



Dear Parents and Students,

Congratulations on becoming a member of our Eagles sports team!

According to the **NJ Scholastic Student-Athlete Safety Act**, in order to participate in team sports, by law all athletes must submit the attached preparticipation forms. These are different than any regular form your healthcare provider fills out and they specifically address sports related issues. We cannot accept any other forms and these are in addition to anything you have already submitted. No student may practice or play till ALL forms are submitted and reviewed by the School Nurse.

Please read through the attached instruction sheet, forms and reading material to familiarize yourself with the requirements and the 6 forms that need to be submitted. Here is a review of required forms:

1. Preparticipation Physical Evaluation - **PHYSICAL EXAMINATION FORM**

To be completed and signed by healthcare provider within 364 days of first practice

2. Preparticipation Physical Evaluation - **CLEARANCE FORM**

To be completed and signed by healthcare provider within 364 days of first practice

3. Preparticipation Physical Evaluation - **HISTORY FORM**

To be completed and signed by Parent/Guardian and Student within 90 days of first practice

4. Sudden Cardiac Death in Young Athletes - **CARDIAC BROCHURE**

To be read by Parent/Guardian and Student

5. Sudden Cardiac Death in Young Athletes - **CARDIAC SIGN-OFF SHEET**

To be signed and dated by Parent/Guardian and Student (annually)

6. Sports-Related Concussion and Head Injury Fact Sheet and **CONCUSSION ACKNOWLEDGEMENT FORM**

To be signed and dated by Parent/Guardian and Student (annually)

7. Sports Related Eye Injury Fact Sheet - **EYE INJURY BROCHURE**

To be read by Parent/Guardian and Student. No forms to sign.

8. Opioid Use and Misuse: Educational Fact Sheet - **OPIOID BROCHURE**

To be read by Parent/Guardian and Student

9. Opioid Use and Misuse: Educational Fact Sheet - **OPIOID SIGN-OFF SHEET**

To be signed and dated by Parent/Guardian and Student (annually)

All forms must be submitted digitally (emailed) to the school nurse before hard copies are sent in. I am only in the office once a week but review emails and forms remotely as needed in order to expedite athlete clearance to practice and play.

Please keep in mind that the team relies on everyone's participation and if there are students missing forms it may significantly delay the start of the season for everyone. Thank you for your prompt attention to this matter.

Please feel free to reach out to me with any questions at [nurse@naalehighschool.org](mailto:nurse@naalehighschool.org)