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### **3.4 PHYSICAL EXAMINATION**

**3.4.1** Each student who expects to participate in athletic contests shall present to the superintendent or principal once each year, before actual participation in any interschool sport, a physician's certificate on a form recommended by the NSAA that he/she is physically fit for athletic participation.

**3.4.1.1** The individual giving a physical examination for the purpose of certifying a student is physically fit to participate in athletic activities should be licensed to diagnose, treat, or recommend treatment in the areas covered by the recommended physical examination form. The individual giving a medical opinion must do so within the scope of his/her training and within the limits defined by state statutes as to services which can be legally performed by the field of practice to which the individual belongs.

**3.4.1.2** The requirement that a student must have a physical examination once each year has been interpreted to mean the examination must be given within the United States during the school year in which the student participates or during the summer vacation period which precedes the school year in which the individual participates. A physical taken in the summer vacation period or anytime during the school year is good only to the end of the school year.

Any physical taken May 1 or after will be considered a part of summer vacation.

**3.4.1.3** The completed physical examination forms must be kept on file at the local high school.