



Sports Physical Packet

Please Utilize this page as a Checklist for your forms

Please look over the following packet. Fill in general information and bring **all** paperwork with you to your Doctor's appointment. Physical Evaluation Forms are to be completed and signed by a Parent/Guardian **and** the Student. **Sports physicals are required in order to participate in a sports related activity. If a Sports Physical is not handed in, the student athlete may NOT participate.**

- Parent Permission form- must be completed for each sport you try out for Pre-participation Evaluation Forms**
 - History Form**
 - Physical Examination Form**
 - Medical Eligibility Form**
 - Student Services and Programs Form (If applicable)**

ALL FORMS must be completed and signed by the Doctor's Office.

They must also include : **THE DOCTOR'S STAMP

Parents Please Note:

The Health Office, The AthleticTrainer and the Athletic Office will not accept physicals that are **NOT** signed by your Doctor's office. Please ensure the paperwork is completed **before** submitting to us.

If physical is to be used for sports clearance, it **MUST** be signed by a New Jersey Doctor.

Pre-participation Physical Evaluation the athlete with Special needs Supplemental History Form.
(only needed for students with special needs or disabilities)

Some Tips:

Physicals are current for 365 days. If participating in multiple sports, once a completed physical has been handed in, only a Parent Permission Form and a 90 day Health History Form is required.

Any "**YES**" answers on the Medical History Form **MUST BE EXPLAINED** and addressed in the following physical exam pages by the medical professional examining the student athlete.

Any specialist report (Orthopedic, Cardiologist, Neurologist, Endocrinologist) if suggested by the physician needs to be included with the Sports Packet upon submission.

HAMILTON TOWNSHIP SCHOOLS
DEPARTMENT OF STUDENT SERVICES AND PROGRAMS
OFFICE OF SCHOOL HEALTH SERVICES
BULLETIN TO PARENTS REGARDING COMPETITIVE ATHLETICS

Your student has expressed an interest in participating in the competitive athletic program. As you know, the school has the responsibility to safeguard and promote the health of all students.

Each student, prior to participation on a school-sponsored interscholastic or intramural athletic team or squad, must receive a medical examination and health screening. The examination must be conducted within 365 days prior to the first practice session. The report of health findings of the medical examination must be documented on the Athletic Pre-participation Physical Examination Form approved by the Commissioner of Education and provide by the board of education. A completed and parent signed health history questionnaire must also be provided. Medical examinations are to be completed by the student's physician. Students that do not have a private physician may request an examination by the school physician. A physical must include: examination of mouth, teeth, throat, skin, eyes, nose, chest contour, testes, hernias, as well as assessment of the neck, neurological functions, heart, abdomen, back, and auscultation and percussion of lungs as defined in N.J.A.C. 6A: 16-2.2. A screening includes: height, weight, vision, hearing, and blood pressure. Each student whose medical examination was completed more than 60 days prior to the first practice session must provide a new parent permission and health history questionnaire update of medical problems experienced since the last medical examination. Both must be signed and dated by the parent.

Students planning to participate in school-sponsored contact or moderate contact sports teams are also required to have pre-concussion testing prior to the start of practice for that team. Post-concussion testing is also required if applicable.

The school district is required to provide written notification signed by the school physician to the parent stating approval of the student's participation in athletics based upon the medical report or the reasons for the school physician's disapproval of the student's participation.

A student that does not have a completed Athletic Pre-participation Physical Examination Form shall not be permitted to participate. (N.J.A.C. 6A: 16-2.2)

The Board of Education has purchased insurance coverage to protect all participants in all interscholastic sports programs, bands, marching units, and cheerleaders against accidental injury. Certificates of insurance are posted in the Athletic Director's office and band rooms. Although this coverage is very broad, there are restrictions, limitations, and exclusions in this policy; and, in some cases, all medical bills may not be covered in full. Parents should also understand that medical bills are their primary responsibility and not that of the school.

PLEASE NOTE: This policy is excess over any other insurance you may have.
Thus PARENTS MUST USE THEIR OWN INSURANCE FIRST.

Please report any injuries immediately to the coach or faculty advisor. Claim forms will be provided by the school, but it is always the parent's responsibility to collect all medical bills and submit them to the insurance company. Contact the High School Athletic Advisor or Middle School Principal for insurance information.

Thank you for your cooperation.

SH/N 5Pa
Rev. 04/11

HAMILTON TOWNSHIP SCHOOLS
 DEPARTMENT OF STUDENT SERVICES AND PROGRAMS
 OFFICE OF SCHOOL HEALTH SERVICES
 Parent Permission for Student Athletics Participation Medical History

 Student's Last Name First Name School/Grade Birth Date

 Sport Signature of Student Athlete Date

The school's athletic program is an integral part of the curriculum and school personnel have devoted great effort to assure that participating students are protected in every way possible. However, participation in athletics includes the risk of minor to severe injuries.

Participants have the responsibility to help reduce the chance of injury. Participants must obey all safety rules and regulations, report all physical problems to the coach or athletic trainer, follow a proper conditioning program and inspect protective equipment daily. Proper execution of skill techniques must be followed by every sport, and especially contact sports.

Please read and acknowledge each of the following statements.

