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# *Township of Union Public Schools*

**William Parsons, Director**  
**Department of Athletics and Safety**

## **PARENT/GUARDIAN/STUDENT GUIDE TO MEDICAL CLEARANCE**

The following packet must be completed and returned to the *School Nurse* in order for the student to be medically cleared in time to participate in the first practice session of their sport. This packet includes the following forms:

### **NEW JERSEY INTERSCHOLASTIC ATHLETIC ASSOCIATION SPORTS PHYSICAL**

Your sports physical must be on this form. The form **must be filled out completely**, including the following information: *blood pressure, date of examination, height and weight, pulse and vision.*

The physical must be both *stamped and signed by the physician*. Incomplete forms will not be accepted and will be returned to the student for the physician to complete. According to New Jersey State Guidelines, the school nurse is not allowed to add any information to the physical form. Due to time constraints, the nurse is unable to call your physician for missing information. The physical exam covers the student's participation in athletics for 365 days from the date the exam was done. If the physical exam expires during the season, the athlete will be unable to participate until a new physical is done and the athlete is cleared again to participate. Please be sure that the physical exam covers them for the entire season of their sport.

### **NEW JERSEY INTERSCHOLASTIC ATHLETIC ASSOCIATION'S (NJSIAA) CONSENT TO RANDOM TESTING**

The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. No student entering Grades 9 through 12 may participate in NJSIAA competition without a signed "random testing consent" form. *Please submit to the School Nurse.*

### **HEALTH HISTORY QUESTIONNAIRE**

The student and parent/guardian must sign the back page. This completed and signed health history must be reviewed by the medical provider at the time of the medical exam.

### **PARENTAL/GUARDIAN CONSENT**

Parent/guardian must complete form. Student and parent/guardian must sign. A new form must be *submitted to the coach* at the beginning of the season for each sport in which your child participates.

Please check that all forms are complete. Incomplete paperwork delays the medical clearance process. Forms submitted late will continue to be processed, however, the student will not be allowed to tryout, practice or participate until the school nurse and the school physician review the forms. This process may take up to two weeks depending on the school calendar and the availability of the school physician.

If you have any questions, please contact your child's school nurse at:

High School #851-6550

Burnet #851-6498

Kawameeh #851-6579