SPORTS PHYSICALS

Dear Parent/Guardian,

We have been informed that the Preparticipation Physical Evaluation (PPE) “sports physical” has changed effective July 1, 2024. The “sport physical form” has been updated. It was created to comply with NJ Law and has been adopted by the New Jersey Department of Education. NJ Department of Education requires that all students in the 6th through 12th grades who participate in interscholastic sports have a pre-participation sports physical.

There has also been a change in the requirements for submission of the updated (PPE) “sports physical.” The History Form and the Physical Examination Form within the packet do not need to be submitted to the student’s school. The History Form and the Physical Examination Form should be kept by the healthcare provider who will hand you back a completed Medical Eligibility Form. The form must be submitted to the school in its **ORIGINAL** form. They should not be emailed. The Medical Eligibility Form provides space for the healthcare provider to share relevant health information with the school if necessary. Please ensure the health care provider fills in all the blanks. Incomplete forms will be returned.

Send the completed form to school before the first day of practice. NO student in 6th, 7th, or 8th grade will participate in any interscholastic sport without the required Medical Eligibility form. This physical is valid for 365 days from the date of the exam (not the date the form is filed out). If your child had a physical within 365 days of the season but is still dated more than 90 prior to the first day of the season you are still required to complete the Health History Update Questionnaire.

The forms can be downloaded from the school’s website. The requirement will begin for Fall sports in 2024. I know this is an additional burden in both time and expense, but it is in the best interest of your child’s health and safety. Please schedule your appointment with your child’s Primary Care Physician early to be ready for fall. Please call the office if you have any questions.

Thank you for your cooperation.

School Nurse