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 used. A current physical is one that has been done within the past 365 days. If your child’s physical expire after the due dates, but before the first day of practice, please schedule a physical for your child asap.

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

\*\*All forms for athletics can be found online. Go to Demarest Middle School website, Under the ‘About Us’ tab click on *Nurse’s Office* tab. On the left side you will see a Related Documents area, click on the Athletics tab. All forms will be listed*.* **The forms listed below are state required forms and no other forms for sports will be accepted.**

***Athletic Pre-participation History and Physical—***has 4 pages \*\***Required if your child does not have a current physical in the school medical office.**

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

***Page 2****—*athlete supplemental history form must be filled out prior to physical exam and signed by parent and athlete, (check NO to all if they do not apply).

***Page 3 & 4—***to be completed by your child’s examining physician after reviewing form 1 and 2 and completing the physical exam of your child. Both pages 3 and 4, must be signed by the examining physician. Please make sure all items are completed and the date of your child’s exam is on the form. **Incomplete forms will cause a delay in processing forms and therefore the start of your child’s start to the season.**

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

**State required Information to be shared with Athletes and parents of athletes:**

***Concussion Information form—***please read the information contained here

***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.

***Opioid Fact Sheet—***please read this information

***SCD in Young Athletes—***please read this information

\*\*All the above information is to be signed off as read in your child’s portal

**\*\*\*\*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.**

**\*\*\*Due Dates\*\*\***

**For Fall Sports all physicals should be turned in by the last week in August to ensure your child will be cleared for sports by the first day of tryouts/practice**

**Basketball season: all physicals should be in by Nov. 1.**

**Track season: all physicals should be in by April 1.**