

**To:** The 2015 Spring Sport Coaching Staff

**From:** Bill Jehl and Karen Korbul

**Subject:** Physical, Health History Questionnaire Update and ImPACT Dates for 2015 Spring Sports

**Date:** January 8, 2015 (revised 2/4/15)

Based upon your listed starting dates for the 2015 Spring Sport Season these are the dates required to meet the state guidelines for physical and health history update questionnaire forms:

<b>Sport</b>	<b>Start Date</b>	<b>Preparticipation Physical Evaluation History and Physical Examination Form (pages 1-5) must be dated on/after:</b>	<b>Health History Update Questionnaire (pages 1-2) must be dated on/after: <i>(This form must be completed only if the physical examination was not administered <u>within</u> 60 days of the first day of practice. Physicals prior to the date below will require completion of this form.</i></b>	<b>ImPACT Test Date/Time in library</b>	<b>Medical Papers Due Date</b>
<b>Baseball</b> All	<b>3/6/15</b>	<b>3/7/14</b>	<b>1/6/15</b>	<b>2/11/15 at 3:00pm</b>	<b>2/20/15</b>
<b>Boy's Lacrosse</b> All	<b>3/6/15</b>	<b>3/7/14</b>	<b>1/6/15</b>	<b>2/17/15 at 3:00pm</b>	<b>2/20/15</b>
<b>Boy's Track</b> All	<b>3/9/15</b>	<b>3/10/14</b>	<b>1/9/15</b>	<b>2/25/15 at 3:00pm</b>	<b>2/23/15</b>
<b>Boy's Tennis</b> All	<b>3/6/15</b>	<b>3/7/14</b>	<b>1/6/15</b>	<b>2/19/15 at 3:00pm</b>	<b>2/20/15</b>
<b>Golf</b> All	<b>3/6/15</b>	<b>3/7/14</b>	<b>1/6/15</b>	<b>2/19/15 at 3:00pm</b>	<b>2/20/15</b>
<b>Softball</b> All	<b>3/6/15</b>	<b>3/7/14</b>	<b>1/6/15</b>	<b>2/24/15 at 3:00pm</b>	<b>2/20/15</b>
<b>Girl's Lacrosse</b> All	<b>3/6/15</b>	<b>3/7/14</b>	<b>1/6/15</b>	<b>2/9/15 at 3:00pm</b>	<b>2/20/15</b>
<b>Girl's Track</b> All	<b>3/6/15</b>	<b>3/7/14</b>	<b>1/6/15</b>	<b>2/24/15 at 3:00pm</b>	<b>2/20/15</b>
<b>Cheerleading For Fall 2015</b>	<b>5/4/15</b>	<b>5/5/14</b>	<b>3/6/15</b>	<b>TBD</b>	<b>4/20/15</b>

In order to be cleared medically the following medical information is required:

1). Preparticipation Physical Evaluation History and Physical Examination Form, pages 1-5, which must be dated on/after the above mentioned date for your respective sport. (We will only accept the current NHHS or NJ State Athletic Physical Form)

2). Health History Update Questionnaire, pages 1-2, which must be dated on/after the above mentioned date for your respective sport. ***This form must be completed only if the physical examination was not completed within 60 days of the first day of practice.***

3). Inhaler Form if an inhaler is required for a medical condition. This form must be completed once per calendar school year unless a change has been made with a medical action care plan.

4). Epi-pen Form if an Epi-pen is required for a medical condition. This form must be completed once per calendar school year unless a change has been made with a medical action care plan.

5). Diabetic Management Form if an athlete is a diabetic. This form must be completed once per calendar school year unless a change has been made with a medical action care plan.

6). NHHS Interscholastic Sport (Athletics) & Intramural Consent Form (must be the REV 10/14 Form which is located on the lower right corner of the form). Please note this form only needs to be completed once per calendar school year.

7). A current ImPACT Test Baseline must also be on file. A baseline test administered prior to April 2013 has expired for the Spring 2015 athletic tryouts. For cheerleading tryouts a baseline test administered prior to June 2013 has expired.

All of the forms can be downloaded from the school's website at the following link:

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

Please make sure your parents and athletes understand that the school doctor will make the final medical clearance for an athlete to participate. He comes in once a week so it is imperative that forms are turned in at a timely manner on/or prior to the established deadline.

**There is a minimum of 24 hours required to review all medical forms for athletic clearance.**