

## Frequently Asked Questions

- 1. How do I know if my child has a current physical on file in the health office?** You should keep track of your child's annual physical date on your calendar and submit the 5 page pre-participation form once a year immediately after the physical has been completed. Forms are processed all year long. If you are not sure if your child has a current physical on file you can email the office and inquire. Send the email to the nurse that covers the grade your child is in. Our email addresses can be found on the health office webpage.
- 2. My child had a sports physical over the summer but it's on a camp form. Is that okay?** No. All physicals must be submitted on the NJ Department of Education Annual Athletic Pre Participation Form. This is a NJ state law and no exceptions can be made.
- 3. If my child had a physical last year how long is it considered current for?** Physicals are current for 365 days. Please note all physicals are considered current from the date of the exam not the date the paperwork is signed by the MD. Simply add 1 year to the date of the physical to get the date of expiration. Only physicals that are current on the first day of practice or tryouts are acceptable.
- 4. What is a health history update form and how do I know if my child needs to hand one in?** The health history update form is a snapshot of your child's health since the last physical. Health history update forms are required for each season of sports throughout the year. If your child will be participating in 3 seasons of school sports then a separate update form will be required for each season. The form must be dated no more than days prior to the first day of practice or tryouts. The form is not necessary if the last physical was completed within 90 days of the start of the season.
- 5. Does the health history update form need a doctor's signature?** The form has 9 questions. As long as all of the answers are NO the update form does not require an MD signature. If your child has had an injury or illness since the last physical, a clearance note from the doctor is required.
- 6. Who should the forms be given to?** All physical forms and update forms should only be given to the nurses in the health office. Instruct your child not to give the forms to your their homeroom teacher, gym teacher or coach. Forms may be mailed to the school at PO Box 6933, 128 Merriwood Road, Bridgewater, NJ 08807 or faxed to 908-218-0164.
- 7. What happens to the physical after I drop it off?** NJ state law mandates that each sport physical must be approved by the school doctor in addition to the MD that performed the physical. Once here, your child's physical is carefully reviewed for anything that may raise a red flag for the school doctor and that could result in a rejection. Please make sure all questions are answered either yes, no or don't know. All yes answers must be fully explained and dates must be included.

The **Health History Form** must have a parent signature and date. The **Pre-participation Physical Examination Form** must be filled in entirely by your child's MD including height, weight, blood pressure and vision. The physical must be signed, dated and stamped by your MD. Once pre-reviewed here, your child's physical will be taken to the school doctor for review and approval. This process can take several weeks. A cleared list is generated from the physicals received back from the doctor that have been approved.

8. **Why is the deadline to turn in forms so important?** The process to approve a physical takes several weeks because the school MD must review each one. **The school doctor guarantees review of every physical prior to the start of the season that is submitted by the deadline.** Physicals received after the deadline are not guaranteed to be reviewed prior to the start of the season. It is up to the coach to decide if a player may begin attending practice after the first day of practice or tryouts.
9. **How do I know ahead of time what the sports schedule is and when the upcoming due dates are?** All information for the entire school year is posted on the health office webpage. Please note the due dates on your calendar. Contact the coach directly with questions related to practice times and game schedules. Intramural and Travel Permission Form and the Emergency Information/ Medical Clearance Forms are to be given to the coach.
10. **How do I know if all of my child's forms have been handed in?** Because of the high volume of sports physicals we receive each season it is impossible for us to contact each parent to verify receipt of their child's forms. It is best to have your child hand deliver the forms. Please confirm with your child that they came to the health office to drop off their forms.
11. **If my child is scheduled for a physical after the deadline or on the day of the start of the sport what should I do?** The middle school and high school sports deadlines are identical so you will run into this situation every year. If your child has annual physical after the deadline or on or after the first day of practice, you may have to have their annual physical date reset in order to accommodate school deadlines. You can schedule a one-time visit to a walk in clinic in order to delay the physical with your pediatrician. The walk in clinic will complete the MD portion of the paperwork and you will be able to submit your paperwork on time. Visit your pediatrician after the start of the season and your annual visit date will now be reset. Email the health office if you need assistance finding a walk in clinic in our area.
12. **How will I know if my child has been cleared for participation?** A running cleared list will be posted in the health office 10 days prior to the beginning of the season and will be updated daily. Each student should come down to the health office and check the cleared list to ensure their name is included. If a student recognizes that his name is not included, the student should alert the nurse so that the issue can be resolved. It is the students responsibility to hand in forms on time and to check the cleared list to ensure their paperwork has been processed and approved prior to the first day of the season.