

SPORTS SIGN-UPS

In order to participate in Sports you will need to complete the REQUIRED forms and return them to the health office at Hoppock School on time so the school can obtain final medical approval from the school doctor prior to the start of practices. Forms are available to download or in the Hoppock health office.

If you have any questions regarding these requirements, please feel free to contact Nurse Maureen Myers (908) 479-6336 ext. 2225. Thank you for your cooperation in this matter.

EHMS Sports

To participate in sports at EHMS, a physical examination must be completed within 365 days of the first practice. Only those students with all medical documentation completed and approved by the school medical examiner will be allowed to participate in any sports practices or competition. The forms consist of two parts: a **Health History** and a **Physician Evaluation**.

REQUIRED FORMS

According to New Jersey state law -- prior to participation on a school-sponsored interscholastic or intramural athletic team or squad, students must have the following completed Pre-Participation Forms:

PART A - Health History - MUST BE COMPLETED AT THE START OF EACH SEASON

• LONG Form - History Form – Pre-Participation Physical Evaluation

This form must be completed by you and reviewed by your health practitioner (physician, physician assistant or nurse practitioner) completing the physical exam once per calendar year. All sections must be completed.

• SHORT Form - Health History Questionnaire

Use the SHORT form only if you have completed the long form above more than 60 days prior to the first day of practice. If you have already completed the Part A Long Form and Part B Physician Evaluation Form during the course of the current school year, then just complete Short Form Part A at the start of the new season.

PART B Physician Evaluation

• Physical Examination Form - This form must be completed by your health practitioner within 365 days of the first practice session (once per calendar year). All sections must be completed.