

To: The 2016 Spring Sport Coaching Staff
From: Bill Jehl and Karen Korbul
Subject: Physical, Health History Questionnaire Update and ImPACT Dates for 2016 Spring Sports
Date: January 8, 2016

Based upon your listed starting dates for the 2016 Spring Sport Season these are the dates required to meet the state guidelines for physical and health history update questionnaire forms:

Sport	Start Date	Preparticipation Physical Evaluation History and Physical Examination Form (pages 1-4) must be dated on/after:	NHHS Interscholastic Sport & Intramural Consent Form and Health History Update Questionnaire Form must be completed on Aspen on/after this date:	ImPACT Test Date/Time in library	Medical Papers Due Date
Baseball All	3/4/16	3/6/15	1/5/16	2/9/16 at 3:00pm	2/19/16
Boy's Lacrosse All	3/4/16	3/6/15	1/5/16	2/16/16 at 3:00pm	2/19/16
Boy's Track All	3/4/16	3/6/15	1/5/16	2/18/16 at 3:00pm	2/19/16
Boy's Tennis All	3/4/16	3/6/15	1/5/16	2/23/16 at 3:00pm	2/19/16
Golf All	3/4/16	3/6/15	1/5/16	2/23/16 at 3:00pm	2/19/16
Softball All	3/4/16	3/6/15	1/5/16	2/9/16 at 3:00pm	2/19/16
Girl's Lacrosse All	3/4/16	3/6/15	1/5/16	2/16/16 at 3:00pm	2/19/16
Girl's Track All	3/4/16	3/6/15	1/5/16	2/18/16 at 3:00pm	2/19/16
Cheerleading For Fall 2016	5/9/16	5/11/15	3/7/16	4/28/16 at 3:00pm	4/23/16

In order to be cleared medically the following medical information is required:

1). Preparticipation Physical Evaluation History and Physical Examination Form, pages 1-4, which must be dated on/after the above mentioned date for your respective sport. (We will only accept the current NHHS or NJ State Athletic Physical Form)

2). Health History Update Questionnaire which must be dated on/after the above mentioned date for your respective sport (must be completed for each sport on Aspen).

3). Inhaler Form if an inhaler is required for a medical condition. This form must be completed once per calendar school year unless a change has been made with a medical action care plan.

4). Epi-pen Form if an Epi-pen is required for a medical condition. This form must be completed once per calendar school year unless a change has been made with a medical action care plan.

5). Diabetic Management Form if an athlete is a diabetic. This form must be completed once per calendar school year unless a change has been made with a medical action care plan.

6). NHHS Interscholastic Sport (Athletics) & Intramural Consent Form (must be completed for each sport on Aspen).

7). A current ImPACT Test Baseline must also be on file. A baseline test administered prior to April 2014 has expired for the Spring 2016 athletic tryouts. For cheerleading tryouts a baseline test administered prior to June 2014 has expired.

All of the forms except the Health History Update Questionnaire and NHHS Interscholastic Sport/Intramural Forms can be downloaded from the school's website at the following link: <http://www.nhvweb.net/nhhs/FormsPage.htm>

Please make sure your parents and athletes understand that the school doctor will make the final medical clearance for an athlete to participate. He comes in once a week so it is imperative that forms are turned in at a timely manner on/or prior to the established deadline.

There is a minimum of 24 hours required to review all medical forms for athletic clearance.