

# Valley Middle School sports clearance for all sports

## *Required Forms for Sports Clearance:*

**Pre-Participation Physical Evaluation Form - Athletic physical** ( Valid for 365 days- COMPLETED BY YOUR PEDIATRICIAN)

1. **Updated Health History Questionnaire**(Complete for every sport season by parent / guardian)
2. **Concussion Release Form**(This must be signed by the sports participant and parent / guardian - completed annually).
3. **Sudden Cardiac Death Release Form**(This must be signed by the sports participant and parent / guardian- completed annually)
4. **Opioid Release Form** ( This must be signed by the sports participant and parent / guardian - completed annually)

## *Deadline for ALL FORMS*

- Fall Sports - Soccer / Cross Country Track ( *No later than August 15*)
- Winter Sport - Basketball and Cheerleading ( *No later than October 15*)
- Spring Sport - Track & Field - (*No later than March 15th.*)

\*Clearance for **A LL SPORTS** is a process that may take **ONE WEEK or LONGER**. Please be sure that **ALL FORMS** are received by the School Nurse no later than the date stated above for each individual sport.

**\*\*ALL PHYSICALS AND FORMS** must be reviewed by the school nurse and the Franklin Lakes School District doctor for clearance to participate in any tryout or practice. Please note, that if your child has any health concerns additional time and paperwork may be required prior to sports clearance. Once again, clearance for **A LL SPORTS** is a process that may take **O NE WEEK or LONGER**.

**\*\*\***All students participating in sports require a current approved physical to be on file with the Health Office. Each student whose physical was completed more than 90 days prior to the first day of tryouts must provide a "health history update questionnaire".