



## Nurses Notes

# SPORTS PHYSICALS

### SAVE THE DATE:

**Thursday June 5, 2008**

***When can I get a sports physical ?***

Thursday June 5 2008 at the High School. All physicals are done in the evening.

***Who needs a physical?***

Any student who participates in the Kinnelon sports program.

***How often do I need to get a physical to play a sport?***

Physicals are good for one year (365 days) and should be current through the entire season.

***Is there a make up date?***

No, Thursday June 5th is the only date. If you are unable to make this date, you need to make arrangements with your own physician.

If you choose this option, be sure schedule your appointment early and return your completed forms before school closes in June.

***Why should I have a sports physical on June 5th at KHS?***

\*The school physical allows a student to participate in the athletic program for all 3 seasons during the 08-09 school year.

\*Some health care insurance carriers have restrictions limiting when you can get a physical, possibly causing a student to "sit out" waiting for that time period or appointment date.

**\*In addition, a physical performed by your private physician must also be reviewed and approved by our school physician according to New Jersey State regulations.** This additional step in the eligibility process requires extra time and may delay playing.

\*Finally, forms from a private physician are often incomplete (missing vision, blood pressure, examination date, or signatures) and are returned by our school physician as "incomplete" this can also cause a delay in participation the fall.

\*Your child **will not** be able to practice until all outside paperwork is signed off by our school physician.

***What if I have an incoming ninth grader?***

Current eighth grade students will have the opportunity to have a sports physical at Pearl R. Miller School in June. You will receive more information in the upcoming months from PRM

***How to schedule a sports physical ?***

Students will get more information, on scheduling and completing paperwork (including all appropriate forms) in May. **All appointment scheduling will be done during school directly with the student. No appointments will be given to parents over the phone.**

**For right now just save the date!** More information will be available in phys. Ed., health classes and the morning show.

DID YOU

KNOW???

**MEDICATION PERMISSION FORMS ARE ON THE KHS SCHOOL WEB SITE!!!!**

\*click on the left toolbar marked "forms".

\*Under Kinnelon school district forms you will find administration of medication for:

\*daily medication (over the counter and prescription)

\*Self-administration (inhalers/ Epi-pens)

\*all medications require a physicians order, a parent's permission and must be in the original labeled container.

