

INSTRUCTIONS FOR SPORTS PHYSICAL FORMS

FALL	WINTER I	WINTER II	SPRING
Co-ed Field Hockey	Girls basketball	Co-ed flag football	Co-ed softball
Co-ed soccer	Boys basketball	Co-ed bowling	
Co-ed chip & putt			
Co-ed non-travel basketball			

New Jersey School Law requires an athletic physical to be administered by the student's personal care physician. If you do not have a medical home, please contact the school as soon as possible so that we may refer you to NJ Family Care.

___ Part A: Health History Questionnaire: pages 1, 2, 3 (pink) to be filled out & dated by the parent.

___ Part B: Physical Exam: pages 1, 2, 3, 4 (blue) to be filled out by the physician. It must also be signed, dated, and stamped.

___ Vision, Blood Pressure, and Pulse are REQUIRED to be done at the time of the physical.

___ Your physician also needs to check off the Clearance section of Part B, page 3

Please check the form before you leave your physician's office.

You may delay your child being cleared if any required part is not completed.

*Our physicals are taken to the school doctor on Monday and returned on Thursday. Physicals taken on Thursday are returned on Monday. Your child will receive a clearance note from our school doctor and the coach will be notified.

For each season that your child participated, a parent update is required by the state of NJ.

Return the completed forms to the nurse during homeroom. Do not give to your homeroom teacher or sports coach.