

## SPORTS PHYSICAL CHECKLIST

Free Sports Physicals performed by our school district's physician will be held at Pemberton Township High School on Monday, August 14, 2023 in the nurses' office. All students entering grades 6-12 for the 2023-2024 school year are eligible to receive a free sports physical on this date. Bussing to/from the High School will be available if needed. Buses will be scheduled for an 11:30 drop-off and a 4:30 return home on 8/14/23. Please check the PTHS Athletics website for specific bus stop locations and pick-up times. In preparation for the sports physicals being provided on August 14th, please carefully read all of the below and ensure that all of the below steps are completed:

- **REGISTRATION** - Students must register and submit completed paperwork (more paperwork information below) upon arrival. Registration will open at 11:00. Any students wishing to receive a sports physical must arrive and register no later than 12:00.
- **PAPERWORK** - The below documentation is required in order to receive a sports physical:
  - A completed and signed pre-participation portion of the sports physical (page 1). Blank sports physical forms are available in the Nurses' office and the Athletic Department office as well as online on the PTHS Athletics homepage. A few reminders for this form:
    - All "yes" responses to questions on page 1 must be explained in the space provided.
    - Both PARENT/GUARDIAN and ATHLETE must sign the bottom of page 1.
  - Completed Permission slip, which can be found on the PTHS Athletics Homepage. This form is not required if a parent/guardian is present on August 14.
- **PRE-SCREENINGS** - Pre-screenings (height/weight/vision/etc) will be done at High School prior to the sports physical being performed. Pre-screenings will begin at approximately 11:30.
- **SPORTS PHYSICAL** - Our School District Physician will begin performing sports physicals at approximately 1:00.
- If necessary, print-out or pick-up additional medical paperwork such as the asthma treatment plan, epi-pen form, etc...please note that these forms cannot be completed by our school physician at the time of your sports physical. If these additional forms are necessary, they must be completed by your primary physician prior to any participation in athletics during the 2023-2024 school year.