

**Carl W. Goetz Middle School
Sports Participation FAQs**

How long are sports physicals good for? When do they expire?

Sports physicals are good for one year (365 days) from the date of the exam. The exam date must be good for the first day of tryouts. Please be sure to know your exact exam date and not the date your medical provider filled out your paperwork.

When do the sports physical packets (PPE forms) need to be turned in by?

Each season there is a deadline date for turning in sports physical forms. Please refer to the website for exact dates. Given the large volume of athletes each season, it is not a guarantee that students will be added to the roster for tryouts if paperwork is turned in after the deadline.

Where do we turn in the PPE forms?

During the summer months when school is not in session, ALL sports paperwork must be turned in to Jackson Memorial Athletic Department. During the school year, all paperwork must be turned in to the Health Office during Homeroom. No paperwork should be given to any teachers to hand in.

What if my physician did not include a vision exam on the PPE?

A vision exam must be included on your sports physical paperwork. If your medical provider does not do a vision exam during your physical, you are required to see an eye doctor. The eye doctor must provide documentation of the exam date, results, and must be stamped. The exam date must be valid within one year. Vision exam documentation must be included when turning in your sports physical paperwork.

What is the vision requirement to be able to participate in sports?

Athletes are required to have vision exam results of 20/40 or better. If a student has a vision of 20/50 or worse, they will be required to see an eye specialist. Vision exam documentation must be included when turning in your sports physical paperwork.

Can a chiropractor complete the PPE forms?

According to N.J.S.A. 18A:40-1, "physician" refers to physicians licensed to practice medicine and surgery within the state. N.J.S.A. 18A:40-41.7 allows licensed physicians, advanced practice nurses and physician assistants to conduct the student athlete's pre-participation physical evaluation. Since chiropractors are not licensed to practice medicine or surgery, nor are they specifically named in the law, they are not allowed to complete the physicals.

How do we complete the Athletic Participation Consent forms?

Once the completed sports physical packet (PPE) has been turned in, it will be entered in to the school electronic record system. The day after the packet is turned in, online Athletic Participation Consent forms will be available on the Parent Portal. Please sign in to complete the online forms.

How can my student check to make sure they are on the roster for tryouts?

Once the deadline has passed for turning in sports physicals, students can come down during Homeroom to check to see if their name is on the tryout rosters. The rosters will be hanging inside the Health Office. It is the student's responsibility to ensure that they are listed on the roster.

What are the most common errors causing an incomplete PPE form?

Please refer to the Athletic Forms Checklist to see if you are missing any paperwork. The most common errors include:

- No parent and/or student signature on the History Form page.
- Date of exam has not been clearly indicated by the medical provider.
- Blood pressure or vision exam information has not been indicated on the physical forms.
- The sports physical paperwork has not been stamped by the medical provider's office.