

City of Newton



Setti Warren
Mayor

HEALTH AND HUMAN SERVICES DEPARTMENT

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Public Health
Prevent. Promote. Protect.

Physical Examination Requirement for Participation in Competitive Athletics

Dear Parent or Guardian:

Students who will be participating in competitive athletics at school must have a physical examination dated within thirteen months prior to the start of the sport season. This requirement is a Massachusetts General Law (Chapter 71, Section 57). The start of the sport season includes any scheduled practices.

Physical examinations should be performed by the student's own physician, nurse practitioner or physician assistant whenever possible. The health care provider's familiarity with the student's health and family history is an important part of the assessment for sports participation.

Students that do not have a primary care provider should contact the school nurse prior to the start of the sport season. For help during the summer, please contact the Health and Human Services Department.

Thank you.

Ruth Hoshino, RN
School Nurse Leader