



SAINT ROSE *of* LIMA  
CATHOLIC SCHOOL  
PRAYER | STUDY | COMMUNITY | SERVICE

St. Rose of Lima School  
Nurse's Office

## Grades 6, 7 & 8

### **Sports Physical Requirements Overview**

Required forms can be downloaded via the links in blue below. These forms must be turned into the nurse's office prior to the first day of practice. **No one will be allowed to participate until the nurse receives the proper paperwork.** Once the paperwork is complete, the nurse will issue a clearance in Family ID so the coaches can access the list of students who have been cleared.

1. **Preparticipation Physical Evaluation Form:** This form has multiple sections, and instructions for each section are outlined below.
  - a. **History Form:** This must be completed in its entirety by the parent prior to your doctor's appointment. Make sure to fill in the actual physical exam date at the top of the page. Make sure both student and parent sign this form and take it with you to the doctor for review.
  - b. **The Athlete with Special Needs Supplemental History:** This is only required to be filled out for those who have a condition or disability which requires special accommodations.
  - c. **Physical Examination Form & Clearance Form:** *The physical must be within 365 days of the first day of practice to be valid.* The physical examination form must be completed in its entirety. No blanks can be accepted. Make sure your physician puts the actual date of the physical under #2 where it says examination. They **MUST** check off the clearance boxes, sign, and date these pages. Make sure the doctor signs the Cardiac Module on the clearance form.
2. **Important Health and Injury Info. for Parents of Middle School Athletes:**

Please [read this letter](#) from the State of New Jersey about the Scholastic Student-Athlete Safety Act, and look over the documents below which cover important health topics related to middle school sports. When you fill out your child's sports registration [on Family ID](#), you will be asked to sign off on having read these documents.

  - a. [NJSIAA Concussion Information](#)
  - b. [Sudden Cardiac Death in Young Athletes Pamphlet](#)
  - c. [Sports Related Eye Injury Pamphlet](#)
  - d. [Opioid Fact Sheet](#)