

Stanhope Valley Road School
Health Office

Dear Parent/Guardian,

Each candidate for a school athletic team **MUST** undergo a physical examination within 365 days **PRIOR** to the first practice session of that team. Physicals must be submitted on The State of New Jersey forms all of which can be found on our website. **(Pursuant to N.J.A.C. 6A:16-2.2).**

- **Preparticipation Physical Evaluation History Form and/or The Athlete With Special Needs Supplemental History Form** is to be completed by parent/guardian prior to the physician's visit. Bring the form(s) with you for the physician to reviews.
- Your medical doctor will review, then complete, the **Physical Exam Form**.
- Based upon the findings of the physical the physician will complete the **Clearance Form** and state whether or not, the student is eligible to participate in: Basketball, Cheerleading, Volleyball, Track, all the sports offered here at Stanhope Valley Road School.
- Any student whose physical examination was completed more than **90 days prior** to the first practice session of that team, **MUST** have a **Health History Update Questionnaire** completed and signed by a Parent/Guardian and submitted to the school nurse.

I hereby authorize the school nurse to release to the respective sport coach of Stanhope Valley Road School, such information as she/he believes to be relevant to maintain the health and safety of my child.

Parent/Guardian Signature: _____

Date: _____

Pursuant to N.J.S.A. 18A:40-41(d) school districts must distribute the "**Sudden Cardiac Death In Young Athletes**" pamphlet to each student and their parent/guardian, participating in school athletics as part of the students pre-participation physical. Using the sign-off sheet, the student and his/her parent/guardian then **MUST** certify in writing, that they received and reviewed the pamphlet. The completed sign-off sheet **MUST** be returned to the School Nurse with the history and physical **before the student can play ANY sport**.

Yours in Health,

Jessica Frank RN, BSN - Valley Road School, School Nurse

Rev 04/2019