- I consent to have my son/daughter represent his/her school in approved athletic activities except those excluded by the examining physician.
- I grant permission for my son/daughter to accompany the school team of which he/she is a member to out-of-town trips.
- In the event of an emergency requiring medical attention, I expect every reasonable attempt to be made to contact me. In case I cannot be reached, I grant permission for any immediate treatment deemed necessary by the attending physician and transfer of my son/daughter to a qualified medical facility. This authorization does not cover major surgery unless formally decreed prior to surgery by two licensed physicians or dentists.
- I agree not to hold the school, or anyone acting on its behalf, responsible for any injury occurring to my son/daughter in the proper course of such athletic activities or travel.
- I acknowledge that there are risks of physical injury involved in athletic participation which may result in minor to severe injury.
- I acknowledge that this activity is voluntary.
- I grant permission for my son/daughter to participate in pre-concussion testing prior to the start of practice and for post-concussion testing if applicable. (Mandatory to participate in contact and moderate contact sports.)

Medical examinations are to be completed by the student's physician. Reports must be made by the private physician on the Athletic Pre-participation Physical Examination Form approved by the Commissioner of Education and provided by the board of education. Students that do not have a private physician may request an examination by the school physician. All examinations must be completed within 365 days of the first day of practice.

I understand that the student athlete must refrain from practice or play while ill or injured, whether or not receiving medical treatment and during medical treatment until he or she is discharged from treatment. A signed statement from the attending physician is required for reentry.

I have read the Bulletin to Parents regarding competitive athletics on the back of this sheet.

In my opinion, there is no physical reason to prevent my son's/daughter's participation in the competitive athletics program. I therefore, give my permission for participation if he/she is approved by their physician and the school medical inspector and has appropriate documentation.

 Signature of Parent/Guardian Home Phone Work Phone Cell Phone Date

This form should be maintained by the healthcare provider completing the physical exam (medical home). It should not be shared with schools. The medical eligibility form is the only form that should be submitted to a school. The physical exam must be completed by a healthcare provider who is a licensed physician, advanced practice nurse or physician assistant who has completed the Student-Athlete Cardiac Assessment Professional Development module hosted by the New Jersey Department of Education.

■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, non-binary, or another gender): _____

Have you had COVID-19? (check one): Y N

Have you been immunized for COVID-19? (check one): Y N If yes, have you had: One shot Two shots
 Three shots Booster date(s) _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional).

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects).

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS		
(Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU			
(CONTINUED)	Yes	No	
9. Do you get light-headed or feel shorter of breath than your friends during exercise?			
10. Have you ever had a seizure?			
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Unsure	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?			
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?			
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?			

BONE AND JOINT QUESTIONS		Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?			
MEDICAL QUESTIONS		Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
17. Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?			
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?			
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?			
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?			
22. Have you ever become ill while exercising in the heat?			
23. Do you or does someone in your family have sickle cell trait or disease?	Unsure		
24. Have you ever had or do you have any problems with your eyes or vision?			

MEDICAL QUESTIONS (CONTINUED)		Yes	No	
25. Do you worry about your weight?				
26. Are you trying to or has anyone recommended that you gain or lose weight?				
27. Are you on a special diet or do you avoid certain types of foods or food groups?				
28. Have you ever had an eating disorder?				
MENSTRUAL QUESTIONS		N/A	Yes	No
29. Have you ever had a menstrual period?				
30. How old were you when you had your first menstrual period?				
31. When was your most recent menstrual period?				
32. How many periods have you had in the past 12 months?				

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

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■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance) PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____ (_____ / _____)	Pulse: _____	Vision: R 20/ _____ L 20/ _____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
COVID-19 VACCINE		
Previously received COVID-19 vaccine: <input type="checkbox"/> Y <input type="checkbox"/> N		
Administered COVID-19 vaccine at this visit: <input type="checkbox"/> Y <input type="checkbox"/> N If yes: <input type="checkbox"/> First dose <input type="checkbox"/> Second dose <input type="checkbox"/> Third dose <input type="checkbox"/> Booster date(s) _____		
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, ears, nose, and throat • Pupils equal • Hearing		
Lymph nodes		
Heart ^a • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		
Lungs		
Abdomen		
Skin • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test		

^a Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

Preparticipation Physical Evaluation Medical Eligibility Form

The Medical Eligibility Form is the only form that should be submitted to school. It should be kept on file with the student's school health record.

Student Athlete's Name _____ Date of Birth _____

Date of Exam _____

- Medically eligible for all sports without restriction
- Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of
- Medically eligible for certain sports
- Not medically eligible pending further evaluation
- Not medically eligible for any sports

Recommendations: _____

I have reviewed the history form and examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings- are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Signature of physician, APN, PA _____

Office stamp (optional)

Address: _____

Name of healthcare professional (print) _____

I certify I have completed the Cardiac Assessment Professional Development Module developed by the New Jersey Department of Education.

Signature of healthcare provider _____

Shared Health Information

Allergies _____

Medications:

Other information: _____

Emergency Contacts: _____

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**This form has been modified to meet the statutes set forth by New Jersey.*

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■ PREPARTICIPATION PHYSICAL EVALUATION

ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Name: _____ Date of birth: _____

1. Type of disability:		
2. Date of disability:		
3. Classification (if available):		
4. Cause of disability (birth, disease, injury, or other):		
5. List the sports you are playing:		
	Yes	No
6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily activities?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed as having a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "Yes" answers here.

Please indicate whether you have ever had any of the following conditions:

	Yes	No
Atlantoaxial instability		
Radiographic (x-ray) evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____