

FORMS REQUIRED FOR SPORTS AND CHEERLEADING

Grades 3-8

Dear Parents:

The required forms for students participating in intramural sports in the State of New Jersey must be on file in the school nurse's office before the first day of practice or your child may not participate until all forms have been received. All forms must be filled out in completion or they will be returned. Thank you for your attention to these important requirements.

SPORTS PHYSICAL EXAM

The **NJ Pre-Participation Physical Evaluation Form** is the only acceptable form allowed for students participating in sports or cheerleading. No other forms or statements from physicians will be accepted. The forms must be filled in completely by the physician including vision, hearing, etc. or the form will be returned for completion.

The Health History Form is part of the Pre-Participation Physical Evaluation Form and is completed by the parent or guardian. If there are any unanswered questions, the form will be returned for completion.

“90 DAY” HEALTH HISTORY UPDATE FORM

Physical Exams are good for 365 days, however, if submitted 90 days before the beginning of the actual sport season or first practice session, a **Health History Update Form** must be signed and submitted by the parent.

SUDDEN CARDIAC DEATH IN ATHLETES PAMPHLET & SIGN-OFF SHEET

The pamphlet must be reviewed by students and parents. The sign off sheet must be signed by the student and parent and submitted with the Pre-Participation Physical Evaluation form.

SPORTS RELATED CONCUSSION FACT SHEET AND ACKNOWLEDGEMENT FORM

These forms should be reviewed by the student and parent and should be returned with signatures that they have been reviewed.