

**Perth Amboy Public Schools
Sports Physicals
Information Fact Sheet
For Parents/Guardians**

Prior to participation on a school-sponsored athletic team, each student in grades 6 through 12 must present a completed pre-participation physical, Physical and Cardiac information form to the School Nurse. It is very important that these forms be completed and returned for processing to avoid delay in your child/children ability to be able to participate in his/her desired sport.

Please be aware that **the School Physician must review all sports physical and the official confirmation for participation can be delayed by up to 2 weeks**, regardless of status determined by personal physician.

Therefore it is important to obtain the sports physical in a timely manner to avoid delay for your child to try-out and participate in sports.

1. The Physical Form may ONLY be completed by a licensed physician, advanced practice nurse (APN) or physician assistant (PA) that has completed the Student Athlete Cardiac Assessment professional development module. It is recommended that you verify that your medical provider has completed this module before scheduling an appointment for a Physical.
2. Parent/guardian must complete the *History Form* prior to obtaining the Sports Physical.
3. The licensed physician, APN or PA who performs the physical examination must complete the *Physical Examination Form* and *Clearance Form*.
4. For students that had a physical examination completed **more than 90 days prior to the first official practice in an athletic season**, the ***Health History Update form* MUST be completed and signed by the student's parent/guardian.**

Any questions please contact the Coach, School Nurse or Athletic Director.