

MHSAA ADJUSTS REQUIREMENTS FOR ATHLETICS PRE-PARTICIPATION PHYSICALS FOR 2020-21

The Michigan High School Athletic Association (MHSAA) has adjusted its standard requirement for school athletics pre-participation physicals for 2020-21 in light of Covid-19. Rochester Community Schools (RCS) also has canceled the physical nights usually held in mid-June at the high schools.

RCS student-athletes who had a sports physical done for 2019-20 (dated on or after April 15, 2019) that is on file with their building athletic office do *not* need a new physical exam for 2020-21. Instead, they must complete the MHSAA's Health Questionnaire form for 2020-21 to become eligible to practice. This new form is available on the RCS District website, www.rochester.k12.mi.us, under the Athletics tab (scroll down to "Forms"). Once RCS students submit the new Health Questionnaire to their coach or building athletic director at tryouts, it will serve as their valid physical exam for the entire 2020-21 school year.

If students answer "yes" to any of the 14 questions listed on the Health Questionnaire, or if they don't have a physical on file for 2019-20, they *will* need a new physical exam for 2020-21 and should use the Standard MHSAA Physical Form, which also is available on the RCS website under the Athletics tab.

Physicals that were on file for eighth graders at the RCS middle schools will be forwarded to the athletic director at the corresponding high school. More information will be available once the status of school sports for the 2020-21 school year has been determined. See below for frequently asked questions, or if you have any other questions, please email Amy Ritt, District Athletics Secretary, at aritt@rochester.k12.mi.us, or contact your building athletic director. Thank you!

FREQUENTLY ASKED QUESTIONS

QUESTION: My student has a 2019-20 physical on file at their RCS school because they participated in a sport during the 2019-20 school year. Does my student need a new physical exam for 2020-21?

ANSWER: No, a new physical exam is not needed for sports participation in 2020-21, but your student still must complete and submit the 2020-21 MHSAA Health Questionnaire to his/her coach or building athletic director in 2020-21 prior to trying out for his/her sport. The Health Questionnaire is good for all sports, for all seasons, for the 2020-21 school year.

QUESTION: My student has a 2019-20 physical on file at their school because they participated in a sport in 2019-20, but we answered "yes" to one of the 14 questions listed on the 2020-21 MHSAA Health Questionnaire. Does my student need a new physical exam for 2020-21?

ANSWER: Yes. Students who respond "yes" to any of the first 14 questions on the 2020-21 MHSAA Health Questionnaire must have a new physical exam done for 2020-21 prior to trying out for their sport and should use the Standard Physical Form located on the RCS website at www.rochester.k12.mi.us under the Athletics tab; scroll down to the "Forms" heading.

QUESTION: Rochester Community Schools isn't holding its annual physical exams in June this year. Where am I supposed to get my student-athlete's physical done?

ANSWER: Parents are free to get their student's physical done by their own pediatrician, family-care doctor, or other health-care provider. There also are clinics and urgent care facilities that offer this service for a fee. Rochester Community Schools does not endorse any specific facilities, but we have a listing of outside providers who offer physicals. Please email Amy Ritt, District Athletics Secretary, at aritt@rochester.k12.mi.us for more information.

QUESTION: My student is new and/or is transferring in to Rochester Community Schools for 2020-21. Will a valid 2019-20 physical exam from another state, province, or school district be acceptable for participation, along with a completed Health Questionnaire for 2020-21?

ANSWER: Yes. Both documents—the 2019-20 physical from the other state, province, or school district, as well as the completed 2020-21 Health Questionnaire—should be turned in to the coach or RCS building athletic director at tryouts for 2020-21 sports.

QUESTION: My student is finishing up their eighth grade year at one of the four RCS middle schools and had a physical on file at the middle school for 2019-20. What do we need to do for him/her to participate in high school athletics?

ANSWER: The middle school Athletic Liaisons will forward copies of the 2019-20 physicals on file at their schools to the Athletic Director at the corresponding high school. The rising freshman would need to complete the 2020-21 MHSAA Health Questionnaire and submit that to his/her coach or athletic director at high school tryouts.