**Updated Physical Information for 2020 - 2021**

All students in U.I.L., band, cheer, or athletic activities must complete a U.I.L.[**Medical History Form**](https://www.wvisd.net/domain/218). Any **"Yes”** answer on questions 1-6 of the [**Medical History Form**](https://www.wvisd.net/domain/218) will require a student to receive further medical evaluation, which may include a physical exam, and receive written clearance from a physician, physician assistant, chiropractor, or nurse practitioner before any participation in UIL practices, games, performances, or matches. Only those students with "yes" answers to questions 1-6 are required to receive written clearance through further medical evaluation. Traditionally physicals are required for **incoming** **7th** **graders** aswell as **9th and** **11th graders** wishing to participate in UIL physical activities and Band. U.I.L. has made a few changes this year because of COVID-19. This means all **incoming 7th graders** will have to get a physical, howe*v*er 9th and 11th graders that have a clear physical on record will be allowed to move forward without one this upcoming year. If a 9th, 10th, 11th, or 12th grader will be participating for the first time they will be required to get a physical. I am also adding a link for the remind app. We will send information out on this. Here is the link for you to join our 2020-2021 Remind: <https://www.remind.com/join/watervalley>. All forms will be in the office and on the Water Valley Website. If you have any questions please contact me @ [nathan.hayes*@w*visd.net](mailto:nathan.hayes@wvisd.net)

Thanks,

Water Valley Coaches