

# PHYSICAL ON FILE FORMS

## ATHLETIC ELIGIBILITY FORM

Please check one:

- Barnegat High School  
 Russell O. Brackman Middle School  
 M.A.T.E.S      Performing Arts Academy      A.L.P.S.      Home Schooled

### I. Student Information (Please complete this section.)

Name:			Home Phone:	
Last	First	Middle	Emergency Contact:	
Address:			Emergency Phone:	
Street	Town, State	Zip		
Are you a transfer student? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, date of transfer:		Previous school:
Date of Birth:		Sex: M F	City and State of Birth:	
Sport by Season:		Grade (Sept. 2024):		Age as of August 31, 2024:
Fall:	Winter:	Spring:		

### II. Eligibility Information (This section is filled out by the school.)

Declared Eligible by:	Date	Signature	Comments	Credits Previous Year: (Fall/Winter Seasons)	Credits 1 <sup>st</sup> Semester: (Spring Season)
Guidance					
Medical				Physical Date:	
Athletic Office					
Principal					

### III. Barnegat Township Parental Permission (Please read and complete this section.)

1. I give my son/daughter \_\_\_\_\_ permission to participate in the interscholastic sport of \_\_\_\_\_.
2. I understand Russell O. Brackman Middle School students must meet District Policy 2430 criteria to be eligible to participate.  
I understand Barnegat High School students must meet NJSIAA eligibility requirements to participate.
3. I recognize that my son/daughter must have a comprehensive medical examination by the Medical Home recorded on the appropriate form prior to participation on any athletic team. In addition, a comprehensive medical history, recorded on the appropriate form, must accompany the student/athlete at the time of the physical. Both forms must be signed by the examining physician and filed with the health office.
4. I waive all claims for damages, remuneration, reimbursement or any other expenses in case of personal injury in conduct of the sport program and in all arrangements incidental thereto.
5. I understand that in case of interscholastic sports injury to my child, medical bills will be submitted to my insurance company first. Only those medical expenses not covered by my personal or group insurance are eligible for coverage by the Board of Education insurance policy up to established limits. I also understand that I am liable for any medical bills remaining after the above procedures have been carried out. It is suggested that I obtain personal medical insurance if a health insurance program does not cover my son/daughter.
6. I realize that the use, possession and/or distribution (in or out of school) of any chemical substance in any form are strictly prohibited. Chemical substances include, but are not limited to: alcoholic beverages, tobacco in any form, anabolic steroids, controlled dangerous substances, any chemical which release vapor or fumes causing intoxication inebriation, excitement, stupefaction or dulling of the brain or nervous system, as defined by N.J.S.A. 2A: 170-25.9, any mind altering or behavior altering substances used for purposes other than the treatment of illness, any prescription or over the counter medications except those for which permission to use has been granted. Violation of this policy by any student will invoke immediate sanctions as outlined by the student discipline policy regarding substance abuse.
7. I understand that N.J.A.C. 629.6.4 necessitates inclusion of a "cautionary" statement: Realizing that such activity involves the potential for injury which is inherent in all sports, I acknowledge that even with the best coaching, the use of the most protective equipment and strict observance of rules, injuries can be so severe as to result in total disability, paralysis or even death. I acknowledge/understand this warning.

**I have read and understand the above rules and regulations.**

<b>DATE:</b>	
	Signature of Parent/Guardian
<b>DATE:</b>	
	Signature of Student



## Barnegat Athletic Code of Conduct

The following model athletic code of conduct is promulgated in accordance with the provisions of P.L. 2002, chapter 74.

### Preamble:

Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.

**Sportsmanship and sportsman like conduct shall be defined as demonstrating fairness and respect for one's opponent and being gracious whether winning or losing. I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in a youth sports event and shall conform my behavior to the following code of conduct:**

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee
3. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
4. I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant ,official or any other attendee.
5. I will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
6. I will not permit my child, or encourage any other person, to use drugs or alcohol at a youth sports event and will not permit my child, or encourage any other person, to attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
7. I will not engage in the use of profanity.
8. I will not encourage my child, or any other person, to engage in the use of profanity.
9. I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
10. I will encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
11. I will not engage in verbal or physical threats of abuse aimed at any coach, parent, player, participant, official or any other attendee.
12. I will not encourage my child, or any other person to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
13. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
14. I will not encourage my child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.

