

## New Jersey Department of Education Health History Update Questionnaire

Name of School:

To participate on a school-sponsored interscholastic or intramural athletic team or squad, each student whose physical examination was completed more than 90 days prior to the first day of official practice shall provide a health history update questionnaire completed and signed by the student's parent or guardian.

Student:

Age:

Grade:

Date of Last Physical Examination:

Sport:

**Since the last pre-participation physical examination, has your son/daughter:**

1. Been medically advised not to participate in a sport? Yes      No

If yes, describe in detail:

2. Sustained a concussion, been unconscious or lost memory from a blow to the head? Yes      No

If yes, explain in detail:

3. Broken a bone or sprained/strained/dislocated any muscle or joints? Yes      No

If yes, describe in detail.

4. Fainted or "blacked out?" Yes      No

If yes, was this during or immediately after exercise?

5. Experienced chest pains, shortness of breath or "racing heart?" Yes      No

If yes, explain

6. Has there been a recent history of fatigue and unusual tiredness? Yes      No

7. Been hospitalized or had to go to the emergency room? Yes      No

If yes, explain in detail

8. Since the last physical examination, has there been a sudden death in the family or has any member of the family under age 50 had a heart attack or "heart trouble?" Yes      No

9. Started or stopped taking any over-the-counter or prescribed medications? Yes      No

10. Been diagnosed with Coronavirus (COVID-19)? Yes      No

If diagnosed with Coronavirus (COVID-19), was your son/daughter symptomatic? Yes      No

If diagnosed with Coronavirus (COVID-19), was your son/daughter hospitalized? Yes      No

Date:

Signature of parent/guardian:

**Please Return Completed Form to the School Nurse's Office**



Name: \_\_\_\_\_

Coach/Adviser: \_\_\_\_\_

Fall Activity \_\_\_\_\_

Winter Activity \_\_\_\_\_

Spring Activity \_\_\_\_\_

## 2024-2025 Pitman High School Extra-Curricular Contract

Participation in extracurricular activities at Pitman High School is based upon a student's ability to contribute to his/her overall experience in a positive and productive manner. This ongoing tradition is achieved through interaction with others, development of skills, and the aspiration to contribute to an organization on a variety of scholastic levels.

**All procedures stated below are in effect for students during any season/activity period in which they participate.**

**I. DISCIPLINE/SUSPENSION (Internal or External):** Procedures related to suspension during any season/activity.

First Offense

- School discipline procedure as stated by Pitman High School.
- Unable to participate in any school activity for the duration of the suspension (including last day of suspension).

Second Offense

- School discipline procedure as stated by Pitman High School.
- Removal from activity for remainder of the season/activity (one marking period for extracurricular activities).

\*Lateness to school, on day of activity, may result in student missing activity bus (based upon departure time). No student is permitted to participate in an activity if they are not transported via school transportation (i.e. after school events-sports).

**II. ALCOHOL, TOBACCO and/or CONTROLLED DANGEROUS SUBSTANCE:** Procedures related to rules and/or policies pertaining to the use or possession of tobacco, alcohol and/or other controlled dangerous substance.

First Offense

- School discipline procedure as stated by Pitman High School.

Second Offense

- School discipline procedure as stated by Pitman High School.
- Removal from activity for remainder of the season/activity (one marking period for extracurricular activities).

**III. ACADEMIC REQUIREMENTS:** Any student who fails 2 or more subjects, in marking periods 1-3 will become ineligible to participate for the following marking period within the current school year. Reinstatement may occur when grades are reevaluated at the end of the following marking period.

- Students who withdraw from a class with a failing grade are regarded in the same manner as stated above
- Students with an incomplete may not participate until all work has been finished (maximum 10 days for completion).

**IV. ATTENDANCE (Loss of credit):** Failure to maintain Pitman High School attendance standards (17 or more absences).

\*\*Removal from all activities for the remainder of the school year. Credit completion will take place following the conclusion of the school year.

**V. LATENESS:** Students must arrive to school by the end of period 1 and attend a full day of school in order to participate in an extracurricular activity (Friday or a Saturday game).

**VI. INAPPROPRIATE CONDUCT:** Activities that are deemed inappropriate/illegal (printed materials, Internet websites, photos, language, etc.)

- School discipline procedure as stated by Pitman High School
- Removal from activity for remainder of the season/activity (one marking period for extra-curricular activities)

If for any reason I am in violation of the above stated procedures, I accept that I will be required to complete the interventions, as required on the part of contract, in order to return to the above activity, for the remainder of the season/event.

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)

\*The above stated information is in effect from the first day of practice/participation, of the above stated activity, until the last scheduled contest/meeting/performance as noted by NJSIAA and/or the administration. Any student who does not complete the season will not receive an award/recognition for that activity.

# Pitman High School Athletics

225 Linden Ave

Pitman, NJ

Dear Parent/Guardian:

**Please sign this form**

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## STUDENT PARTICIPATION AND INFORMATION/PARENTAL APPROVAL FORM

As parent/legal guardian, I hereby authorize my child \_\_\_\_\_, Grade \_\_\_\_\_, Sport \_\_\_\_\_, to participate in activities related to competition as a member of the team.

Realizing that such activity involves the potential for injury which is inherent in all sports, I acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis, or even death. I acknowledge that I have read and understand this warning.

We understand that the Board of Education does provide limited medical insurance for athletes. This limited accident insurance coverage purchased by the school provides coverage on an EXCESS BASIS ONLY. Knowing that this is a limited insurance policy, we agree to accept responsibility for submitting those medical/surgical costs to our insurance carrier.

This means that only those medical expenses which are not covered by our own personal or group insurance are eligible for coverage under the school policy.

**PLEASE NOTE: This form also authorizes the Pitman coaching staff and the Guidance Department to release athletic and academic information when requested by college/universities.**

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Date

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Signature of Parent/Guardian

**STUDENT ATHLETES NEED ONE (1) PHYSICAL PER SCHOOL YEAR.**

**Please return *signed* participation form to the athletic director's office.**