

**EVESHAM TOWNSHIP SCHOOLS
MARLTON MIDDLE SCHOOL
150 Tomlinson Mill Road
Marlton, N.J 08083**

Sports Physical Exam Information - 2023/2024

Dear Parents/Guardians:

Any student who wishes to try out for a sport must have a physical exam packet completed by a physician, APN, or PA on file in the nurse's office. All 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 MMS website or in the main office. It is preferred that physical exams are performed by a child's medical home, such as their pediatrician or family practice office. When this is not possible, CVS Minute Clinics and some urgent care centers also provide sports physical exams for athletes.

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 that is written on page 4 of the packet is August 15, 2022, his/her paperwork will expire on August 16, 2023, and a new physical exam packet must be submitted for fall sports in September. If the physical exam date is greater than 90 days prior to the start of the sport, a seasonal update form must be 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 physicals must be reviewed by the school physician, per regulation, so **THERE ARE NO EXCEPTIONS TO THE DEADLINE!**

A complete physical packet includes:

- Page 1: **Permission to Participate Form** - Completed by parent/guardian and student.
- Page 2: **Health History Form** - Completed by parent/guardian; explain "yes" answers in section provided at the bottom of form.
- Page 3: **Supplemental History Form**- Completed by parent/guardian, if applicable.
- Page 4: **Physical Examination Form** - Completed by a physician, APN, or PA. Student's name and date of exam must be clearly written on this page. BP, pulse and vision **MUST** be performed and recorded. Vision screening **MUST** be completed at time of exam and documented using numerical values, or a current eye specialist report will need to be attached.
- Page 5: **Clearance Form** - Completed by a physician, APN, or PA. Student's name must be clearly written on this page and the Cardiac Assessment section at the bottom of the form must be filled out.
- Page 6: **Health History Update Questionnaire** - Completed by a parent/guardian if physical exam date is greater than 90 days prior to the start of sport.

Please check the daily bulletins and morning announcements for sport start dates. Sports physical paperwork reminders will be emailed to parents and guardians as sport seasons approach.

FALL SPORTS start in early September	WINTER SPORTS start in November	SPRING SPORTS start in March
Girls and Boys Soccer Girls Field Hockey Cross Country Cheerleading (October start)	Girls and Boys Basketball Wrestling	Softball/Baseball Boys and Girls Lacrosse Track

If your child may need emergency medication during after school activities, such as an inhaler or Epipen, or if your child has a chronic health condition that may need special attention, please reach out to the nurse prior to each activity so arrangements can be made for your child.

Sport physical packets can be dropped off at the main office during summer hours or submitted to the school nurse throughout the school year. If you have any questions, please contact the school nurse.

Kelly Hird, School Nurse
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***** PLEASE KEEP A COPY OF THE COMPLETED
SPORTS PHYSICAL FOR YOUR RECORDS *****

Updated: 6/2/2023