

To: The 2015-16 Winter Sport Coaching Staff
From: Bill Jehl and Karen Korbul
Subject: Physical, Health History Questionnaire Update and ImPACT Dates for 2015-16 Winter Sports
Date: September 18, 2015

Based upon your listed starting dates for the 2015-16 Winter Sport Season these are the dates required to meet the state guidelines for physicals and parent permission forms:

Sport	Start Date	Preparticipation Physical Evaluation History and Physical Examination Form (pages 1-5) must be dated on/after:	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>	ImPact Test Date in library all at 3:00pm	Medical Papers Due Date
Girl's Basketball	11/23/15	11/24/14	9/26/15	11/12/15	11/9/15
Boy's Basketball	11/23/15	11/24/14	9/26/15	11/12/15	11/9/15
Girl's Swimming	11/16/15	11/17/14	9/19/15	11/4/15	11/2/15
Boy's Swimming	11/16/15	11/17/14	9/19/15	11/4/15	11/2/15
Girl's Track	12/3/15	12/4/14	10/6/15	11/18/15	11/9/15
Boy's Track	12/2/15	12/3/14	10/5/15	11/18/15	11/9/15
Wrestling	11/23/15	11/24/14	9/26/15	11/17/15	11/9/15
Cheerleading Wrestling	11/30/15	12/1/14	10/3/15	Completed	11/9/15
Cheerleading Basketball	11/10/15	11/11/14	9/13/15	11/2/15	10/27/15
Girl's Fencing	11/30/15	12/1/14	10/3/15	11/9/15	11/9/15
Boy's Fencing	11/30/15	12/1/14	10/3/15	11/9/15	11/9/15

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 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 5/15 Form which is located on the lower right corner of the form).

7). A current ImPACT Test Baseline must also be on file. A baseline test administered prior to December 2013 has expired for the Winter 2015-16 athletic tryouts.

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.