



To: Elmwood Park High School Parents and Athletes

From: Mr. Basile, Athletic Director  
Mrs. LaBianco, Athletic Trainer

Re: ATHLETIC PHYSICAL FORMS

The information below will assist in the completion of the pre-participation paperwork that is necessary for all physical activities. This is the first step in medical clearance and must be submitted by the announced due date in order to be considered for participation.

The NJSIAA requires yearly physical examinations which must be completed on the attached forms. Universal forms are not accepted. When completing the forms, please follow the following guidelines:

- All parent and student signature lines are completed.
- All medical history questions must be answered completely and accurately. If any questions are answered "yes", provide an answer/explanation.
- If your son/daughter uses an inhaler for asthma, a CURRENT (same school year) asthma treatment plan MUST be on file with the school nurse.
- If your son/daughter has an allergy that requires an Epi-pen, a CURRENT (same school year) allergy treatment plan MUST be on file with the school nurse, along with the medication.
- The doctor's signature is required on the Cardiac Module line. If your doctor is not in New Jersey, he/she may choose not sign that portion. If that occurs, the paperwork may be returned.

In addition to the physical paperwork, the NJSIAA requires parents and student-athletes to review information on the following topics and provide acknowledgement of receipt and review.

- Concussion Education and Policy
- Eye Glasses and Sports Safety Fact Sheet
- Opioid Abuse Fact Sheet and Video
- Sudden Cardiac Death Education
- Steroid/Banned Substance Testing

This information can be found using the link provided or by going on to the high school athletic webpage under physical packets. <http://hs.elmwoodparkschools.org/athletics>

Also included online is information on our injury policies, concussion baseline testing and protocol, school insurance information, and information on purchasing extra accidental insurance for your child.

Please read through all documents and sign the attached form acknowledging you have done so, and return by the due date to Mrs. LaBianco. NO PAPERWORK WILL BE ACCEPTED AFTER THE DUE DATE. If you have any questions regarding this process, please contact Mrs. LaBianco at [labianco@epps.org](mailto:labianco@epps.org).

# ELMWOOD PARK SCHOOL DISTRICT

## Interscholastic Athletic Permission Form

**Student's Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School Year:** \_\_\_\_\_ **Sport:** \_\_\_\_\_

### I. Consent of Parent/ Guardian

I hereby give my consent for my child to participate in interscholastic athletics in the Elmwood Park School District for the current school year.

I acknowledge that participation in athletics involves an inherent potential for injury. Although the staff members exercise every precaution against possible injury, parent or guardian's are required to assume responsibility for consenting to participation and to risk the liability of injury. I acknowledge that physical hazards may be encountered in the conduct of activity and in all arrangements incidental thereto.

I hereby authorize the release of my child's pertinent medical information to appropriate professional staff. I give consent and understand that the information may be shared, when necessary, with appropriate professional staff involved in the care of my child.

The Elmwood Park Board of Education provides excess coverage insurance for all student athletes. Such excess coverage generally provides for coverage beyond the initial coverage provided by the student's family home, private, or business insurance.

I am advised that student-athletes are held responsible for the athletic equipment and uniforms owned and issued to them by the school district. Also, I am advised that student athletes are to adhere to the Elmwood Park Board of Education Student/Athletic Conduct and Responsibilities Policy.

### II. Transfer Students/Foreign Exchange Students

If the athlete attended a high school (9-12th grades) **other than** Elmwood Park High School in the preceding school year, please list the name of the school, city, and state below:

\_\_\_\_\_

### III. Medical Eligibility

I am advised that in order to participate in games or practices the student must meet all terms of medical and academic eligibility. A completed medical history and physical examination must be completed and which must then be granted final approval by the school physician.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of student: \_\_\_\_\_ Date: \_\_\_\_\_

**NJSIAA Concussion Policy Acknowledgement Form/Baseline Test Consent**

By signing below, you acknowledge that you have received and reviewed the “Concussion Fact Sheet” and that you understand the policy/procedures for a student with a suspected concussion. You understand that the student-athlete will not be allowed to return to competition or practice until he/she has written clearance from a physician trained in concussion management and has completed his/her return-to-play protocol.

By signing below you are also giving permission for your son/daughter to participate in concussion baseline testing.

