



St. Rose of Lima School  
Nurse's Office

## Grades 6, 7 & 8

### **Sports Physical Requirements Overview**

**Preparticipation Physical Forms:** There are multiple forms to be filled out prior to sports participation. Required forms can be downloaded via the links in blue below. 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. **No one will be allowed to participate until the nurse receives the proper paperwork. The only forms that need to be returned to the school nurse are forms 4 and 5.**

1. [Preparticipation Physical Examination Form](#): This form is to be filled out by your student's doctor. This form does not get returned to the school nurse but stays on file with the doctor's office.
2. [Preparticipation Physical 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. This form does not get returned to the school nurse but stays on file with the doctor's office.
3. [The Athlete with Special Needs Supplemental History Form](#): This is only required to be filled out for those who have a condition or disability which requires special accommodations. This form does not get returned to the school nurse but stays on file with the doctor's office.
4. [Medical Eligibility Form](#): *The physical must be within 365 days of the first day of practice to be valid.* They MUST check off the clearance boxes, sign, and date these page. Please make sure the doctor signs the Cardiac Module certification on the form. **This form must be completed and returned to the school nurse.**
5. [Health History Update Questionnaire](#): This form must be filled out by parents only if the physical exam was completed more than 90 days prior to the official first day of practice. The doctor is not required to sign this form. **This form must be returned to the school nurse.**

**Important Health and Injury Info. for Parents of Middle School Athletes:** Please 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](#)