

Athletic Procedures Overview

Please read the following information carefully and prepare well in advance if your child plans to participate in sports at Berlin Community School.

Please note the following: The State of New Jersey Department of Education in accordance with the Scholastic Student-Athlete Safety Act has mandated **NEW forms and requirements for student athletes**. Please see my webpage for additional information, forms and instructions.

- Please be advised that State regulations require “student medical examinations be conducted at the medical home of the student and a full report sent to the school on a state developed form” (N.J.A.C.6A:16). Please Note: Any student that does not have a medical home, contact the School Nurse.
- Incomplete forms will be returned and the student will not be eligible for try-outs until the forms are completed properly and returned.
- All physical forms and questionnaires, as required by the State, are reviewed by the school physician, Dr. Julian Maressa, **prior to the first try out session**. Any questions or concerns from the school doctor will need to be addressed by the parent or guardian before the student is cleared for participation.
- All paperwork is due to the Nurse’s Office approximately **2 weeks prior to try-outs** to allow the school doctor and school nurse adequate time to review physicals and questionnaires, and parents/guardians time to address concerns.
- Please encourage your child to listen to announcements for sports related meetings and deadlines.
- Athletic fee is due upon completion of final team roster. Please remit payment to coach.

**Paperwork Due Dates: Fall Sports~ August 31st
Winter Sports~ October 26th
Spring Sports~ March 1st**

Forms

These are the required forms and paperwork for Athletic participation. ALL forms are due to the Nurse's office **prior to the start of try-outs** to ensure clearance. All forms are available on the Health Office page on the BCS website.

1. Preparticipation Physical Evaluation-History Form (completed with each sport): This form must be completed and signed by the Parent/Guardian and student and returned to the school nurse. This 2 page State approved form must be SUBMITTED and REPEATED for EVERY SPORT SEASON. Health histories must be updated WITHIN 90 days BEFORE the first day of try-outs. NOTE: Students who participate in 3 sport seasons will be required to submit 3 updated health history questionnaires. Located on BCS Health page website.

2. Preparticipation Physical Evaluation -Physical Examination Form (completed annually)

This form must be completed by a Physician with a physical examination **EVERY YEAR**. This form must be completed and submitted WITHIN 365 DAYS of the first day of try-outs. This form needs to be filled out COMPLETELY. Located on BCS Health page website.

Please review the following State mandated brochures. Links are located on my webpage. Please acknowledge your review and understanding by electronically signing under the "Mandatory Athletic Sign-off Requirement" tab on my webpage

3. SPORTS RELATED CONCUSSION AND HEAD INJURY~ PARENT/GUARDIAN ACKNOWLEDGEMENT FORM (review annually)

4. SUDDEN CARDIAC DEATH in YOUNG ATHLETES BROCHURE (review annually)

5. SPORTS RELATED EYE INJURY (review annually)

6. OPIOID USE and MISUSE (review annually)

PLEASE NOTE: No student may attend a try-out until the required medical and permission forms are on file with the School Nurse and approved by the School Physician. Please submit all forms to the School Nurse. Please retain copies of all forms for your own records.