

SPORTS PHYSICAL STEP-BY-STEP PROCESS TO PARTICIPATE

A valid physical is required, either on file in the nurse's office or a new physical (hard copy) handed in.

It is a 4-page physical - **LINK BELOW** (WE DO NOT ACCEPT UNIVERSAL physicals)

https://glenrocknj.powermediallc.org/download/GRHS_Preparticipation_Physical_Evaluation_Form-copy.pdf

*******PLEASE NOTE: THE CUTOFF DATES FOR PHYSICALS FOR EACH SEASON CHANGES; THEREFORE A VALID PHYSICAL FOR FALL MAY NOT BE GOOD FOR WINTER OR SPRING. THOSE DATES WILL BE PROVIDED PRIOR TO EACH COLLECTION DATE.**

- Please make sure both the student and parent signs the front page
- Make sure all questions on the front page are answered
- If you answer YES to a question please explain the reason on the area provided on the first page
- Fill out the first page in its entirety, child's name, DOB, sport, grade, age etc...
- Have the doctor fill out in its entirety. All forms need to be filled out and signed by the doctor and his/her office stamp needs to be on the forms.
- **THEN - OUR SCHOOL DOCTOR NEEDS TO SIGN OFF ON EVERY PHYSICAL FOR CLEARANCE**

Online Athletic Packet & Fee

- Go to the athletic website
- Go to online athletic packet and fill out
- It will ask if you have a physical on file in the nurse's office
- If you are handing one in then that answer is NO. If a valid physical is in the nurse's office the answer is YES
- Then after you have answered all the questions, you will need to pay the Athletics fee.
- You will then receive an email back from info@powermeidallc.org . PRINT IT OUT. Please make sure to check your spam or junk. **THIS NEEDS TO BE HANDED IN WITH THE PHYSICAL.**

*******WE WILL NOT ACCEPT ANY PHYSICAL WITHOUT THE ONLINE PACKET. WE WILL ALSO NOT ACCEPT ANY PHYSICAL OR ONLINE PACKET VIA EMAIL. NOR CAN YOU DROP IT OFF WITH SECURITY OR ANYWHERE ELSE. IT MUST BE HANDED IN ON THE COLLECTION DATES THAT WILL BE PROVIDED AT THE BEGINNING OF EACH SPORTS SEASON SUMMER/FALL/WINTER/SPRING.**

If your child has ASTHMA OR A FOOD ALLERGY & ANAPHYLAXIS, PLEASE ALSO HAND IN THE FORMS BELOW FILLED OUT BY YOU DOCTOR ON THE COLLECTION DATES. THESE FORMS MUST BE HANDED IN WITH THE PHYSICAL/ONLINE PACKET.

ASTHMA FORM

<https://mshs.glenrocknj.org/common/pages/DisplayFile.aspx?itemId=11010417>

ALLERGY FORM

<https://mshs.glenrocknj.org/common/pages/DisplayFile.aspx?itemId=11010419> .