



Cranford Athletic Department

Marc Taglieri, Athletic Director

SPORTS PHYSICAL EXAMINATION INFORMATION for 2011-12 SCHOOL YEAR

A sports physical exam is required for students who will participate on a Cranford High School team. Sports Physical exams may be completed by either the school physician or by a student's private physician. All exams must be completed on the district forms. These forms are available in the nurse's office and online. All physical examinations are valid for 365 days.

Eighth Grade students participating in a **FALL 2011** sport will have their physical examinations at Cranford High School on **June 3rd (BOYS) and June 6th (GIRLS)**. Make up exams will be held on **June 10th**. Eighth Graders should report to the upper gym at Cranford High after school at 3pm on these dates.

If you elect to have the school physician do the exam the following procedure must be followed:

1. 8th grade students who plan to participate in a **FALL** sport should report to the school nurse for sports physical forms or retrieve them online under "ATHLETICS" on the Cranford High School webpage.
2. Part A of the physical form must be completed by the parent/guardian and returned to the school nurse promptly. The nurse will complete the height, weight, blood pressure and visual acuity on Part B of the form. The deadline for the completion and return of Part A to the school nurse is **MAY 25th**. The completed forms will be sent to the high school. On the day of the sports physical examination, the school doctor will review Part A and complete Part B of the form.
3. An **Athletic Code of Conduct / Participation Consent Form, and the NJSIAA Steroid Testing Policy** must be completed by the parent and returned with Part A before the physical examination.
4. When a sport begins 60 days after a sports physical examination, a **Health History Update must be completed after the expiration of the sixty day period.**
5. ***As per NJ State Regulation, it is required that examinations conducted by private physicians must be reviewed by the district physician prior to receiving clearance for participation.***

If you have any questions contact:

Mrs. B. Rudofsky, Hillside Avenue School Nurse 709-6242

Mrs. C. Ahern, Cranford High School Nurse 709-6305

Athletic Office 709-6292.