**I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event I will be subject to disciplinary action, including but not limited to the following in any order or combination:**

1. Verbal warning issued by a league, organization or school official.
2. Written warning issued by a league, organization or school official.
3. Suspension or immediate ejection from a youth sports event issued by a league, organization or school official who is authorized to issue such suspension or election by a school board or youth sports organization.
4. Suspension from multiple youth sports events issued by a league, organization or school official who is authorized to issue such suspension by a school board or youth sports organization.
5. Season suspension or multiple season suspension issued by a school board or youth sports organization.

\_\_\_\_\_  
PRINT MOTHER'S NAME

\_\_\_\_\_  
MOTHER'S SIGNATURE

\_\_\_\_\_  
PRINT FATHER'S NAME

\_\_\_\_\_  
FATHER'S SIGNATURE

\_\_\_\_\_  
PRINT STUDENT'S NAME

\_\_\_\_\_  
DATE



## **Sports-Related Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form**

A concussion is a brain injury that can be caused by a blow to the head or body that disrupts normal functioning of the brain. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities nationwide, and more than 62,000 concussions are sustained each year in high school contact sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

Legislation (P.L. 2010, Chapter 94) signed on December 7, 2010, mandated measures to be taken in order to ensure the safety of K-12 student-athletes involved in interscholastic sports in New Jersey. It is imperative that athletes, coaches, and parent/guardians are educated about the nature and treatment of sports related concussions and other head injuries. The legislation states that:

- All Coaches, Athletic Trainers, School Nurses, and School/Team Physicians shall complete an Interscholastic Head Injury Safety Training Program by the 2011-2012 school year.
- All school districts, charter, and non-public schools that participate in interscholastic sports will distribute annually this educational fact to all student athletes and obtain a signed acknowledgement from each parent/guardian and student-athlete.
- Each school district, charter, and non-public school shall develop a written policy describing the prevention and treatment of sports-related concussion and other head injuries sustained by interscholastic student-athletes.
- Any student-athlete who participates in an interscholastic sports program and is suspected of sustaining a concussion will be immediately removed from competition or practice. The student-athlete will not be allowed to return to competition or practice until he/she has written clearance from a physician trained in concussion treatment and has completed his/her district's graduated return-to-play protocol.

### **Quick Facts**

- Most concussions do not involve loss of consciousness
- You can sustain a concussion even if you do not hit your head
- A blow elsewhere on the body can transmit an "impulsive" force to the brain and cause a concussion

### **Signs of Concussions (Observed by Coach, Athletic Trainer, Parent/Guardian)**

- Appears dazed or stunned
- Forgets plays or demonstrates short term memory difficulties (e.g. unsure of game, opponent)
- Exhibits difficulties with balance, coordination, concentration, and attention
- Answers questions slowly or inaccurately
- Demonstrates behavior or personality changes
- Is unable to recall events prior to or after the hit or fall

### **Symptoms of Concussion (Reported by Student-Athlete)**

- Headache
- Nausea/vomiting
- Balance problems or dizziness
- Double vision or changes in vision
- Sensitivity to light/sound
- Feeling of sluggishness or fogginess
- Difficulty with concentration, short term memory, and/or confusion



**What Should a Student-Athlete do if they think they have a concussion?**

- **Don't hide it.** Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- **Report it.** Don't return to competition or practice with symptoms of a concussion or head injury. The sooner you report it, the sooner you may return-to-play.
- **Take time to recover.** If you have a concussion your brain needs time to heal. While your brain is healing you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

**What can happen if a student-athlete continues to play with a concussion or returns to play too soon?**

- Continuing to play with the signs and symptoms of a concussion leaves the student-athlete vulnerable to second impact syndrome.
- Second impact syndrome is when a student-athlete sustains a second concussion while still having symptoms from a previous concussion or head injury.
- Second impact syndrome can lead to severe impairment and even death in extreme cases.

**Should there be any temporary academic accommodations made for Student-Athletes who have suffered a concussion?**

- To recover cognitive rest is just as important as physical rest. Reading, texting, testing-even watching movies can slow down a student-athletes recovery.
- Stay home from school with minimal mental and social stimulation until all symptoms have resolved.
- Students may need to take rest breaks, spend fewer hours at school, be given extra time to complete assignments, as well as being offered other instructional strategies and classroom accommodations.

**Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, according to the following protocol:**

- **Step 1:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.
- **Step 2:** Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.
- **Step 3:** Sport-specific exercise including skating, and/or running: no head impact activities. The objective of this step is to add movement.
- **Step 4:** Non contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.
- **Step 5:** Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.
- **Step 6:** Return to play involving normal exertion or game activity.

For further information on Sports-Related Concussions and other Head Injuries, please visit:

[www.cdc.gov/concussion/sports/index.html](http://www.cdc.gov/concussion/sports/index.html)

[www.nfhs.com](http://www.nfhs.com)

[www.ncaa.org/health-safety](http://www.ncaa.org/health-safety)

[www.bianj.org](http://www.bianj.org)

[www.atsnj.org](http://www.atsnj.org)

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Print Student-Athlete's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Print Parent/Guardian's Name

\_\_\_\_\_  
Date



*NJSIAA*



1161 Route 130, P.O. Box 487, Robbinsville, NJ 08691 609-259-2776 609-259-3047-Fax

## **NJSIAA STEROID TESTING POLICY**

### **CONSENT TO RANDOM TESTING**

In Executive Order 72, issued December 20, 2005, Governor Richard Codey directed the New Jersey Department of Education to work in conjunction with the New Jersey State Interscholastic Athletic Association (NJSIAA) to develop and implement a program of random testing for steroids, of teams and individuals qualifying for championship games.

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the attached page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

By signing below, we consent to random testing in accordance with the NJSIAA steroid testing policy. We understand that, if the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

\_\_\_\_\_  
Signature of student-Athlete

\_\_\_\_\_  
Print Student-Athlete's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Print Parent/Guardian's Name

\_\_\_\_\_  
Date



## Website Resources

- Sudden Death in Athletes  
<http://tinyurl.com/m2gjmvc>
- Hypertrophic Cardiomyopathy Association  
[www.4hcm.org](http://www.4hcm.org)
- American Heart Association [www.heart.org](http://www.heart.org)

## Collaborating Agencies:

### American Academy of Pediatrics

**New Jersey Chapter**  
3836 Quakerbridge Road, Suite 108  
Hamilton, NJ 08619  
(p) 609-842-0014  
(f) 609-842-0015  
[www.aapnj.org](http://www.aapnj.org)



### American Heart Association

1 Union Street, Suite 301  
Robbinsville, NJ, 08691  
(p) 609-208-0020  
[www.heart.org](http://www.heart.org)



### New Jersey Department of Education

PO Box 500  
Trenton, NJ 08625-0500  
(p) 609-292-5935  
[www.state.nj.us/education/](http://www.state.nj.us/education/)



### New Jersey Department of Health

P.O. Box 360  
Trenton, NJ 08625-0360  
(p) 609-292-7837  
[www.state.nj.us/health](http://www.state.nj.us/health)



### Lead Author: American Academy of Pediatrics, New Jersey Chapter

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# SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

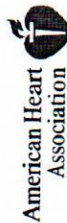
## The Basic Facts on Sudden Cardiac Death in Young Athletes



STATE OF NEW JERSEY  
DEPARTMENT OF EDUCATION



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Learn and Live



## SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

**S**udden death in young athletes between the ages of 10 and 19 is very rare. What, if anything, can be done to prevent this kind of tragedy?



### What is sudden cardiac death in the young athlete?

Sudden cardiac death is the result of an unexpected failure of proper heart function, usually (about 60% of the time) during or immediately after exercise without trauma. Since the heart stops pumping adequately, the athlete quickly collapses, loses consciousness, and ultimately dies unless normal heart rhythm is restored using an automated external defibrillator (AED).

### How common is sudden death in young athletes?

Sudden cardiac death in young athletes is very rare. About 100 such deaths are reported in the United States per year. The chance of sudden death occurring to any individual high school athlete is about one in 200,000 per year.

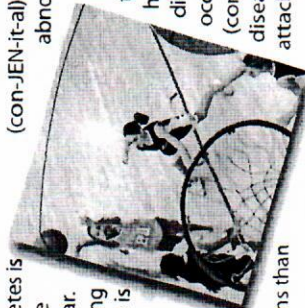
Sudden cardiac death is more common: in males than in females; in football and basketball than in other sports; and in African-Americans than in other races and ethnic groups.

