



STATE OF NEW JERSEY DEPARTMENT OF EDUCATION

A Memo from the New Jersey Department of Education

Date: June 19, 2019
To: Chief School Administrators, Charter School, and Renaissance School Project Leads
Route To: School Physicians, Certified School Nurse Leads, Athletic Directors
From: Carolyn J. Marano, Assistant Commissioner
Division of Student Services

Student-Athlete Mandate Reminders

As another year of fall and spring athletic and intramural sport seasons commence, the New Jersey Department of Education (NJDOE) would like to take this opportunity to remind schools of the state mandates for all student-athletes.

Each school district must ensure that students receive **medical examinations** prior to participation on a school-sponsored interscholastic or intramural athletic team or squad for students enrolled in any grades six to 12. The medical examination must be conducted by a licensed physician, advanced practice nurse (APN), or physician assistant (PA) ([N.J.A.C. 6A:16-2.2\(h\)](#)), within 365 days prior to the first day of official practice in an athletic season.

Prior to conducting a **Preparticipation Physical Examination (PPE)**, the licensed physician, APN or PA who performs the student-athlete's physical examination shall complete the **Student-Athlete Cardiac Assessment Professional Development Module** and shall sign the certification statement on the PPE form attesting to the completion (*N.J.S.A. 18A:40-1.1*). There are currently no requirements as to how often the module must be completed; however, it is available to be viewed by appropriate healthcare professionals as necessary. Once the module is complete, a certificate of completion must be downloaded and printed by the viewer, as the NJDOE does not download or retain completion certificates.

After completion of a student-athlete's PPE, each school district shall provide to the parent/guardian written notification signed by the school physician stating approval of the student's participation in athletics based upon the medical report or the reasons for the school physician's disapproval of the student's participation.

Additionally, each student whose medical examination was completed more than 90 days prior to the first day of official practice in an athletic season shall provide a **Health History Update Questionnaire** completed and signed by the student's parent or guardian. (*N.J.A.C. 6A:16-2.2(h)1iii*)

Finally, for all schools participating in an interscholastic sports, intramural sports, or cheerleading program the following documents are to be distributed to every student-athlete and cheerleader in any grade level:

- **Sports-Related Eye Injuries Fact Sheet for Parents**
- **Sudden Cardiac Death in Young Athletes Brochure***
- **Opioid Use and Misuse Educational Fact Sheet***
- **Sports-Related Concussion and Head Injury Fact Sheet***

Please note the three documents with asterisks (*) require a parent/guardian sign-off form. These forms, whether personally distributed or electronically uploaded, must be *individually* signed and returned. One generic signature for all documents *will not be accepted*. All documents may be found on the NJDOE's [Student-Athlete Forms](#) webpage.

For questions or further clarification, please direct all inquiries to the NJDOE at healthyschools@doe.nj.gov.

c: Members, State Board of Education
Lamont O. Repollet, Ed.D., Commissioner
NJDOE Staff
Statewide Parent Advocacy Network
Garden State Coalition of Schools
NJ LEE Group