

PHS SPORTS PHYSICALS

Students registering for PHS Athletics ***must have a SPORT PHYSICAL on file*** with the school. If we don't have it on file, or their physical has expired, the student will not be allowed to participate until it is submitted.

*Physicals are ***valid for 2 years*** from the date of the last exam.

How to get a sports physical:

- **Family Primary Care Physician**
- **Greater Portland Health Clinic:** There is a clinic located in the basement of PHS and the school nurse can book an appointment for the student.
- **Convenient MD:** They accept walk-ins, no appointment needed! \$25 for a student sports physical.
 - <https://convenientmd.com/physicals/>
 - Address: 191 Marginal Way Suite A, Portland, ME 04101

How to submit a sports physical (any option works):

- Doctor's office can **fax a copy to: (207) 874-8248**
- Upload a copy of your child's physical via the online sports registration form in Step 4.
- Turn it into Mr. Johnson or Mrs. Lawson. Contact information is at the bottom of this document.

IMPORTANT: Please inform the doctor's office to refrain from sending a wellness visit summary that is multiple pages long. We simply need a **1 page document or letter** that states the student is "**cleared to participate in all school sports and activities**" with the date the exam was given. If it does not clearly state this, then we cannot allow them to participate. If you have questions, please contact the Athletic Department.

Athletic Department Contact Information

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