

Dear Parents and Guardians

The State of New Jersey Department of Education has updated the Preparticipation Physical Evaluation (PPE), commonly referred to as the “sports physical form.

<https://www.nj.gov/education/safety/health/athlete>

There has been a change in the requirements for submission of the updated PPE. The History Form and the Physical Examination Form within the packet **do not need to be submitted to the student’s school**. The History Form and the Physical Examination Form should be kept by the healthcare provider who completes the PPE. Only the completed Medical Eligibility Form should be submitted to the school. The Medical Eligibility Form provides space for the healthcare provider to share relevant health information with the school if necessary and includes a recommendation regarding the student’s ability to participate in athletics. **It is your healthcare provider’s responsibility to provide the Medical Eligibility Form**. It is important to note that the PPE must be conducted by a licensed physician, advanced practice nurse, or physician assistant who has completed the student-athlete cardiac assessment professional development module developed by the NJDOE.

It is your responsibility to get the sports packet completed by the student, parent or guardian, and your healthcare provider to the school so we can provide the information to our school doctor. Once submitted to the school, the Medical Eligibility Form should be kept in the student’s health file and recorded on the A-45. Pursuant to N.J.A.C. 6A:16-2.4, 2.2(h)1iv, and 2.3(a)4iv, each school district is required to “provide to the parent written notification signed by the school physician 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.”

If a student’s PPE was completed over 90 days prior to the first day of official practice in an athletic season, a Health History Update Questionnaire (often called a 90-day update form) is still required.

https://www.nj.gov/education/safety/health/athlete/docs/HealthHistoryUpdatedQuestionnaire_QUESTIONS1through10.pdf

The updated forms and a frequently asked questions document are available on the NJDOE Information for Student Athletes page.

<https://www.nj.gov/education/safety/health/athlete>

Make sure to also provide signed consent forms regarding Concussion, Cardiac, and Opioid, these forms are to be signed by BOTH parent/guardian and student.

Also if any medication are needed for emergencies please complete the appropriate forms on the school website under school nurse.

Please note the documents above require a parent/guardian sign-off AND the student’s signature must be *individually* signed and returned.

