



OGDENSBURG FREE ACADEMY

OFA Health Office Summer Hours (2019)

Thursday, August 8, 2019	8:00 am – 1:00 pm (2 nurses)	School Doctor Available (8:00-10:00 a.m.)
Friday, August 9, 2019	8:00 am – 1:00 pm (2 nurses)	
Friday, August 16, 2019	8:00 am – 1:00 pm (2 nurses)	
Monday, August 19, 2019	8:00 am – 1:00 pm (2 nurses)	School Doctor Available (9:00-11:00 a.m.)
Tuesday, August 20, 2019	8:00 am – 12:00 pm (1 nurse)	
Friday, August 23, 2019	8:00 am – 1:00 pm (2 nurses)	
Monday, August 26, 2019	8:00 am – 1:00 pm (2 nurses)	
Tuesday, August 27, 2019	8:00 am – 12:00 pm (1 nurse)	

A Sports Participation Health Permission Slip (for the 2019-2020 Fall Sports Season) may be picked up in the OFA Health Office or High School Office. The completed form must be submitted to a Nurse, in the OFA Health Office, before Friday, June 14, 2019 or on one of the above referenced dates.

In addition, for your convenience, you may access the required forms online:

- Log on to the Ogdensburg City School District website at <http://www.ogdensburgk12.org>
- From the tool bar along the top of the homepage, select “Athletics”
- On the right side of the page, under “Required Forms”, you will need to scroll down and select the forms needed (**parent/guardians and student-athletes must complete/submit the following three (3) forms**):
 1. Parent & Athlete Concussion Information Sheet
 2. Required NYS School Health Examination Form
 3. Ogdensburg City School District Eligibility Policies

Please be advised... A student-athlete will not be allowed to begin practicing with an OFA sports team until and unless he/she has a clearance slip, from the OFA School Nurse, verifying that he/she has completed everything and is cleared/given permission to begin participating on an OFA sports team.

REMINDER: If your *child requires medication* (i.e. Epi-pen or inhaler), he/she will not be allowed to practice without a current self-directed order from the athlete’s primary care physician and corresponding medication. Both the self-directed order and the medication must be presented to the OFA Health Office before Friday, June 14, 2019 or on one of the above referenced dates in order for the student-athlete to participate on his/her first day of practice. ****If the student-athlete requires the use of an Epi-pen, two (2) devices need to be provided to school personnel; one (1) to be stored in the OFA Health Office and one (1) to be given to his/her respective coach. (Please be certain each device is labeled.)** Should you have any questions/concerns, please feel free to contact the **OFA Health Office** at **315-393-0900** (ext. 31908 or 31914) before Friday, June 14, 2019 or during the dates/times denoted on the above schedule.

SECTION X & OFA 2019-2020 FALL SPORT SEASON START DATES

Sport	Level	Start Date
Cheerleading	Varsity	Monday, August 19, 2019
Cross-Country	Varsity	Monday, August 19, 2019
Football	Varsity & Junior Varsity	Monday, August 19, 2019
Soccer	Varsity & Junior Varsity	Monday, August 19, 2019
Swimming	Varsity	Monday, August 19, 2019
Volleyball	Varsity & Junior Varsity	Monday, August 19, 2019
All Sports	Modified	Monday, August 26, 2019