

## Physicals for Extra-curricular activities for the 2020-2021 School Year:

Prior to participation (including practice) a student participating NDHSAA sanctioned athletic activities and representing his/her school must have on file with the superintendent, principal, athletic director or school nurse, an annual NDHSAA-approved Athletic Pre-Participation Health History Screening and Physical Examination clearance form completed by a qualified health care professional (i.e. Doctor of Medicine or Osteopathy, Nurse Practitioner or Physician Assistant under the supervision of a physician); the Athletic Pre-Participation Health History Screening and Physical Examination is valid for one school year; a physical examination completed before April 15 is not valid for participation the following school year. **Preparticipation Physical Examinations completed for the 2019-20 school year will be accepted during the 2020-21 school year upon submission of a parent and athlete signed waiver (previously known as Form B). Students who did not have a Preparticipation Physical Examinations completed for the 2019-20 school year must complete a Preparticipation Physical Examinations completed for the 2020-21 school year.**

**Physical Forms and Form B Physical Questionnaires can be found at the bottom of the NDHSAA homepage on <https://ndhsaa.com>**

These must be turned into the office prior to practice beginning for the students particular activity.