

DEMAREST MIDDLE SCHOOL
ATHLETIC FORMS DIRECTIONS
Mandated Paperwork for Athletic Participation

****According to the New Jersey State Department of Education, in order for a student to participate in Athletics, the following forms must be completed and returned to the DMS School Health Office for clearance.**

****All forms returned must be reviewed and processed by the school nurse and the school physician before the athlete can try out or practice for a team. Please be aware that this can take up to a week.**

All forms for athletics can be found online. Go to the Nurses website, click on the *Athletics* tab on the right side of the page. **The forms listed below are state required forms and no other forms for sports will be accepted.**

History Update Questionnaire—this form only needs to be done if you have a current physical (*one within 365 days*) on file in the school medical office.

Sports Pre participation Physical and eligibility forms—has 5 pages ****Required if your child does not have a current physical in the school medical office.**

Page 1 & 2—history form to be completed and signed by the parent and athlete, prior to the physical exam.

Page 3—supplemental history form for students with disabilities must be filled out prior to physical exam and signed by parent and athlete, (check NO to all if they do not apply).

Page 4—to be completed by your child's examining physician after reviewing form 1 and 2 and completing the physical exam of your child.

Page 5—Pre participation Physical Evaluation Eligibility form must be completed by your child's doctor.

Concussion form and Sign off Sheet—requires parent and athlete's signature.

Opioid Fact Sheet—please read this information then print ***Opioid Facts Sign Off Sheet***—requires parent and athlete's signature.

SCD in Young Athletes—please read this information then print ***SCD in Young Athletes Sign Off Sheet***—requires parent and athlete's signature.

Sports related eye injuries.—this is an informational form for you to read that the state sent to be posted for all athletes to read.

*****All Eligibility forms and sign off sheets need to be returned to the health office by **August 27, 2025 for fall sports**. Any forms not received by this date, jeopardizes the start of the season for the athlete.**

******The safety of our school athletes is our most important consideration and no athlete will be allowed to participate in interscholastic sports if school procedures and State Guidelines are not followed.**