### What are the most common causes?

Research suggests that the main cause is a loss of proper heart rhythm, causing the heart to quiver instead of pumping blood to the brain and body. This is called ventricular fibrillation (ven-TRICK-you-lar fib-roo-LAY-shun). The problem is usually caused by one of several cardiovascular abnormalities and electrical diseases of the heart that go unnoticed in healthy-appearing athletes.

The most common cause of sudden death in an athlete is hypertrophic cardiomyopathy (hi-per-TRO-fic CAR-dee-oh-my-OP-a-thee) also called HCM. HCM is a disease of the heart, with abnormal thickening of the heart muscle, which can cause serious heart rhythm problems and blockages to blood flow. This genetic disease runs in families and usually develops gradually over many years.

The second most likely cause is congenital (con-JEN-it-ally) (i.e., present from birth) abnormalities of the coronary arteries. This means that these blood vessels are connected to the main blood vessel of the heart in an abnormal way. This differs from blockages that may occur when people get older (commonly called "coronary artery disease," which may lead to a heart attack).





## SUDDEN CARDIAC DEATH IN YOUNG ATHLETES

Other diseases of the heart that can lead to sudden death in young people include:

- Myocarditis (my-oh-car-DIE-tis), an acute inflammation of the heart muscle (usually due to a virus).
- Dilated cardiomyopathy, an enlargement of the heart for unknown reasons.
- Long QT syndrome and other electrical abnormalities of the heart which cause abnormal fast heart rhythms that can also run in families.
- Marfan syndrome, an inherited disorder that affects heart valves, walls of major arteries, eyes and the skeleton. It is generally seen in unusually tall athletes, especially if being tall is not common in other family members.

### Are there warning signs to watch for?

In more than a third of these sudden cardiac deaths, there were warning signs that were not reported or taken seriously. Warning signs are:

- Fainting, a seizure or convulsions during physical activity;
- Fainting or a seizure from emotional excitement, emotional distress or being startled;
- Dizziness or lightheadedness, especially during exertion;
- Chest pains, at rest or during exertion;
- Palpitations - awareness of the heart beating unusually (skipping, irregular or extra beats) during athletics or during cool down periods after athletic participation;
- Fatigue or tiring more quickly than peers; or
- Being unable to keep up with friends due to shortness of breath (labored breathing).

### What are the current recommendations for screening young athletes?

New Jersey requires all school athletes to be examined by their primary care physician ("medical home") or school physician at least once per year. The New Jersey Department of Education requires use of the specific Preparation Physical Examination Form (PPE).

This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.

The primary healthcare provider needs to know if any family member died suddenly during physical activity or during a seizure. They also need to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually for each exam because it is so essential to identify those at risk for sudden cardiac death.

The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no further evaluation or testing is recommended.

### Are there options privately available to screen for cardiac conditions?

Technology-based screening programs including a 12-lead electrocardiogram (ECG) and echocardiogram (ECHO) are noninvasive and painless options parents may consider in addition to the required

PPE. However, these procedures may be expensive and are not currently advised by the American Academy of Pediatrics and the American College of Cardiology unless the PPE reveals an indication for these tests. In addition to the expense, other limitations of technology-based tests include the possibility of "false positives" which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation.

The United States Department of Health and Human Services offers risk assessment options under the Surgeon General's Family History Initiative available at <http://www.hhs.gov/familyhistory/index.html>.

### When should a student athlete see a heart specialist?

If the primary healthcare provider or school physician has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist will perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, will likely also be done. The specialist may also order a treadmill exercise test and a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.

### Can sudden cardiac death be prevented just through proper screening?

A proper evaluation should find most, but not all, conditions that would cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a

normal screening evaluation, such as an infection of the heart muscle from a virus. This is why screening evaluations and a review of the family health history need to be performed on a yearly basis by the athlete's primary healthcare provider. With proper screening and evaluation, most cases can be identified and prevented.

### Why have an AED on site during sporting events?

The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).

