

Garwood Public Schools

If your child will be participating in middle school sports 2010-2011 he/she is required by law to have a current sports physical. As part of healthy life skills, it is recommended that each student continue to see his/her regular physician for an annual physical and vaccination review. Sports physical examinations may be completed by either the school physician or a student's private physician. If you are unable to have this sport physical completed at your regular physicians office and you would like the Garwood schools medical inspector to complete the physical, please read the following directions carefully:

Procedure for School Exam:

- Sports physical will be held on **June 2, 2010 between 1-3 pm.**
- Physical examinations are valid for 365 days once they are approved by our school physician
- A Health History Questionnaire is required (part A) prior to the physical exam
- Your child will be responsible to **bring in the completed health questionnaire and Part B to the nurse between May 17, 2010 and May 30, 2010** so he/she can complete the pre-physical consisting of ht. wt. Bp, pulse and vision. If your child wears glasses they must have their glasses with them.
- Please be sure that **ALL** information is filled out prior to submission. This includes complete name, address, student DOB, age, grade, Regular physicians name and phone number, and school district. Incomplete forms will **NOT** be accepted.
- **Remind your child to listen to the announcements on June 2.** No students will be called individually. If your child is absent or does not attend the physical when called, you will need to see your own physician for a sports physical.
- If your child uses an inhaler or epi-pen, you will be required to submit in September the proper paperwork authorizing the use of these medicines before your child can participate. Your child will be required to have this medicine with them at all practices and games.

Procedure for Exam at Students Physician:

- Obtain forms from health office, gym office or download from the Garwood schools website.
- Bring forms to your doctor to complete after your child's physical.
- Submit forms (part A and part B) directly to the health office. If the physical is done during the summer months please be sure that your child hands in the physical form and a health history the **first week** of school. Our school medical inspector must still sign off on the physical BEFORE your child can participate.
- Please check that your physician has **completely** filled in ht. wt. bp. pulse, and vision.
No incomplete forms will be accepted. It is against the law to fill in any missing information once the physician has signed the form. You will be responsible to bring the incomplete form BACK to the original physician to have it completed.
- If your child uses an inhaler or epi-pen, you will be required to submit in September the proper paperwork authorizing the use of these medicines before your child can participate. Your child will be required to have this medicine with them at all practices and games.
- If you have any questions, please contact the school nurse at 789-0331 x 2103.

Procedure for Additional Sports:

Complete Health History Update (part C) one week prior to the start of the next season.

Please see your coach, gym teacher, or school nurse, if you need a form or it can be downloaded from the [Garwood Schools Forms Page](#) or <http://www.nj.gov/njded/districts/forms.htm>