



## **SPORTS PHYSICALS**

Dear Parents/Guardians,

In accordance with the New Jersey Department of Education health code (N.J.A.C.6A:16-2.2) each school district shall ensure that students receive medical examinations:

1. Prior to participation on a school-sponsored interscholastic or intramural athletic team or squad for students enrolled in any of grades 6 to 12.
2. The examination shall be conducted within 365 days prior to the first practice session.
3. The examination shall include a health history questionnaire completed and signed by the parent. (N.J.D.O.E. Athletic Pre-Participation Athletic Physical Examination Form and Health History Questionnaire - Part A).
4. The medical report shall indicate whether a student is allowed or disallowed to participate in the required sports categories and be completed and signed by the original examining physician, advanced practice nurse or physician's assistant.
5. Each student whose medical examination was completed more than 60 days prior to the first practice session shall provide a health history update of medical problems experienced since the last medical examination, completed and signed by a parent.

**Sports physical forms may be obtained from the athletic director, the nurses' office or the school website.**

