

Parents/Guardians & Physicians:

- All sport physicals must be performed by the student's own doctor. If you do not have health insurance South Jersey Family Medical centers (609-894-1100) can provide services.
- The state required form is attached. This must be **filled out completely** by parent and physician. Incomplete forms will be returned and the student will be ineligible to participate in a sport until it is corrected.
- The Pre-Participation Physical Form Part A & Part B must both be taken with you to the doctor. The parent completes Part A – Parent Questionnaire. Your physician must review Part A and then fill out the entire Part B – Physical Form.
- The sports physical (Part B) is good for 365 days or one calendar year. One calendar year is from date of physical until exact date the following year. (example – 3/2/12 to 3/2/13)
- A law has been passed by the state of NJ stating each sport physical must be reviewed and approved by the school physician **prior to any tryouts or practice**. It is imperative that all paperwork is completed and returned in a timely manner to ensure approval and eligibility for sports participation. The school physician will be available to sign the physical exam forms prior to the start of each season on his regular scheduled day - **which is once a week**. If physicals are turned in after the beginning of the season there will be a turnaround time of at least 7 days. **PLEASE PLAN AHEAD AND GET YOUR PHYSICAL IN BEFORE THE WEEK OF TRYOUTS.**
- Students with asthma, serious allergic reactions or diabetes are required by state law to have action plans completed **every school year**. If these forms are not returned, your child will not be able to participate in **any** after school activities (sports, clubs and trips).
- A Seasonal Update Form for Athletics must be completed every **60 days** or prior to a new seasonal sport (fall, winter, spring) per state law. The update informs us if your child has had any medical problems since his or her last physical. Explain all “yes” answers on parent form.
- All forms are available in the nurse's office and can be downloaded from the Helen Fort Middle School's website at: <http://ptms.pembschools.org> go to Directory then Nurse. During the summer months, forms are also available in the main office.
- All physicals and medical forms must be turned into the **nurse's office**. This cuts down on lost paperwork. **We advise that you make copies for your records of any paperwork you send to the school.** We are unable to fax or make any copies for you.
- Parents and students must also sign that they reviewed the educational fact sheet on sports-related concussions. (Interscholastic sports only.) Parents will also be given an educational fact sheet on sudden cardiac death before any student participation in sports. (Interscholastic & intramural sports.) Please see your child's coach concerning this issue.

Should you have any questions, feel free to call us at the school. Please remember that nurses do not work over the summer. If you should need assistance, call us during the school calendar year at 609-893-8141.

Sincerely,

Jennifer Caruso, RN –Newcomb Nurse

Heather Verner-Hussmann, RN - Helen Fort Middle School Nurse

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EXT. 3011 Fax 609-894-9287