

**Sports Physicals for PRM students participating in Cross Country, Volleyball or Track during the 2010-2011 school year will be held on Tuesday, September 14, 2010 during the school day.**

**School sports physical sign up procedure**

- Download the Sports Physical forms (part A and B) from the [www.kinnelonpublicschools.org](http://www.kinnelonpublicschools.org) website. If you do not have access to a computer, forms will be available in the Nurse's Office.

**Part A: Health History Questionnaire**

All information must be completed, incomplete forms will be returned.

**Part B: Physical Examination Form**

Complete the –Student Information- section only. Do not fill in height/weight or anything below this line if you are signing up for a school physical.

- **Submit forms to Mrs. Prall in the nurse's office no later than Friday, September 10th. Paperwork will NOT be accepted after this date.**
- It is extremely important that the forms are accurately completed in order to be scheduled for the physical. Incomplete forms will be returned.

**Private physician physical procedure**

- 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. Your child **will not** be able to tryout for a sport until all outside paperwork is signed off by our school physician.
- 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.
- 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 in the fall.
- **If you choose to have a physical with your private physician, forms must be returned to the School Nurse no later than September 10<sup>th</sup>.**

Your anticipated cooperation is greatly appreciated,

*Laura Prall RN*

PRM School Nurse

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