



Dear Parents and Students,

Congratulations on becoming a member of a Naaleh sports team! #goeagles

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 from 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 any other health forms that you have already submitted. No student may practice or play until ALL forms are submitted and reviewed by the School Nurse.

Please read through this entire sheet and submit all of the required forms. Please note that some forms require a physician's signature while others require the parents and student athlete's signature. Athletic forms need to be submitted each school year.

Here is a list of the required forms:

1. Preparticipation Physical Evaluation - [\*\*PHYSICAL EXAMINATION FORM\*\*](#)

To be completed and signed by healthcare provider

2. Preparticipation Physical Evaluation - [\*\*CLEARANCE FORM\*\*](#)

To be completed and signed by healthcare provider

3. Preparticipation Physical Evaluation - [\*\*HISTORY FORM\*\*](#)

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

4. Health History Update- [\*\*HEALTH HISTORY UPDATE\*\*](#)

To be completed for any student whose physical examination was completed more than 90 days prior to the first day of official practice shall provide a health history update questionnaire completed and signed by the student's parent or guardian.

5. Sudden Cardiac Death in Young Athletes - [\*\*CARDIAC BROCHURE\*\*](#)

To be read by Parent/Guardian and Student

6. Sudden Cardiac Death in Young Athletes - [\*\*CARDIAC SIGN-OFF SHEET\*\*](#)

To be signed and dated by Parent/Guardian and Student



7. Sports-Related Concussion and Head Injury Fact Sheet and [CONCUSSION ACKNOWLEDGEMENT FORM](#)

To be signed and dated by Parent/Guardian and Student

8. Sports Related Eye Injury Fact Sheet - [EYE INJURY BROCHURE](#)

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

9. Opioid Use and Misuse: Educational Fact Sheet - [OPIOID BROCHURE](#)

To be read by Parent/Guardian and Student

10. Opioid Use and Misuse: Educational Fact Sheet Sign-Off- [OPIOID SIGN-OFF SHEET](#)

To be signed and dated by Parent/Guardian and Student

All forms should be submitted on the [health form google form](#).

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@naalehhighschool.org](mailto:nurse@naalehhighschool.org)