

Lacordaire Academy

INSTRUCTIONS FOR ALL ATHLETIC PARTICIPATION

Please be aware that the New Jersey Department of Education has revised the Annual Athletic Pre-Participation Physical Examination Forms (Part A & Part B). These new forms must be used beginning with the Spring 2008 sports season **for each sport played**.

The following **4** Athletic Participation Forms must be submitted to the school nurse **2 weeks prior** to the first practice session.

1. **Health History Questionnaire (parent)**

- This is now a 3 page document.
- Must be completed in full by the PARENT/GUARDIAN **for each sport played**.
- Must explain any "yes" answers
- The parent/guardian must sign and date the last page.
- Must be dated within 60 days of first day of practice

This form must be reviewed by the health care provider at the time of examination

2. **Pre-participation Physical Examination (doctor)**

- This is now a 4 page document.
- Must be completed in full by the HEALTH CARE PROVIDER
- Must be signed, stamped and dated by the health care provider
- All "indicators" must be filled in by the examiner; this includes height, weight, blood pressure, pulse and vision.
- Vision greater than 20/40 in either eye requires clearance by an eye doctor.
- This physical which is required yearly, must not expire during the sport season. Should this occur, the physical exam is needed before starting the sport.

INCOMPLETE FORMS WILL BE RETURNED FOR COMPLETION BY YOUR HEALTH CARE PROVIDER PER NEW JERSEY ADMINISTRATIVE CODE

3. **NJSIAA Steroid Testing Policy (parent & athlete)**

- Form must be signed by parent and athlete and submitted along with Athletic Participation Forms

4. **Code of Conduct (parent & athlete)**

- Must be signed by parent and athlete and returned with Athletic Participation Forms.

All forms **must be submitted together** to the nurse's office in order for the athletic clearance process to begin. All forms may be:

- hand delivered to the school nurse
- faxed to the Health Office: 973-783-9521
- mailed to the Health Office:

Lacordaire Academy
155 Lorraine Avenue
Upper Montclair, NJ 07043
Attn: School Nurse

All forms are available from the Health Office or Athletic Office or online at www.lacordaire.net (Secondary Division, Athletics, Athletic Forms or Health Office, Athletic Forms)

WE DO NOT ACCEPT ANY OTHER FORMS!