



SOMERDALE PARK SCHOOL
Health Office
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Athletic Physical Participation Policy

May 16, 2014

To All Parent(s)/Guardians(s):

In accordance with new requirements set forth in New Jersey Administrative Code-Title 6A, Chapter 16 & approved by both the NJ Dept. of Education and the NJ Dept. of Health & Senior Services- a Physical Examination of each candidate for a School Athletic Team, Squad or Intramural Sport must be conducted within 365 days prior to the first practice session. "Each student medical examination must be conducted by a "Healthcare Provider (Physician or Advanced Practice Nurse) chosen by the student's parent/guardian at the student's "Medical Home" (Healthcare Provider's Facility)

The Medical Report of this examination MUST be submitted to the School Nurse on the STATE APPROVED FORM ONLY: NO OTHER FORMS WILL BE ACCEPTED FOR ATHLETIC PHYSICALS per N.J.A.C. 6A:16-2.2 . **Please Note that the form has been revised by the state- Part A must be completed prior to Dr. Appt.by parent /guardian - Physician must review Part A as part of exam.**

****VERY IMPORTANT BE SURE YOUR HEALTH CARE PROVIDER (MD) INDICATES DATE OF EXAM ON FORM & SIGNS OFF BOTH ON PHYSICAL & THE SECTION TITLED "COMPLETED CARDIAC ASSESSMENT PROFESSIONAL DEVELOPMENT MODULE" – NEW GUIDELINES REQUIRE THESE BOTH TO BE SIGNED OFF BY YOUR HEALTH CARE PROVIDER FOR SCHOOL NURSE TO BE ABLE TO ACCEPT PHYSICAL.**

In addition, to participate on a School Athletic Team, Squad or Intramural Sport:

- Each student whose medical examination was completed more than 90 days prior to the first practice session shall be required to provide a "Health History" update of any medical problems experienced since the last examination; This questionnaire must be completed & signed by his/her parent/guardian.
- Each Parent/Guardian who submits an Athletic Participation Physical or Healthcare Questionnaire for their child must also submit a signed "Policy Acknowledgment Form" after reviewing the attached "NJSIAA Concussion Policy" & "Sudden Cardiac Death in Young Athletes" Pamphlet.

All students wishing to participate on a School Athletic Team, Squad or Intramural Sport must submit his/her FULLY COMPLETED ATHLETIC FORM AND HEALTH QUESTIONNAIRE & POLICY ACKNOWLEDGMENT FORM on time per the deadlines indicated below- There will be NO EXCEPTIONS to meeting these deadlines because all Forms must be taken to the school physician by the school nurse to allow for the physician to Review & Approve the physicals; this is a time consuming process & we must be sure to have all forms reviewed/approved prior to the first practice/tryout session.

- ***Please be aware that, it is State Law that all athletic physical forms must be received & reviewed by the school physician for approval prior to tryouts, practices and games...There is no negotiating on this.***

Deadlines:

- **Fall Sports Physicals;** (Park School Soccer, Any Sterling Regional Programs-i.e. Wrestling, Field Hockey, Marching Band & Golf Team) must be turned into main office by August 15th
- **Winter Sports Physicals:** (Park School Girl's/Boy's Basketball Teams) must be turned into Health Office by November 1st
- **Spring Sports Physicals:** (Park School Girl's Softball/ Boys Baseball) must be turned into Health Office by March 1st

If your child does not have a "Medical Home"(Physician/Advanced Practice Nurse) or if you have any other questions or concerns please contact me at the number above or contact the school secretary over the summer and they will contact me.

Rev5/16/14MED