

# Physical Examination Required for School Sports

Dear Parent/Guardian:

An up-to-date physical examination must be on file with the school before a student tries out for, practices, or plays a school sport. Sports physicals are intended to determine if a student is healthy enough to participate in sports and to help minimize the risk of sports-related injuries. Your child may not participate in sports programs without a completed sports physical exam.

A copy of the examination form must be on file for your student every \_\_\_\_\_ school year(s) for each sporting event.

The attached examination form is to be completed by your healthcare provider. If you have questions or require assistance, please contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Upon completion of your child's physical examination, take or send a copy to your child's school.

Sincerely,

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Phone Email Address: \_\_\_\_\_

# Uchunguzi wa Kimwili Unaohitajika kwa Michezo ya Shule

Mzazi/Mlezi Mpendwa:

Lazima uchunguzi wa mwili uliosasishwa uwe kwenye faili shuleni kabla ya mwanafunzi kujaribu, kufanya mazoezi au kucheza michezo ya shule. Uchunguzi wa kimwili hufanywa ili kubainisha ikiwa mwanafunzi ana afya ili kushiriki katika michezo na kusaidia kupunguza hatari ya majeraha yanayohusiana na michezo. Mtoto wako hawezi kushiriki katika mipango ya michezo bila uchunguzi wa kimwili uliokamilika.

Nakala ya fomu ya uchunguzi lazima iwe kwenye faili ya mwanafunzi wako kila mwaka wa shule wa \_\_\_\_\_ kwa kila tukio la michezo.

Fomu ya uchunguzi iliyoambatanishwa inafaa kujazwa na mtoa huduma wako wa afya. Iwapo una maswali au unahitaji usaidizi, tafadhali wasiliana na:

Jina: \_\_\_\_\_

Simu: \_\_\_\_\_

Baada ya kukamilisha uchunguzi wa kimwili wa mtoto wako, chukua au tuma nakala kwa shule ya mtoto wako.

Wako mwaminifu,

Jina: \_\_\_\_\_

Cheo: \_\_\_\_\_

Simu Anwani ya Barua pepe: \_\_\_\_\_