

Fall Sports 2008-09

Cheerleading, Cross Country, Football, Girl's Tennis, Gymnastics, Soccer, Volleyball

Parent- Student Guide to Medical Clearance

The attached forms must be submitted to the school nurse by **August 1, 2008** in order to guarantee the student will be medically eligible to participate in the first practice session scheduled to begin on or about **August 15 2008**. Forms will be processed in the order in which they are received. It is strongly recommended that the student's sport forms be submitted as early as possible to avoid processing delays. Forms may be submitted as early as June 18, 2008. Sport forms submitted over the summer should be placed in a sealed envelope addressed to Mrs. Potter, RN and mailed or brought to the Main Office of the High School. Medical forms should **not** be given to the coach. Once submitted, all sport physical forms will be reviewed by the nurse and then taken to the school physician for final review before the student is considered medically cleared for participation. **Processing may take up to 5 days depending on the availability of the school physician.** Mrs. Potter will be in the high school health office Monday through Friday August 11 to 15, August 18 to 22, and on Monday 8/25/08 to process sport forms and address any parent/student questions or concerns. **This is the only scheduled time during the summer vacation that the health office will be open until the start of school in September. Note: Forms submitted during the week of August 25th will not be processed until school opens in September. As a result, these students will not be considered medically cleared and will not be allowed to practice or participate until September 10.**

1. Once a year, every sport candidate must submit documentation of a health history and sport physical examination performed by his or her private health care provider and recorded on the NJ Department of Education Sport Physical Form (Part A & B- 4 double sided white pages). **All areas on the history and physical exam forms must be completed. This includes a value for height, weight, blood pressure, pulse and vision. Incomplete forms will not be processed and will be returned to you for completion by your private physician.** An exam that was completed on or after August 16, 2007 is valid for the fall season. If the physical exam and health history forms are already on file in the nurse's office from a previous sport season, you do not need to submit another copy.
2. Each season, every sport candidate whose medical examination was completed more than 60 days prior to the first practice session must complete a **60 Day Health History Update** form (green page). This form must be completed and signed by the parent/guardian.
3. Each season, every sport candidate must complete a **Consent to Random Testing** form (yellow page). This form must be completed and signed by both the student and parent/guardian and submitted, with the appropriate medical forms, to the nurse. Failure to sign the consent form renders the student athlete ineligible for athletic participation. Additional information regarding random testing can be obtained at www.njsiaa.org
4. Each season, every sport candidate must complete a **Sport Participation Card** (tan card). This form must be signed on **both sides** by the student **and** the parent/guardian.

Use the following table as reference for submitting forms. All forms should be turned in at the same time.

New Physical	New Physical (over 60 days old)	Approved Physical on file
History (Part A)	History (Part A)	60 day Health History Update
Physical Exam (Part B)	Physical Exam (Part B)	Consent for Random Testing
Consent for Random Testing	60 day Health History Update	Participation Card
Participation Card	Consent for Random Testing	
	Participation Card	

Once the student is deemed medically eligible for participation, the participation card and Consent to Random Testing form are sent to the Athletic Office for further processing. Any inquiries as to the student's eligibility or regarding the NJSIAA random testing program should be directed to the Athletic Office. 889-8600 ex. 414.

All forms are available at the HS Athletic Office, Nurse's office and the High School website.

If you need to verify the date of you child's last recorded physical, or if you have any questions regarding obtaining medical clearance, you may contact the nursing staff prior to June 19th during regular school hours at 889-8600 ex. 508.

It is recommended that you keep a copy of your child's physical exam for your personal files.