_____	_____
Student-Athlete Name	Student-Athlete Signature
_____	_____
Parent/Guardian Name	Parent/Guardian Signature

**Sudden Cardiac Arrest Information Sheet & Acknowledgement of Receipt and Review Form**

The Commissioner of Education in NJ, in consultation with the Commissioner of Health in NJ, the American Heart Association, and the American Academy of Pediatrics, have developed a pamphlet that provides information about Sudden Cardiac Death.

By signing below, you acknowledge that you have received and reviewed the “Sudden Cardiac Death in Young Athletes” pamphlet.

_____	_____
Student-Athlete Name	Student-Athlete Signature
_____	_____
Parent/Guardian Name	Parent/Guardian Signature

**Opioid Use and Misuse Educational Fact Sheet and Video**

By signing below, you acknowledge that you have received and reviewed the “Opioid Use and Misuse Educational Fact Sheet”.

_____	_____
Student-Athlete Name	Student-Athlete Signature
_____	_____
Parent/Guardian Name	Parent/Guardian Signature

**NJSIAA Banned Substance Testing Policy & Consent to Random Testing**

By signing below, you consent to random testing in accordance with the NJSIAA steroid testing policy. You understand that, if the student or the student’s team qualifies for a state championship tournament or competition, the student may be subject to testing for banned substances.

_____	_____
Student-Athlete Name	Student-Athlete Signature
_____	_____
Parent/Guardian Name	Parent/Guardian Signature

**School Insurance Policy**

By signing below, you are stating that you decline the offer to purchase extra accidental injury insurance for your child and you understand that the school insurance will NOT cover all medical bills. The school is NOT responsible for any bills that may occur as a result of a sports injury.

_____	_____
Student-Athlete Name	Student-Athlete Signature
_____	_____
Parent/Guardian Name	Parent/Guardian Signature

# PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

*(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep a copy of this form in the chart.)*

Date of Exam \_\_\_\_\_  
 Name \_\_\_\_\_ Date of birth \_\_\_\_\_  
 Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

\_\_\_\_\_

\_\_\_\_\_

Do you have any allergies?  Yes  No If yes, please identify specific allergy below.

Medicines  Pollens  Food  Stinging Insects

**Explain "Yes" answers below. Circle questions you don't know the answers to.**

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	30. Do you have groin pain or a painful bulge or hernia in the groin area?		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?			31. Have you had infectious mononucleosis (mono) within the last month?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			32. Do you have any rashes, pressure sores, or other skin problems?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?			33. Have you had a herpes or MRSA skin infection?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____			34. Have you ever had a head injury or concussion?		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Do you get lightheaded or feel more short of breath than expected during exercise?			36. Do you have a history of seizure disorder?		
11. Have you ever had an unexplained seizure?			37. Do you have headaches with exercise?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	39. Have you ever been unable to move your arms or legs after being hit or falling?		
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?			40. Have you ever become ill while exercising in the heat?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			41. Do you get frequent muscle cramps when exercising?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			42. Do you or someone in your family have sickle cell trait or disease?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			43. Have you had any problems with your eyes or vision?		
BONE AND JOINT QUESTIONS	Yes	No	44. Have you had any eye injuries?		
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			45. Do you wear glasses or contact lenses?		
18. Have you ever had any broken or fractured bones or dislocated joints?			46. Do you wear protective eyewear, such as goggles or a face shield?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			47. Do you worry about your weight?		
20. Have you ever had a stress fracture?			48. Are you trying to or has anyone recommended that you gain or lose weight?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			49. Are you on a special diet or do you avoid certain types of foods?		
22. Do you regularly use a brace, orthotics, or other assistive device?			50. Have you ever had an eating disorder?		
23. Do you have a bone, muscle, or joint injury that bothers you?			51. Do you have any concerns that you would like to discuss with a doctor?		
24. Do any of your joints become painful, swollen, feel warm, or look red?			FEMALES ONLY		
25. Do you have any history of juvenile arthritis or connective tissue disease?			52. Have you ever had a menstrual period?		
			53. How old were you when you had your first menstrual period?		
			54. How many periods have you had in the last 12 months?		

