

# NORTH HUNTERDON REGIONAL HIGH SCHOOL ATHLETIC DEPARTMENT

## FORMS FOR ATHLETIC AND INTRAMURAL PARTICIPATION

The following forms are required for athletic and intramural participation at NHHS. All forms are to be returned to the Athletic Trainers or Nurses Offices by the due date. For Fall Sports this is August 1<sup>st</sup>. For winter sports November 15<sup>th</sup> and for spring sports February 15<sup>th</sup>.

1. New Jersey Department of Education Annual Physical Examination Form Part A. Health History Questionnaire [Pages A-1 through A-3](#). This form must be signed and dated within 60 days of the first day of practice. ([See chart](#)). This form must be done once for **each season** and is a brief medical history of the athlete and emergency contact information.
2. ANNUAL PHYSICAL EXAMINATION FORM Part B: Physical Evaluation Form [Pages B1-B4](#). The physical examination must have been done within one calendar year of the first day of practice. ([See chart](#)). This form is required once a year.
3. [Self administration of Inhaler form and Medication](#): This form is only necessary if your child uses an inhaler. This will be indicated on his/her physical. This form must be signed by both the parent and the doctor. It is required once each school year.
4. [Form for Allergic reaction \(Epinephrine\)](#): This form is only necessary if your child uses an Epi-pen. This will be indicated on his/her physical. This form must be signed by the parent and doctor. It is required once each school year.
5. [Interscholastic Sport \(athletics\) & Intramural Consent Form](#). This form must be signed and dated by the parent and student after reading the read only packet found on NHHS website. This form is required once a year. This forms provides parental permission for a large number of items, including Random Drug testing and ImPact testing and our concussion management program.
6. ImPact Concussion baseline testing is required for all NHHS athletes. [Click here for the schedule of tests](#). Testing is done once as a freshman and again as juniors. Testing is done prior to the first day of tryouts, practice or

participation. Tests are offered before the beginning of each season. Parent permission to take this test is indicated by signing off on the Interscholastic (athletics) Sport and Intramural Consent form. Testing is not required for intramurals.

**YOU WILL NOT BE ALLOWED TO TRYOUT, PRACTICE OR PARTICIPATE IN ATHLETICS OR INTRAMURALS WITHOUT THE ABOVE MENTIONED FORMS COMPLETED AND ON FILE.**

If you have further questions please see the “[Ask the Athletic Trainer](#)” portion of the athletic website.