

1780.

PHYSICAL EXAMINATION AND PARENTAL CONSENT

1780.1

No pupil shall participate in formal practice or represent his/her school in interscholastic athletics until there is a statement on file with the principal or athletic director signed by his/her parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she is physically fit to participate in high school athletics; and (c) that he/she has the consent of his/her parents or legal guardian to participate.

Q1: Who are some people licensed to perform physicals?

A1: MD's, DO's, Nurse Practitioners, Physician Assistants and Doctors of Chiropractic who are School Physical Certified (DC, Spc.).

It is recommended that the CHSAA "Physical Examination & Parent Permit for Athletic Participation" be used for this process.

PENALTY -- Schools which violate this regulation will be immediately placed on a minimum of probation until the school has provided the Commissioner with a detailed report of the incident(s) and administrative procedures have been put in place to ensure no repeat of the violation. A second violation of this regulation will result in the school being placed on restriction for a minimum of one season from state qualifying competition.

Q2: Because of religious beliefs, a student will not take a physical examination. May he/she compete in interscholastic competition?

A2: No. The requirement of a physical examination signed by a physician, nurse practitioner or physician assistant is designed to protect the athlete and school personnel. There are no requirements for treatment. This is no different, as an example, than requirements for anyone who applies for a pilot's license.

Q3: What is the definition of a "practicing physician?"

A3: A person qualified under Colorado state statutes to practice medicine in Colorado. In the case of an out-of-state transfer, the student must have met the requirements specified in the statutes of the previous state.

Q4: May a chiropractor sign the physical form?

A4: Yes, if they are certified to perform school physicals (DC, Spc.), and on file with the CHSAA.

Q5: May a doctor of osteopathic medicine, nurse practitioner or physician assistant sign the pre-participation physical form?

A5: Yes, if licensed by the State of Colorado (as a D.O.) to practice medicine.

Q6: May a student practice without having a valid physical form on file with the school?

A6: No. The purpose of the requirement is to protect both the student and the school.

1780.11 It is strongly recommended by the Colorado Department of Health that all persons competing in interscholastic activities show record of a measles shot within the last 10 years. It is also highly recommended that individuals participating in athletic events have current tetanus boosters. Tetanus boosters are recommended every 10 years throughout life. Boosters are recommended at the time of major injury if more than five years have elapsed since the last booster.

REMOVAL FOR ILLNESS OR INJURY

1780.2 If at any time during participation, a licensed health care provider removes an athlete from participation because of an illness and/or injury, other than a head injury (please see Bylaw 1780.21), the athlete must have a written release from an approved licensed health care provider before participating again.

Q1: Who are some people licensed to release student who have been removed due to illness and/or injury, other than a head injury (please see Bylaw 1780.21)?

A1: MD's, DO's, Nurse Practitioners, Physician Assistants and Doctors of Chiropractic who are School Physical Certified (DC, Spc.).

The release may be satisfied if upon removal the approved licensed health care provider specifies the duration of the student's restriction from participation.

Q2: During a contest a student is injured and removed from participation by a doctor. When may the student return to practice or competition?

A2: The student may return when he/she has presented a written statement, from the approved list of health care providers that he/she is medically fit to participate.

REMOVAL FOR HEAD TRAUMA AND/OR CONCUSSION

1780.21 If at any time during participation (practice or contest), a student-athlete is removed from participation due to head trauma, the student-athlete must obtain written permission to start the Return-to-Play protocol from the approved list of licensed health care providers. A school or school district may impose stricter standards.

Q1: Who is approved to release a student/athlete to return to play after a concussion?

A1: The approved listing of Licensed Health Care Provider are ONLY: Doctor of Medicine, Doctor of Osteopathic Medicine, Licensed Nurse Practitioner, Licensed Physician Assistant, or Licensed Doctor of Psychology with Training in Neuropsychology or Concussion Evaluation and Management.

Q2: What is the Return-to-Play protocol?

A2: Student athletes must adhere to the concussion management guidelines, where every student/athlete who has received a concussion must go through the Return-to-Play protocol before resuming cognitive and physical activity with the help of doctors, coaches, athletic trainers, and teachers. For more information, please refer to the current statement on Concussion in Sport and the gradual Return-to-Play (RTP) guidelines on CHSAANow.com under sports medicine.

Q3: During a contest a student is injured and prohibited from returning to play by a coach, athletic trainer or other Licensed Health Care Provider for showing signs and symptoms of a concussion or brain injury. When may the student return to practice or competition?

A3: The student may begin the Return to Play protocol when he/she has presented a written statement from the approved list of licensed health care providers that he/she is medically fit to participate.

1780.3 A student with blood borne pathogens such as HIV or Hepatitis B shall be eligible to participate in all CHSAA sanctioned activities when CHSAA recommended precautions are in effect. Bleeding must be stopped and open wounds must be covered before a student competes.