

Gloucester City Lions Sports Physical Packet

Dear Parent/ Guardian:

Enclosed is the NEW (2015) information that your child is required to have completed in order to participate in interscholastic sports in an NJSIAA school. Physicals are required to be performed on every child each year and will cover that child in all sports for that year. **The school will offer physicals at 3 intervals per year prior to each athletic season and are good for that academic year.** Physicals are also accepted by your personal physician but are required to be completed on these forms. Please include the office stamp from your physician if you choose to have an independent physical performed. Be advised that no child will be permitted to participate with an expired physical or with a pending medical condition that requires further clearance. Your child's safety is paramount to us. Thank you for your support of our athletic programs.

Please be sure to sign the: Emergency Contact,/ Concussion policy AND the STEROID POLICY FORM!

Important Additions:

- Steroid Testing Form: The NJSIAA requires **signed acknowledgement** that you understand your child can be tested for banned substances at any point in which they are involved in an NJSIAA sport. This **must be signed**.
- Gloucester City Schools Concussion Policy: Please read the form regarding our policy on the treatment and management of head injury. This **must be signed**.
- Information Regarding Sudden Cardiac Death in Athletes: Although extremely rare, the district distributes information on the understanding of sudden cardiac death in young athletes. **PLEASE KEEP THE ATTACHED INFORMATION.**
- Emergency Contact Information: This should include current numbers where you or a relative can be reached during the post school day/weekend in case of emergency. It also gives consent that your child can be taken by EMS to a hospital in the event that you cannot be reached.
- Information for parents on Eye Injury Prevention (NEW!)

All physicals must be approved for participation by the school physician.

Sincerely,
Bill McLaughlin, M.A., A.T.,C. Athletic Trainer

Remember to:

- Come to the physical with **all papers signed!**
- Wear appropriate clothing for the exam
- Disclose any recent injuries that you may have sustained.

Summer 2017 Physical Dates: (In High School Nurses Office)

Only GHS Date! Thursday, June 15 from 1:00-3:30
No one admitted after 3:00

Dear Parent/ Guardian:

As of the 2015-2016 school year, the NJSIAA (New Jersey State Interscholastic Athletic Association) has adopted a medical policy in which ALL physicians who perform a PPE (Pre-Participation Exam) on student athletes have certified, by signing this, that they have completed a state mandated module for cardiac evaluation of athletes. **Only physicians who have taken this module can perform a PPE on your child.**

Any PPE that is found to not have a physician certified in this module **will invalidate the PPE.** We ask that if you get take your child to a physician privately, that you are **certain** that the physician is in compliance with this rule.

The safety interest of your child is important to us.

Regards,

Gloucester City Schools Department of Athletics