

Health Procedures for Students who Participate in Interscholastic Athletics

Note: These procedures are designed for the provision of health services for students who participate in interscholastic athletics. All other before or after school activities are not subject to Illinois Elementary School Association (IESA) guidelines.

1. Interscholastic athletics at the middle schools are defined as:
 - Boys and Girls Cross Country (6, 7, 8)
 - Boys and Girls Basketball (7, 8)
 - Poms (7, 8)
 - Cheerleading (7, 8)
 - Boys and Girls Volleyball (7, 8)
 - Boys and Girls Track (7,8)
2. Students who try-out or participate in these activities must have a current physical form (Certificate of Child Health Examination), signed by a physician with the box checked “I approve this child’s participation in INTERSCHOLASTIC SPORTS”, submitted to the school prior to try-outs or participation.
3. The physical form must be for one year and must continue through the entire time of the athletic participation.
4. In the spring of each year, a letter will be sent to incoming 6th, 7th and 8th grade students, which will include a letter and information about how to download the following forms:
 - Physical Form (Certificate of Child Health Examination);
 - Extra Curricular Allergy or Extra Curricular Asthma Form;
 - Asthma Inhaler Carry and/or Self-Administration Permission Form or EpiPen Carry and/or Self-Administration Permission Form.
5. By the due date, the physical forms will be checked in by the school secretaries against a list of students who have signed up. The coach will provide the list. If a student has a physical form submitted with a doctor’s approval/signature, he/she may try-out/participate. The nurses will provide a list of students with their physical dates.

6. The forms/list will be provided to the school nurse who will check the physical for completeness. The nurse will make a list of concerns indicated for the coach. This list will indicate students who have allergies/asthma and those who self-carry/administer. Suggested format:

| Student Name | Medical concern | Asthma self carry | Epipen self-carry | Asthma inhaler nurse pick up | Epipen nurse pick up | Meds prior by nurse |
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7. For those students who indicate that they will carry/administer their own medication, the student will hand the Epipen/Benadryl or inhaler to the coach who will place it in the medical bag prior to participation. At the end of the activity, the student must retrieve the medication from the coach.
8. For those students who indicate that they will use the inhaler or Epipen provided by the school nurse, the nurse will have the students' inhalers, Epipens or Benadryl in a visible location in the nurse's office. The student will go to the nurse's office prior to participation and pick up the inhaler, Epipen or Benadryl. The student will hand the medications to the coach who will place it in the medical bag prior to participation. Staff will be responsible for administration. At the end of the activity, the student must retrieve the medication from the coach. The next day, the student is to return the inhaler, Epipen, or Benadryl to the nurse's office before school begins.
9. If a student has an emergency action plan, the school nurse will give a copy of the plan to the coach and discuss its contents.
10. The school secretaries will make copies of emergency forms for students who are on the list and give them to the coaches. The coaches should keep the emergency forms in or near the first aid bag.