



Roxbury High School



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William Crispino
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Principal

Stuart Mason
Director Athletics/Student Activities

Jeff Swanson
Interim Assistant Principal

Monica Mann
Director of Guidance

Date: June 10, 2024

To: Parents of Students in Grades 6 - 12

Route To: Principals, School Nurses, School Physicians, Athletic Trainers

From: Stuart Mason, Director of Athletics & Student Activities

Updated Preparticipation Physical Evaluation

The Preparticipation Physical Evaluation (PPE), commonly referred to as the “sports physical form,” has been recently updated by the New Jersey Department of Education. There has been a change in the requirements for submission of the updated PPE. The History Form and the Physical Examination Form within the packet do not need to be submitted to the student’s school. The History Form and the Physical Examination Form should be kept by the healthcare provider who completes the PPE. Only the new completed Medical Eligibility Form should be submitted to the school. The Medical Eligibility Form provides space for the healthcare provider to share relevant health information with the school if necessary and includes a recommendation regarding the student’s ability to participate in athletics.

It is important to note that the PPE must be conducted by a licensed physician who has completed the student athlete cardiac assessment professional development module developed by the NJDOE. If a student’s PPE was completed over 90 days prior to the first day of official practice in an athletic season, a Health History Update Questionnaire (often called a 90-day update form) is still required.

The NJDOE is requiring the use of the new forms to be phased in quickly. The new forms are available [online](#) or in the Main Offices of Roxbury High School or Eisenhower Middle School. The previous forms will be accepted for any physical completed prior to **July 1, 2024**. If your child’s physical is scheduled for after July 1, 2024 please be sure to give the doctor the new required form. Once the forms are completed please drop them off in the main office of your child’s school. Forms emailed to school nurses or administration will not be accepted. You will be notified through the Genesis Portal once your child has been cleared medically for participation.

You can find a simplified checklist that will help you through the “sports physical form” process [here](#). If you have any questions, please don’t hesitate to contact my office at 973 584 1200 x 1230.