

Fort Lee High School Health Office

3000 Lemoine Avenue, Fort Lee NJ 07024 Office (201) 585 – 4675 ext. 6502/6618 Email: flhsnurse@flboe.com

Sport Physical Packet Checklist

The following items are required to meet the Sport Physical Requirements:

- All completed **athletic forms** must be submitted in person to the coach, athletic trainer, or school nurse. **NO FAXES or EMAILS** of the athletic forms will be accepted. The physical examination shall be documented using only the **Preparticipation Physical Evaluation (PPE) forms** developed jointly by the American Academy of Family Physicians, and the American Academy of Pediatrics.
- The completion of the **Sport Physical Requirement Form** has been reviewed, initialed, and signed by the **Parent**.
- The completion of the **History Form** has been reviewed and signed by the **Parent and Student**.
- Make sure all sections on the **History Form** are completed. All “**yes**” answers must be explained.
- The completion of the **Athlete with Special Needs: Supplemental History Form** has been reviewed and **signed by the Parent and Student**. Please indicate **N/A** if this section does not apply to your child and **include both signatures**.
- Make sure the screening section (**height, weight, gender, blood pressure, pulse, and vision**) on the **Physical Exam Form** has been completed by your health care provider (MD, DO, APN, or PA). ***If the screening section is incomplete, the sport physical packet will be returned to the student and there will be a delay in the approval process to participate in the sport activity.***

If your child wears glasses or contacts, the eye doctor must document and stamp the corrected vision results on the **Physical Exam Form**. The vision results from your child’s eye doctor visit can also be attached to the sports physical packet.

- The **Physical Exam Form** has been **reviewed, completed, and signed** by the health care provider. Please make sure the form is dated on both pages. Make sure to keep a copy of your physical exam and clearance form to schedule future physical examination appointments with your child’s healthcare provider after the last date of the exam. Physical exam forms are good for one calendar year. After the calendar year expiration date, a new sports physical packet is required and can be submitted to the school nurse, the athletic trainer, or the coach.
- The **Clearance Form** has been **reviewed, completed, & signed (2nd signature)** by the **same** health care provider that completed the **Physical Exam Form**. The **same** healthcare provider has signed (**3rd signature**) at the bottom of the **Clearance Form** under the **Cardiac Assessment Professional Development Module** section attesting to the completion of the state-required module. The healthcare provider's official office stamp is required on the **Clearance Form**. Sport Physical Forms will be returned to the student if the **Clearance Form** does not have an official healthcare provider stamp.

Please note the health care provider must have completed the **Cardiac Assessment Professional Development Module** in order to fill out any New Jersey Department of Education Athletic forms. This module can be found at: <https://www.nj.gov/education/safety/health/athlete/PDModule.shtml>

- For all healthcare providers located outside of New Jersey, the **Cardiac Assessment Professional Development Module** completion certificate must be submitted along with the athletic forms.

It is recommended to call your child’s out-of-state healthcare provider to find out if the required Cardiac Assessment Professional Development Module was completed before making a physical examination appointment or having the healthcare provider complete the athletic forms. Sport Physical Packets

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completed by out-of-state health care providers will NOT be accepted if the completion certificate for the Cardiac Assessment Module is not attached.

MEDICAL CONDITIONS (e.g., History of Asthma, Allergies, Cardiac, Seizures, or Injuries): All **medical forms (Including Asthma, Allergies, Resolution of Medical Condition form, Student Medical Report, etc.)** are online and can be found on the FLHS nurse website which is located at:
<https://flhs.flboe.com/offices/nurse>

Medical condition forms are due on the first day of school. If they were not submitted at that time, it is recommended that you print the medical condition forms from the online website before your child attends the scheduled physical examination appointment. **If the medical forms are not received with the sport physical packet, the sport physical packet will be returned to the student and there will be a delay in the approval process to participate in the sport activity.**
All medical forms must be completed, signed, and stamped by the healthcare provider.

If your child has a history of asthma or RAD, the **Asthma Treatment Plan and Self Administration Forms** must be completed. If your child no longer has asthma or RAD, a note from your doctor is required. The health care provider can document the resolution of this medical condition, or that no medication is required, under "Other Information" on the Clearance Form, or the Resolution of Medical Condition Form must be completed.

Allergy Forms (mild or severe) are completed if your child has a history of allergies. If your child no longer has allergies or no medication is needed to treat the allergy, then a note from your healthcare provider is required. The health care provider can also document this resolution, and/or no medication is needed, under "Other Information" which is located on the **Clearance Form** or the completion of the **Resolution of Medical Condition Form** will be required.

For ***mild allergic reactions***, if your child requires an antihistamine or Benadryl only, the completion of the **Mild Allergic Reaction- Benadryl or Antihistamine Forms** is required. All medication must be submitted to the school nurse. ***Please be aware that antihistamines cannot be self-administered and must be administered by a school nurse during school hours.***

For ***severe allergic reactions***, if your child requires an Epinephrine Auto-Injector (e.g., Epi-Pen, Auvi-Q, SYMJEPi) all listed items under the **Requirements for Allergic Students Using Epinephrine Auto-Injectors** are required. Please note that the **Indemnification Form** must be **notarized** and all medication must be submitted to the school nurse.

Please note that if your child has a history of asthma, allergies, or other medical conditions documented in the health records from the elementary/middle/intermediate schools, it will be required to either have your healthcare provider complete the online medical forms or complete the **Resolution of Medical Condition Form**.

If the parent or healthcare provider documents any medical condition on the Sport Physical forms, the appropriate medical forms are required before clearance can be given to the student to play a sport. Medical Forms can be found at: **<https://flhs.flboe.com/offices/nurse>**

Inquiries about your child's sports physical clearance status should be directed to their prospective coaches. All coaches are given a team list that includes the last date of exams, items missing, and clearance statuses. **Incomplete sections in the sport physical packet, will not be accepted and will be returned to the student for completion.**

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