

SACHEM ATHLETICS

Updated Information regarding School Health Examinations & Sports Physicals in Light of COVID-19 Pandemic

- NYSED requires a current Health Examination to participate in interscholastic athletics (grades 7-12, 6th grade Arrowettes). Health Examinations Forms are valid for ONE calendar year and available on the Health Services webpage.
- At this time, students **MUST** have the required health examination prior to participation in the winter, fall and/or spring 2020-21 sport seasons.
 - If you **HAVE NOT** had a health examination in the last calendar year- click on the link for the **Health Examination Form** (http://www.sachem.edu/departments/health_services_medical_forms) that must be completed for school attendance and athletic participation.
 - If you **HAVE** a current Health Examination form- click on the link for the **Sports Medical Update Form (Green Card)** (http://www.sachem.edu/departments/health_services_medical_forms) that must be completed prior to tryouts for EACH season.

Health Examination Forms Eligibility by Season

High School (Varsity & JV) Sports

Season 1 (Winter Starts January 4, 2021) ...Exam Date on/after January 5, 2020

Season 2 (Fall Starts March 1, 2021) ...Exam Date on/after March 2, 2020

Season 3 (Spring Starts April 26, 2021) ...Exam Date on/after April 27, 2020

Modified (Middle School) Sports

Season 1 (Winter Starts January 4, 2021) ...Exam Date on/after January 5, 2020

Season 2 (Late Winter Starts February 8, 2021) ...Exam Date on/after February 9, 2020

Season 3 (Fall Starts March 21, 2021) ...Exam Date on/after March 22, 2020

Season 4 (Spring Starts May 10, 2021) ...Exam Date on/after May 11, 2020

Please contact the Building Nurse regarding any questions.