



AMERICAN
CHRISTIAN SCHOOL

Established 1964

SPORTS PARTICIPATION CHECKLIST

(All forms can be downloaded at <http://www.americanchristianschool.org>)

*RETURN THESE FORMS TO THE SCHOOL NURSE FOR APPROVAL.

** DO NOT RETURN THEM TO YOUR COACH!

ALL PAPERWORK IS MANDATED BY THE STATE AND MUST BE COMPLETED IN ORDER TO PARTICIPATE.

Please complete Sports Forms as follows:

- 1 ___ Pre-Participation Physical Evaluation History
- 2 ___ Pre-Participation Physical Evaluation & Physical Examination
- 3 ___ Pre-Participation Physical Evaluation Clearance
- 4 ___ Health History Update Questionnaire. If you have had a sports physical within the past year (365 days), you may complete a Health History Update Questionnaire to hand in until you get your complete physical.
- 5 ___ Food Allergy & Anaphylaxis Emergency Care Plan- if needed for your child
- 6 ___ Asthma Treatment Plan if needed for your child
- 7 ___ Permission-Emergency. This card needs to be completed by the parent/guardian so that the coach has the most current emergency information.
- 8 ___ NJSIAA Concussion Policy Acknowledgement signed by both the student athlete and the parent.
- 9 ___ Authorization to Administer Medication if child requires medicine during athletic event
- 10 ___ Sudden Cardiac Death in Young Athletes Brochure
- 11 ___ Sudden Cardiac Death Pamphlet Sign-off Sheet
- 12 ___ Awareness Participation Consent (1 page). This form needs to be signed by both the student and the parent/guardian.
- 13 ___ NJSIAA Steroid Testing Policy/Sign-off sheet
- 14 ___ Sports Related Eye Injuries

Special note: **Students must re-establish eligibility for each season.** For instance, participation in a fall sport does not automatically guarantee that you are in compliance for a winter or spring sport. Eligibility update forms will be required for participation for the winter and spring sport.

All of these forms should be mailed to or dropped off at the school to the attention of the "School Nurse"

Thank you for your cooperation. Please call if you have any questions 973-584-6616.

Sincerely,

Amy Pearce, (Athletic Director)
Carol L. Krajc RN, (School Nurse)