

# St. Anne's-Belfield School

## ATHLETIC REQUIREMENTS FAQs

1. My insurance doesn't allow my child to get another physical before his/her preseason practice because it hasn't been a full year. What are my options?

Unfortunately, legally we have to have a physical dated after May 1 before your child can participate in try-outs, pre-season or any official practice at the School. We cannot make exceptions because it's not feasible for us to track several different physical expiration dates. May 1 is the date for everyone, so we can at least ensure that all athletes have up-to-date physicals through the entire school year. The best option is to find an office that has an option to not file with insurance, but doesn't charge the full amount. Some pediatrician offices offer this and the [MedExpress offices](#) do sports physicals for an approximate fee of \$30 and they do not file with insurance.

2. If my child doesn't plan to play a sport at the School, but instead has an exemption or plans to do the fitness class, do we still need to fulfill these athletic requirements?

No, you do not need to take the concussion education, baseline testing or turn in a physical. However, we encourage all parents to take the concussion education course because concussions do not only occur in sports. Additionally, your child can still attend concussion baseline testing in the event a concussion occurs outside of St. Anne's-Belfield athletics.

3. My child isn't playing a fall sport; do these athletic requirements still have to be turned in by August?

No. We encourage you to complete them early, but they just have to be completed before he/she participates in his/her team's official practices. Additionally, your child may choose to play a fall sport later in his or her career, which will present an insurance coverage issue when obtaining a physical, so we encourage all athletes to get a physical between May 1 and Aug. 1.

4. My child cannot attend the spring baseline testing, what are our options?

It's okay to not attend spring baseline testing; it just reduces the chance of your child having to miss the first pre-season practice. We do our best to offer times during pre-season to avoid athletes missing practice time; however, pre-season schedules and our practice coverage responsibilities can make this difficult. We test an average of 450 students each year, so we appreciate when students utilize the spring testing dates. If your child waits until the school year, there is a chance he or she will not only miss a practice, but the wait time for testing is typically 1 - 2 hours due to high numbers. Testing is scheduled appointments, so there is no wait time and testing lasts 45 minutes on average.

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5. I completed the concussion education course; do I need to print the certificate?

No, it should show up in our database. However, we recommend that you save a PDF copy of your records because the database is not perfect. Please make sure you are able to view your certificate with the correct dates because if not, then it most likely won't show in the database. If the certificate doesn't display correctly, please email us at [jeith@stab.org](mailto:jeith@stab.org) if the certificate doesn't show correctly.

6. I am having technical difficulties with the concussion education course, what do I do?

If you are having issues starting the course then make sure you have an updated version of the flash player. You cannot take this course on a phone. If you have other technical issues, please contact their technical assistance team via the link on their website.