

Parents/Guardians & Physicians:

- **The sport physical may only be completed by a licensed physician, advanced practice nurse or physician assistant that has completed the Student-Athlete Cardiac Assessment Professional Development Module.** (Per the Scholastic Student-Athlete Safety Act (P.L. 2013, c.71), N.J.S.A. 18A:40-1.1 & N.J.S.A. 18A:40-41d) It is recommended that you verify that your medical provider has completed this module **before** an appointment. If you do not have health insurance Southern Jersey Family Medical centers (609-894-1100) can provide services for a nominal fee.
- The state required form is attached. This must be **filled out completely** by parent and physician. Incomplete forms will be returned and the student will be ineligible to participate in a sport until it is corrected.
- The Pre-Participation Physical Evaluation Form (4 pages) must be taken with you to your doctor's office. The parent completes the History Form/Supplemental History Form. Your physician must review the History Form/Supplemental History Form and then fill out the entire Physical Examination Form/Clearance Form.
- The Physical Examination Form/Clearance Form is good for 365 days or one calendar year. If your child's physical should happen to expire in the middle of the sport season, they will be allowed to finish/complete that sport only.
- Per NJ state law all sport physicals must be reviewed and approved by the school physician **prior to any tryouts or practice**. All paperwork must be completed and returned in a timely manner to ensure approval and eligibility for sports participation. The school physician will be available to sign the physical exam forms prior to the start of each season on his regular scheduled day - **which is once a week**. If physicals are turned in after the school physician's scheduled day, there will be a turnaround time of 7 to 14 days. **PLEASE PLAN AHEAD AND GET YOUR COMPLETED PHYSICAL TURNED IN AT LEAST 2 OR MORE WEEKS PRIOR TO TRYOUTS.**
- Students with asthma, serious allergic reactions or diabetes are required by state law (N.J.S.A. 18A:40-12.3 & 12.8, N.J.S.A. 18A:40-12.5 & 12.6, N.J.S.A. 18A:40-12.11 through 12.15) to have action plans completed **every school year**. If these forms are not returned, your child will not be able to participate in **any** after school activities (sports, clubs and trips).
- The school district will provide written notification to the parent/guardian, indicating approval of the sports physical based upon review of the physical by the school physician, or must provide reason(s) for the disapproval of the student's participation.
- A Health History Update Questionnaire for Athletics must be completed every **90 days** or prior to a new seasonal sport (fall, winter, spring) per state law. The update informs us if your child has had any medical problems since his or her last physical. Explain all "yes" answers on parent form and a doctor's note may be required for clearance.
- All forms are available in the nurse's office/main office and can be downloaded from the Newcomb or Helen Fort Middle School's website, go to the *Students and Parents* tab, then click on *School Nurse*. High School forms can be downloaded from the Athletics Page on the high school's website.
- All physicals and medical forms must be turned into the **nurse's office**. This cuts down on lost paperwork. **We advise that you make copies for your records of any paperwork you send to the school.** We are unable to fax or make any copies for you.
- Parents and students must also sign that they reviewed the educational fact sheets on sports-related concussions, sports-related eye injuries, sudden cardiac death in young athletes, and opioid use and misuse **before** any student participation in sports. This paperwork will be given out by the coaches.

Feel free to call during the school calendar year at 609-893-8141, if you have any questions. For more information-please review the state's website *Frequently Asked Questions* which are available at <http://www.state.nj.us/education/students/safety/health/services/athlete/faq.pdf>.

Newcomb Middle School Nurse  
Helen Fort Middle School Nurse  
High School Nurses

EXT. 1152  
EXT. 1685  
EXT. 1084/1085

Fax 609-757-4779  
Fax 609-782-3580  
Fax 609-894-3129