615-741-3111 or <http://health.state.tn.us> for more insurance information.

All Warren County Schools will require each 7<sup>th</sup> and 9<sup>th</sup> grade student to complete the traditional pre-participation physical form in addition to the new well child form. We recommend when making an appointment to make it clear that you need both exams performed and both forms completed. Please be aware that a nurse may perform the Well Child Exam, and complete the required form, but the only healthcare providers allowed to perform the traditional pre-participation exam, and sign the form, are a Doctor of Medicine (MD), Osteopathic Physician (DO), Physician Assistant (PA-C), or a Nurse Practitioner (RN-NP). **Students not completing the Well Child Exam *will not* be allowed to participate in any games, practices, conditioning, or weight lifting activities.**

All required forms are available at [www.warrencountyhighschool.com/sports.html](http://www.warrencountyhighschool.com/sports.html) under the Sports Medicine heading. If you have any questions, please contact me at 668-5858 ext 411.

Thank You,

Tim McIntosh, ATC, LAT  
Certified Athletic Trainer  
Licensed Athletic Trainer