

IMPORTANT NOTICE FOR EMS ATHLETES

Parents must completely fill out the Health History Questionnaire and Emergency Information forms.

THESE FORMS MUST BE FILLED OUT EVERY SEASON WITHIN 60 DAYS FROM THE START OF PRACTICE. Physicals are only valid for 365 days. Any student whose last physical took place before MARCH 15, 2009 will need a new physical. These students need a new Athletic Pre-Participation Physical Evaluation Form completed by their medical home or doctor.

PLEASE NOTE: ALL FORMS ARE TO BE RETURNED TO THE EMS HEALTH OFFICE ONE WEEK BEFORE THE START OF SPORTS IN ORDER TO PARTICIPATE WHEN SPORTS BEGIN AND AVOID A DELAY.

If you cannot get a physical at the student's medical home you may make an appointment to have a physical performed by the school physician at his office.

Appointments can be made by calling **Medical Care Associates at (973) 252 -1522**

His office is located at 262 Route 10 West in Succasunna, N.J. (between Bottle King and Taco Bell).

YOU WILL NEED TO PROVIDE YOUR MEDICAL INSURANCE INFORMATION.

STUDENTS WHO DO NOT HAVE A MEDICAL HOME WILL NEED TO CONTACT THE HEALTH OFFICE PRIOR TO THEIR PHYSICAL

If you have had a physical on or after March 15, 2009, you must provide a copy of the physical on the State Athletic Pre-participation Physical Examination form. This form is to be completed by the examining health care provider if it is not already on file in the EMS Health office.

The physical form **MUST** be filled out in its entirety including: EXAM DATE, HEIGHT, WEIGHT, BLOOD PRESSURE, PULSE, VISION, CLEARANCE CLASSIFICATION, PHYSICIAN'S SIGNATURE AND STAMP. **FORMS HANDED IN LATE OR INCOMPLETE WILL NOT BE CLEARED TO PARTICIPATE IN THE FIRST PRACTICE OF SPRING SPORTS.**

Forms will be returned if NOT completed in their entirety.

Please use the enclosed checklist as a guide.

All sports forms are available on the Roxbury School District website: www.roxbury.org click under district forms/forms for parents and guardians/EMS/athletic sign up forms

STUDENTS WHO HAVE A HISTORY OF ASTHMA, LIFE THREATENING ALLERGIES OR SERIOUS MEDICAL CONDITIONS FOR EX: DIABETES, SEIZURE DISORDERS, CARDIAC CONDITIONS OR WHO HAVE HAD A RECENT EXPERIENCE WITH MONONUCLEOSIS, AN ORTHOPEDIC CONDITION OR A CONCUSSION(S) MUST SUBMIT ADDITIONAL FORMS. THESE FORMS CAN BE OBTAINED FROM THE HEALTH OFFICE. FORMS NEED TO BE RENEWED EACH SCHOOL YEAR. STUDENTS CANNOT BE CLEARED UNTIL THESE FORMS ARE RECEIVED AND REVIEWED.

Please contact the EISENHOWER MIDDLE SCHOOL Health Office at (973) 584 -2973 # 2005 if you have any questions or concerns.