

# PRM Sports Physicals

**Sports physicals for the 2009-10 school year will be held during the school day on a Wednesday in June (specific date to be determined).**

## **School sports physical sign up procedure**

- Download the Parent Permission form and 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.
- Completed forms are to be submitted to Mrs. Prall in the nurse's office starting Monday April 27<sup>th</sup> through Friday May 8<sup>th</sup>.
- 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.
- 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 in the fall.

## **8<sup>th</sup> grade students entering KHS**

- Follow the above directions if you are going to have the physical done by our school physician. The forms will be forwarded to the high school.
- If you choose to have a physical with your private physician, forms must be returned to the athletic director by July 30<sup>th</sup>. Any athletic form received after July 30<sup>th</sup> is considered late and you will not start practice with the team in August.

## **Directions:**

### **Part A: Health History Questionnaire**

Indicate the grade that your child will be in for the 2009-10 school year.

A parent signature is required.

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.

**LAST DAY TO RETURN FORMS FOR A SCHOOL PHYSICIAN IS FRIDAY MAY 8<sup>th</sup>**