

Physicals: NISD Fine Arts, Spirit & ROTC Organizations
Effective: May, 2023

Rationale:

All NISD high school campuses will implement a required pre-participant physical of all students participating in district marching bands, spirit & ROTC organizations. The every 2 yr requirement only applies to 7th, 9th and 11th graders. If a student enters the program in 10th grade and turns in a physical, they will still be required to get another one in the 11th grade.

Available Resources:

Students may complete this requirement by contacting their personal physician, local medical clinic, or one of district sites listed below.

NISD Sites:

Saturday, June 3, 2023	Holmes HS	9:00 am to 12:00 pm
Saturday, June 17, 2023	Holmes HS	9:00 am to 12:00 pm

Appointment Arrangements:

For questions, please contact University Health Mobile and Community Health Department @ 210-358-7020. There is a **\$25 fee (credit card payment only will be collected at time of visit)** for Physicals administered at this NISD site. Please bring your prescription eye glasses/Contacts (if any) and list of medications. One adult with knowledge of family history must accompany every student under the age of 18. Please bring completed physical form with you.

To set up an appointment at any of the NISD sites, please register online at www.healthyUexpress.com.

Select "Schedule Mobile Primary Care Appointment" → Select "Sports Physical" from the Type of Visit drop down → Select "NISD" from the Mobile Location Site → Select Holmes HS.

ALL COMPLETED STUDENT PHYSICAL EXAMINATION FORMS ARE TO BE RETURNED TO THE CAMPUS BAND DIRECTOR, SPIRIT DIRECTOR/COACH, or ROTC COMMANDER. PHYSICALS ARE VALID FOR TWO YEARS. THE MEDICAL HISTORY FORM IS REQUIRED EVERY YEAR.