

# Ewing Athletics



## **ATHLETIC PARTICIPATION PACKET**

### **PLEASE READ ALL INSTRUCTIONS PRIOR TO COMPLETING THIS PACKET**

**ALL** student athletes must get a new physical every **365 days** on the STATE/PRSD forms. Once their physical is more than 365 days old they become **INELIGIBLE** for athletics.

### **WHICH FORMS DO I NEED???**

#### **THE PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM MUST BE COMPLETED IF:**

- 1) You wish to participate or tryout for a school sport and you have not filled out a full packet for the current school year. The entire packet must be completed.
- 2) You are taking your child to your own physician for their physical (a note from your doctor will not be acceptable)

#### **THE HEALTH HISTORY UPDATE QUESTIONNAIRE MUST BE COMPLETED IF:**

- 1) You completed a full physical packet and received a physical for one sport this current school year, and you are trying out for your 2<sup>nd</sup> or 3<sup>rd</sup> sport of the school year.

### **COMPLETED FORMS SHOULD BE TURNED IN TO THE NURSE**

#### **Forms that are required to be returned are:**

- Physical Forms (Pages 1-4) or Health History Form (Page 5)
- Permission To Engage In Athletics (Page 6)
- Athletic Emergency Form (Page 7)
- Athletic Forms Acknowledgement Signature Page (Page 8)
- Athletes vs Opioids Video Viewing Acknowledgement Page (Page 9)
- Use and Misuse of Opioid Drugs Fact Sheet Sign-Off (Page 10)

Parents should keep the pages containing the Use and Misuse of Opioid Drugs Fact Sheet, NJSIAA Steroid Testing Policy and Concussion Information, Sudden Cardiac Death, Code of Ethics, Student Athlete Contract, and Parents Code of Conduct for their records – Do Not Return these pages with the permission and physical packet.

### **Incomplete Sports Packets**

The examining health care provider must complete the pre-participation physical evaluation form in its entirety. This includes the vision screening and the medical care provider's stamp (MD, APN, or PA). All incomplete forms will be returned to the student/parent, thus preventing the student from participating in their sport.

### **Information about Athletic Injuries**

Whenever a student is injured and requires a physician's note, he / she shall not be permitted to practice or take part in athletics until he / she has received a release form from the treating medical care provider. This release must be placed on file in the Nurse's office and Athletic Trainer's office. The ATC and the school nurse must be notified of any injuries within 24 hours of the injury.

### **Timeline for Fall – Winter – Spring Sports**

For season dates for Fall, Winter, and Spring Sports go to the Athletic Page on the Ewing Schools Web site:

<http://www.ewing.k12.nj.us/domain/49>