**Explain "yes" answers here**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

# ■ PREPARTICIPATION PHYSICAL EVALUATION

## THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

Date of Exam \_\_\_\_\_

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

1. Type of disability		
2. Date of disability		
3. Classification (if available)		
4. Cause of disability (birth, disease, accident/trauma, other)		
5. List the sports you are interested in playing		
	<b>Yes</b>	<b>No</b>
6. Do you regularly use a brace, assistive device, or prosthetic?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or any other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

**Explain "yes" answers here**

---



---



---



---



---

**Please indicate if you have ever had any of the following.**

	<b>Yes</b>	<b>No</b>
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

**Explain "yes" answers here**

---



---



---



---



---

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

© 2010 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. Permission is granted to reprint for noncommercial, educational purposes with acknowledgment.

New Jersey Department of Education 2014; Pursuant to P.L.2013, c. 71

**NOTE:** The preparticipation physical examination must be conducted by a health care provider who 1) is a licensed physician, advanced practice nurse, or physician assistant; and 2) completed the Student-Athlete Cardiac Assessment Professional Development Module.

# PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

## PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ ( _____ / _____ )	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> <li>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span &gt; height, hyperlaxity, myopia, MVP, aortic insufficiency)</li> </ul>		
Eyes/ears/nose/throat <ul style="list-style-type: none"> <li>Pupils equal</li> <li>Hearing</li> </ul>		
Lymph nodes		
Heart <sup>a</sup> <ul style="list-style-type: none"> <li>Murmurs (auscultation standing, supine, +/- Valsalva)</li> <li>Location of point of maximal impulse (PMI)</li> </ul>		
Pulses <ul style="list-style-type: none"> <li>Simultaneous femoral and radial pulses</li> </ul>		
Lungs		
Abdomen		
Genitourinary (males only) <sup>b</sup>		
Skin <ul style="list-style-type: none"> <li>HSV, lesions suggestive of MRSA, tinea corporis</li> </ul>		
Neurologic <sup>c</sup>		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional <ul style="list-style-type: none"> <li>Duck-walk, single leg hop</li> </ul>		

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

<sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.

<sup>c</sup>Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_
- Not cleared
- Pending further evaluation
  - For any sports
  - For certain sports \_\_\_\_\_
- Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

**I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, a physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of physician, advanced practice nurse (APN), physician assistant (PA) (print/type) \_\_\_\_\_ Date of exam \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician, APN, PA \_\_\_\_\_

# ■ PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

Name \_\_\_\_\_ Sex  M  F Age \_\_\_\_\_ Date of birth \_\_\_\_\_

Cleared for all sports without restriction  
 Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

Not cleared  
 Pending further evaluation  
 For any sports  
 For certain sports \_\_\_\_\_  
Reason \_\_\_\_\_

Recommendations \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## EMERGENCY INFORMATION

Allergies \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other information \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## HCP OFFICE STAMP

## SCHOOL PHYSICIAN:

Reviewed on \_\_\_\_\_  
(Date)

Approved \_\_\_\_\_ Not Approved \_\_\_\_\_

Signature: \_\_\_\_\_

**I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of physician, advanced practice nurse (APN), physician assistant (PA) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician, APN, PA \_\_\_\_\_

## Completed Cardiac Assessment Professional Development Module

Date \_\_\_\_\_ Signature \_\_\_\_\_

**Elmwood Park School District  
Department of Athletics**

Sport: \_\_\_\_\_

**MEDICAL TREATMENT CONSENT**

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

In the event that my child is injured while participating in athletics, I hereby grant permission for my child to receive emergency medical treatment at a duly licensed and certified hospital or medical facility. I understand that medical treatment would not begin until a reasonable effort has been made to contact me.

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

Family Doctor's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Hospital of Preference: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**

Mother/Guardian's Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Father/Guardian's Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

In the event that you cannot be reached, please provide us with a parental substitute.

Parental Substitute Name: \_\_\_\_\_ Phone Number(s): \_\_\_\_\_

**PLEASE PROVIDE THE FOLLOWING MEDICAL INFORMATION:**

1. Does your child have a history of any of the following conditions (please check):

\_\_\_\_ Heart Trouble    \_\_\_\_ Diabetes    \_\_\_\_ Epilepsy    \_\_\_\_ Other-please explain

2. Is your son/daughter currently taking any medication?

\_\_\_\_ YES (please list medication)    \_\_\_\_ NO

3. Does your son/daughter have any allergies (food, medication, or bee stings)?

\_\_\_\_ YES (please explain)    \_\_\_\_ NO