



WATCHUNG HILLS REGIONAL HIGH SCHOOL

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Sports Physical Checklist

Please use this page as a guide to ensure that all components of the sports physical process are completed prior to handing it in for review. Please note that the submission of this packet does not presume clearance. The Physical or Health History Update need to be reviewed and approved by the school physician prior to clearance in order to participate. Also, please note, if paperwork is submitted after the deadline, the student athlete may not be cleared to start on the first day of practice.

Online Consents

- 2019-20 Athletic Releases- Guardian
Update each for 2019-20 (Steroid, Concussion, Sudden Cardiac, Opioid, MRSA, Eye Injury)
- 2019-20 Parental Consent for Athletics
- 2019-20 Guardian Code of Conduct
- 2019-20 Athletic Releases-Athletes
Update each for 2019-20 (Steroid, Concussion, Sudden Cardiac, Opioid, MRSA, Eye Injury)
- 2019-20 Athlete Code of Conduct

If the athlete's physical is more than 365 days old by the start of the season, or is coming out for a sport for the first time please submit the following forms:

- Sports Physical Packet

If the athlete's sport physical is less than 365 days old, but more than 90 days old from the Start Date please submit the following forms:

- Health History Update Questionnaire

If the athlete has any special requirements, please submit the appropriate forms. These are located on the Health Office website.

- Asthma Treatment Care Plan
- Allergy Action Care Plan
- Diabetic Treatment Care Plan
- Other Medical Care Plans