

# Spring Sports 2007-08

## Baseball, Softball, Track, Boys Tennis, Golf and Fall Cheerleading Candidates

Parent- Student Guide to Medical Eligibility for participation in spring sports

The following forms must be submitted to the school nurse by **February 22, 2008** in order for the student to be medically eligible to participate in the first practice session scheduled to begin on or about **March 7, 2008**. Forms submitted **after February 22<sup>nd</sup>** will continue to be processed, however the student will not be allowed to practice, try out, or participate until all the forms are reviewed by the nursing staff. This process may take up to 5 days depending on the availability of the school physician to review the physical exam.

1. Once a year, every sport candidate must submit documentation of a health history and sport physical examination performed by his or her private physician 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 done on or after March 8, 2007 is valid for the spring season. If the health history and physical exam 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](http://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 is a reference for submitting forms. All forms should be turned in at the same time.

<b>New Physical</b>	<b>New Physical (over 60 days old)</b>	<b>Approved Physical on file</b>
History and Physical Exam (A&B)	History and Physical Exam (A&B)	60 day Health History Update
Consent for Random Testing	60 day Health History Update	Consent for Random Testing
Participation Card	Consent for Random Testing	Participation Card
	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 both the Athletic Office and Nurse's office.
- ✓ 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 during regular school hours at 889-8600 ex. 508.
- ✓ **It is recommended that you copy your child's physical exam for your personal files.**