

EVESHAM TOWNSHIP SCHOOL DISTRICT
DEMASI MIDDLE SCHOOL
199 EVESBORO-MEDFORD RD.
MARLTON, NJ 08053
SPORTS PHYSICAL EXAMINATION INFORMATION

Dear Parents/Guardians:

Any student who wishes to try out for a sport, join a sports club or cheer squad must have a current sports physical exam completed by a healthcare provider (a physician, M.D. or D.O., Advanced Practice Nurse or a Physician's Assistant), on file in the nurse's office. All sports physicals must be completed using the forms provided by the school. No other forms will be accepted. Forms can be found in the nurse's office, on the DMS website or in the main office. It is preferred that physical exams are performed by a child's pediatrician or family doctor. When this is not possible, some urgent care centers also provide sports physical examinations, if you bring them our forms.

The physical exam date must be within 365 days of the first day of tryouts for any sport. For example, if the student's exam date is August 9, 2023 his/her sports physical will expire on August 8, 2024, and a new physical exam packet must be submitted. If the physical exam was done 90 days or more prior to the start of the sport, a seasonal update form (Health History Update Questionnaire) must be completed, signed by a parent and submitted to the nurse's office prior to the start of the sport. Students cannot participate in a sport or attend tryouts unless their paperwork is complete and submitted to the nurse prior to the first day of tryouts. All sports physicals must be reviewed by the school physician, as per New Jersey state regulations so **THERE ARE NO EXCEPTIONS TO THE DEADLINE.**

A complete physical packet includes:

- ☐ **Page 1: Permission to Participate Form** - (this is also an electronic form) Completed by parent; student and parent sign and date *** If your child has asthma and/or anaphylactic allergic reactions and may need emergency medication during after school activities, such as an inhaler or an Epi-Pen, or if your child has a chronic health condition that may need special attention, please reach out to the nurse so arrangements can be made for your child ***
- ☐ **Page 2: Health History Form** - Completed by parent before going to the doctor; explain "Yes" answers in the box provided; student and parent sign and date
- ☐ **Page 3: Supplemental History Form** - Completed by parent, if applicable
- ☐ **Page 4: Physical Examination Form** - Completed by doctor. Vision, blood pressure, pulse, height and weight MUST be performed and recorded. The "Date of Exam" must be clearly written on this page by the doctor
- ☐ **Page 5: Clearance Form** - Completed by doctor. The Cardiac Assessment Professional Development Module must be signed and dated by the doctor

Your child's name and other required information must be at the top of each page. Incomplete forms will be returned, please check your forms before leaving your doctor's office and before turning them in to the nurse's office. Please check the daily bulletins and morning announcements for sport start dates.

FALL SPORTS- start 1st week of school in September	WINTER SPORTS - start in November	SPRING SPORTS - start in March
Girls & Boys Soccer Girls Field Hockey Cross Country	Girls & Boys Basketball Wrestling Cheerleading	Softball/Baseball Boys & Girls Lacrosse Track

Original hard copy sports physical packets can be dropped off at the main office during summer hours or submitted to the school nurse throughout the school year, you may keep a copy for your records.