

St. Francis Cathedral School
Sports Physical Requirements

Dear Parents/Guardians,

According to the N.J Scholastic Student-Athlete Safety Act, all students in 6th-8th grade who are participating in a school sports program must submit the following prior to the first day of practice:

- 1) A **Preparticipation Physical Evaluation Form (PPE)** completed by a primary care provider (PPE must be dated within 1 year prior to the first practice date)

****Please note that **the PPE may ONLY be completed by a licensed physician, advanced practice nurse (APN) or physician assistant (PA) that has completed the Student-Athlete Cardiac Assessment professional development module.** It is recommended that you verify that your medical provider has completed this module before scheduling an appointment for a PPE.

- 2) If the PPE was performed prior to 90 days before the first practice date, a **Health History Update Questionnaire** must be completed by the parents

***The school nurse and/or coach is responsible for following up on any questions answered “yes” on the Health History Update Questionnaire to determine if exclusion from sports is required

- 3) A copy of the **Sudden Cardiac Death Pamphlet Sign Off Sheet**, signed by both the parents and student
- 4) A copy of the **Concussion Information Sign Off Sheet**, signed by both the parents and student

All forms, including the Sudden Cardiac Death Pamphlet, are available on the school website under “From our Nurse”. A fact sheet for parents regarding the Scholastic Student-Athlete Safety Act is also available on the school website.