

## HMS Sports Participation Instructions Sheet

Halsted Middle School offers school sponsored sport programs to all students in grades 5 – 8. To be eligible for participation, students must:

- have had a recent physical examination,
- have parental consent,
- be academically eligible and,
- have a parent/athlete review and sign the Concussion Fact Sheet.
- have a parent/athlete review and sign the Sudden Cardiac Death Pamphlet
- have a parent/athlete review and sign the Opioid Fact Sheet

Please follow the instructions below and return all necessary forms to the main office or school nurse. Students will remain ineligible until all paperwork has been received and approved.

*\* All forms are available on the HMS website under the “Nurse” quick link or in the HMS Main Office \**

### **Forms Listed Below Must be Completed and Returned to the HMS Main Office or the School Nurse:**

- Sports Physical Exam Form or the Health History Update (See instructions Below)
- HMS Athletic Consent and Agreement Form
- Concussion Fact Sheet and Acknowledgement Form
- Sudden Cardiac Death in Young Athletes Pamphlet/Signature Page
- Opioid Signature Sheet

### **Information Below Must be Reviewed:**

- Eligibility Policy
- Sports-Related Eye Injuries Fact Sheet
- Opioid Fact Sheet

#### Physical Exam Form and Health History Update Instructions

Before participation in athletics, the Sports Physical Exam Form must be completed. Students must receive an Athletic Preparticipation Physical Evaluation, and also have their Health History Questionnaire and a Clearance Form reviewed by their health care provider. These forms must be submitted and reviewed by the school nurse and the school doctor before the student may begin participation. The form with “current medications, immunizations, physician’s stamp and date of exam” must also be COMPLETED. Please be diligent when visiting your health care provider, make sure that the all forms are completed.

An incomplete form will not be approved. The following are commonly omitted:

- All student information and parental signatures not completed
- Provider information not present
- Physical findings not recorded including: HEIGHT, WEIGHT, BLOOD PRESSURE, PULSE, AND VISION
- The appropriate sport clearances
- Physician Provider’s Stamp
- Date of Physical

Students who have approved physicals within one calendar year, prior to the first day of the season, **Must** submit a completed Health History Update (also available on the HMS website or in the main office) again the Health History Update needs to be submitted before student participation may begin.

Please feel free to contact the Nurse at 973-383-7440 ext. 2231 with any questions