

Attention all NHHS Student Athletes and Parents/Guardians of Student Athletes:

The State/School Interscholastic/Intramural Sports Participation Forms have changed!

All sports forms can be found on the NHHS website:

<http://www.nhvweb.net/nhhs/athletics/athletic-medical-forms/>

What you need to know about the new sport physical:

- ALL interscholastic and intramural athletes must use the new state/school Annual Physical Exam Form found on the NHHS website.
- The student athlete and parent/guardian must sign and date the History Form (page 1).
- Additionally, the student athlete with special needs and parent/guardian must also sign and date the Supplemental History Form (page 2).
- The student's doctor must sign, date, write in or stamp address and telephone number on page 3, the Physical Examination Form **AND** page 4, the Clearance Form.
- ALL questions must be answered and ALL data such as Name, Date of birth, Height, Weight, Blood Pressure, Pulse, and Vision **MUST** be completed. Please be sure to check the forms before you leave the doctor's office. If the forms are incomplete, they will be returned to you for completion..
- Your doctor should disregard the "Completed Cardiac Assessment Professional Development Module" signature and date at the bottom of page 4 at this time.
- This is a state form that was developed by a group of specialized physicians; we cannot change the size of the print.

What you need to know if your student athlete has a current physical (dated within 1 year of the official starting date of the NHHS sport) on file in the school nurse's office:

- There is a new "Health History Update Questionnaire" (pages 1 and 2) on the NHHS website.
- This form will need to be completed within 60 days of the first day of an official practice (start dates for all NHHS sports will be posted on the NHHS website).
- Answer all the questions. If the form is incomplete, it will be returned to you for completion.
- The parent/guardian must sign and date this form.
- DUE Dates for Athletic paperwork will be posted on the NHHS Athletics Website.

Other Important Information:

- State law requires that the school receive original documents, no faxed or scanned copies.
- It is always a good idea to make and keep a copy of the student's physical paperwork at home.
- DUE Dates for Athletic paperwork will be posted on the NHHS Athletics Website.
- The Interscholastic Sport (Athletics) & Intramural Consent Form is still required each year. Please be sure to read all the "Read Only" documents on the NHHS web site.
- If you have any questions with regard to the new forms or athletic medical paperwork requirements, please contact the NHHS Nurse's Office at 908-713-4171.

Please submit completed forms directly to the NHHS Nurse's Office OR the Athletic Office.

Completed forms can also be mailed to:

NHHS
Attention: School Nurse
1445 Route 31
Annandale, NJ 08801