

DEMAREST MIDDLE SCHOOL
ATHLETIC FORMS DIRECTIONS
Mandated Paperwork for Athletic Participation

**According to the New Jersey State Department of Education, in order for a student to participate in Athletics, the following forms must be completed and returned to the DMS School Health Office for clearance.

**All forms returned must be reviewed and processed by the school nurse before the athlete can try out or practice for a team. This includes a review by the school Physician. Please be aware that this can take up to two weeks.

All forms for athletics can be found online. Go to the Nurses website, click on the *Athletics* tab on the left side of the welcome page. **The forms listed below are state required forms and no other forms for sports will be accepted.**

90 Day Health Update—this form only needs to be done if you have a current physical (*one within 365 days*) on file in the school medical office.

Athletic Pre-participation History and Physical—has 4 pages ****Required if your child does not have a current physical in the school medical office.**

Page 1—history form to be completed and signed by the parent and athlete, prior to the physical exam.

Page 2—athlete supplemental history form must be filled out prior to physical exam and signed by parent and athlete, (check NO to all if they do not apply).

Page 3 & 4—to be completed by your child's examining physician after reviewing form 1 and 2 and completing the physical exam of your child. Both pages 3 and 4, must be signed by the examining physician. Please make sure all items are completed and the date of your child's exam is on the form. **Incomplete forms will cause a delay in processing forms and therefore the start of your child's start to the season.**

Concussion form and Sign off Sheet—requires parent and athlete's signature.

Opioid Fact Sheet—please read this information then print ***Opioid Facts Sign Off Sheet***—requires parent and athlete's signature.

SCD in Young Athletes—please read this information then print ***SCD in Young Athletes Sign Off Sheet***—requires parent and athlete's signature.

Sports related eye injuries.—this is an informational form for you to read that the state sent to be posted for all athletes to read.

*****You can find when forms are due by clicking on 'Due Dates' on the Athletics page of the nurses office website. Any forms not received by these dates, jeopardizes the start of the season for the athlete.**

******The safety of our school athletes is our most important consideration and no athlete will be allowed to participate in interscholastic sports if school procedures and State Guidelines are not followed.**

