

A MESSAGE FROM THE COMAL ISD SPORTS MEDICINE DEPARTMENTS

Comal Independent School District employs 10 full-time staff Athletic Trainers that work with athletes at the 5 high schools and part-time Athletic Trainers who work with our 7 middle schools. Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by Athletic Trainers comprise injury/illness prevention, emergency care, clinical evaluation and diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. Staff athletic trainers work closely with team physicians, other physicians in the community, coaches, and parents to ensure the health-care needs of the injured athletes are being met.

PRE-PARTICIPATION PHYSICAL EXAMS

The University Interscholastic League requires that student athletes have documentation on file each year that includes a medical history, acknowledgment of rules and risk of concussion and/or sudden cardiac arrest, a steroid testing agreement, and permission to participate in UIL activities. As a minimum requirement, the Pre-participation Physical Examination completed by a physician must be completed prior to junior high athletic participation and again prior to the first and third years of high school athletic participation.

Comal ISD recognizes that the pre-participation physical examination (PPE) is an important requirement in any organized program and should be performed by the athlete's primary care physician or school/team physician **ANNUALLY**. Comal ISD believes that going beyond the UIL minimum requirement is imperative as health conditions may change from year to year and the development of subtle problems may be overlooked. On the PPE form, the parent/guardian is required to reveal pertinent medical history. During the physical examination, the physician will go over the medical history and should educate the athlete about their individual health risks.

PPEs for the 2022-2023 school year will not be accepted if physical is dated prior to May 1, 2022.

Comal ISD believes that each child should establish a primary care physician and utilize that physician for their PPE. At the same time, we understand that due to circumstances, an option for athletes to obtain a less costly PPE is necessary. For that reason, Comal ISD will attempt to offer "Physical Days" in which Comal ISD students may obtain a pre-participation physical examination. Please check with your respective high school for date and time of these physicals

Important Note: If your child has a previous medical/orthopedic condition, takes medication, or checks off >4 questions as a "yes" in the medical history portion of the paperwork, we encourage them to be seen by their primary care physician.

REQUIRED UIL DOCUMENTS –

To access these forms please go to <https://comalisd.rankone.com/>

2022-23 School year forms will be available on/after May 1st. These forms must be on file prior to **ANY** athletic participation in August. This includes off-season workouts and summer workouts.

CANYON HIGH SCHOOL

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CANYON LAKE HIGH SCHOOL

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PIEPER HIGH SCHOOL – (new in 2021)

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SMITHSON VALLEY HIGH SCHOOL

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