

Guidelines for Carl W. Goetz Middle School Athletics
Required Sports Physical Paperwork

1. Sports physical examinations need to be completed yearly by NJ state law using the required NJ state paperwork, the PPE (Pre-Participation Eligibility Packet):
[Pre-Participation Eligibility Packet](#)
2. Sports physicals are good for one year from the actual date of the exam, not the date the paperwork was filled out. Sports physical exams must be current as of the first day of the season. It is the Parent / Guardian's responsibility to know the Sports Physical expiration date.
3. The History Form (first page of the Pre-Participation Eligibility Packet) must be completed and signed by the parent/ guardian AND athlete prior to giving the packet to your medical provider. The medical provider must review this form prior to completing your physical examination. In addition, if the athlete has any special needs, the Supplemental History Form (second page of the Pre-Participation Eligibility Packet) must be completed and signed by the parent and athlete and reviewed by the medical provider.
4. The Physical Examination Form and the Clearance Form must be completed entirely and stamped by the medical provider. Incomplete forms will not be accepted. Please note, this includes a vision exam. If your medical provider is not completing a vision exam, you must provide documentation from your eye doctor at the same time as turning in the PPE. The documentation must include the last date of exam, which must be current within one year, the results of your exam, and stamped by the medical provider.
5. Once the PPE packet is turned in to the Health office, online Athletic Participation Consent Forms will be available the next business day on the Parent Portal. Online consent forms must be completed in order for the athlete to participate. If you do not have access to the Parent Portal online, hard copies may be downloaded from the Athletics page and turned in at the same time as turning in your PPE.
[Athletic Participation Consent Forms](#)
6. In addition, prior to EACH sport season, the parent/ guardian must complete a Medical History Update Form (Interim). This form will ensure that your athlete is on the requested sports roster. The form includes ten questions regarding medical history **SINCE THE DATE OF YOUR LAST PPE**. If any question is selected as "yes", a space is provided to explain in detail. A "yes" response may also require a note of clearance by appropriate medical personnel.
[Health History Update Form](#)