

## **2020-2021 Athletic Physical Requirement**

### **AIA Physical Requirements**

The AIA up to this point requires an annual sports physical for all of its athletes. Over the past several months due to COVID-19 many families and athletes have not felt comfortable visiting their primary care provider for routine healthcare. While the AIA endorses that primary care, offices are taking necessary precautions to minimize you and your family's risk of being exposed to COVID-19, we also want to respect the choices you make for your families health, while still honoring the AIA commitment to player health and safety. For these reasons, the AIA with support from the AIA sports medicine advisory committee is adopting the following guidelines for the 2020- 2021 school year.

1. The 2019-2020 sports physical shall be accepted for the 2020-2021 school year if the following criteria are met over the time period since the athletes 2019-2020 sports physical.
  - a. Athlete has a 2019-2020 AIA sports physical on file with the school he/she is attending for 2020-2021.
  - b. Athlete did not have any new injury or illness requiring outside medical evaluation or if injury did occur, was released for full athletic participation by a qualified medical professional.
  - c. Athlete did not have a concussion
  - d. Athlete did not receive a new medical diagnosis
  - e. Athlete has not had COVID -19.
2. Athlete must see his/her primary care provider and have an updated sports physical for 2020-2021 if any of the above criteria are not met.
3. If an athlete does not have a 2019-2020 sports physical form on file at the school, he/she is attending for the 2020-2021 school year, the athlete will also need to complete a 2020-2021 sports physical.
4. 2020-2021 Health History (15.7-A, page 3) is to be completed and signed by student and parent/guardian.