**IMPORTANT INFORMATION ON MEDICAL ELIGIBILITY FOR SCHOOL SPORTS**

**MANASQUAN ELEMENTARY SCHOOL**

It is required that all students in grades 6-8 who wish to participate in any athletic program at MES have a current and approved physical on file prior to tryouts. Physicals only need to be done once per year and are valid for 365 days. **Once the physical form packet is submitted the nurse reviews the information then forwards them to the school physician who, by law, must sign off on each packet**. He is available only by appointment for our school; therefore, it is important to submit all forms on time for the season of that sport.

Once a student has an *approved* physical they are cleared to participate. If they wish to participate in a second or third season the student must submit a **Sports Update** form for each additional season. This is only a questionnaire that a parent needs to fill out in order to provide any new information since the last physical or update form was completed. No doctor is required.

The following forms are required by the Manasquan School District to be filled out and signed every 365 days to keep eligibility current. These are part of the **Sports Eligibility Packet** that can be found at our Nurses office or online and downloaded from the Athletic web page for each season on the MES website.

1. a. Health History questionnaire to be completed by the parent.

b. A medical physical completed by your physician and **must** contain vision and blood pressure, cardiac screening

1. A Sports Application which contains the following forms:
2. The Sports Application
3. The District Steroid Testing policy
4. Concussion acknowledgement form
5. Sudden Cardiac Death Policy
6. Opioid Policy
7. Emergency Contact Information

**All forms must be signed by both the Parent and the Student**. Once this is submitted and approved a student will only need a Sports Update form filled out by the parent for each additional season submitted by the deadline for that season. It is recommended that, if at all possible, to cycle your annual physical appointments for mid- June through July to be ready for the deadlines for both the **HS (July 15th**) and the **ES (Aug 1st**). If this is not possible then you are responsible to make sure that the physical is updated before the 365 days expires to remain eligible for your season of interest. Please pay close attention to the following dates for submission of forms.

**Mid Oct (winter season) date TBA Mid-Feb. (spring season) date TBA Aug. 1tST (fall season)**

**If you are unsure of your child’s last physical on file, e-mail the school nurse Peg Ciufo at pciufo@manasquanboe.org.**