N.J.S.A. 18A:40-41a through c, known as "Janet's Law," requires that at any school-sponsored athletic event or team practice in New Jersey public and nonpublic schools including any of grades K through 12, the following must be available:

- An AED in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium; and
- A team coach, licensed athletic trainer, or other designated staff member if there is no coach or licensed athletic trainer present, certified in cardiopulmonary resuscitation (CPR) and the use of the AED; or
- A State-certified emergency services provider or other certified first responder. The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 to 1½ minute walk from any location and that a call is made to activate 911 emergency system while the AED is being retrieved.



State of New Jersey  
DEPARTMENT OF EDUCATION

**Sudden Cardiac Death Pamphlet**  
**Sign-Off Sheet**

Name of School District: \_\_\_\_\_

Name of Local School: \_\_\_\_\_

I/We acknowledge that we received and reviewed the Sudden Cardiac Death in Young Athletes pamphlet.

Student Signature: \_\_\_\_\_

Parent or Guardian  
Signature: \_\_\_\_\_

Date: \_\_\_\_\_





## BARNEGAT TOWNSHIP SCHOOL DISTRICT

550 BARNEGAT BOULEVARD NORTH  
BARNEGAT, NEW JERSEY 08005  
(609) 698-5800 FAX (609) 660-5974

Dr. Brian Latwis  
Superintendent of Schools

Stephen J. Brennan, MBA, CPA  
Business Administrator/Board Secretary

Dear Parent or Guardian:

This information will assist you with any medical care your child may need due to an injury. BMI BENEFITS, LLC, is the school insurance company however, your personal insurance carrier is primary and BMI BENEFITS will provide coverage on an **EXCESS BASIS only**. This means that only those medical expenses, that are NOT payable by your own personal or group insurance, are eligible for reasonable and customary coverage under this policy.

**In the event of an injury or accident that requires medical attention, if you do not have any personal insurance and you will be using BMI BENEFITS as your primary carrier please call them immediately to report the claim at 800-445-3126.**

A copy of the Student Accident Report is attached for your information. Should you need to file a claim with BMI BENEFITS Insurance, please download and complete the **Student Accident Claim Form**, which can be found on our School Website at [www.Barnegatschools.com](http://www.Barnegatschools.com). **YOU DO NOT HAVE TO WAIT FOR ANY BILLS OR EXPLANATION OF BENEFITS TO COMPLETE and SUMIT THE FORM TO BMI.** Once logged onto the District website, please click on the "**Departments and Programs**" link, which is located on the top tool bar, a headings menu will appear at this point you could either click on the "Athletics" link or the "Nurses" link where you will find the link "Student Accident Claim Packet", where the Student Accident Claim form is located. Download the form and open in with Adobe Reader to input the information. Upon completion of the form, please contact Mary Knudsen at the Board of Education Office in order to obtain the required School Official signature. Mary can be reached at 609-698-5800 Ext. 11105 or by email at [mknudsen@barnegatschools.com](mailto:mknudsen@barnegatschools.com).

All claims must be mailed to BMI, Benefits within **90 days** of the date of the accident. If you do not have your own personal insurance, please let BMI BENEFITS know when you call and they will work with you to get providers who will accept negotiated rates. If you go to a non-network provider, whose rates are higher than reasonable and customary for our geographic area, insurance may not cover the entire cost and you would be liable for the unpaid residual.

Thank you,

*Mary Knudsen*

Mary Knudsen  
Administrative Assistant

LL:mk

Enclosure

Cc: Stephen Brennan, Board Secretary/  
Business Administrator

*Our collective mission is to nurture and educate our children in accordance with all curriculum standards to prepare them for responsible citizenship and success in life.*

**BOARD OF EDUCATION**

Sean O'Brien, President Bonnie Levy, Vice President

Colleen Angus Sandra Churney Carol Geene Bruno Iamonte Scott Sarno Regina Tamowski Lauren Washburn





# BARNEGAT ATHLETIC DEPARTMENT



Concussion Information  
Steroid Testing Information  
Sudden Cardiac Death Information  
School Injury Insurance Information

I have received and read the information contained in the Athletic Eligibility Packet pertaining to Concussions, Steroid Testing, Sudden Cardiac Death in Athletics and School Injury Insurance Information. I understand that this information has been distributed in compliance with the NJSIAA guidelines and New Jersey State Law.

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Sport

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date





**BARNEGAT SCHOOL DISTRICT**  
**ATHLETE EMERGENCY CONTACT FORM**

(Coaches please keep this form on you to reference)

**STUDENT INFORMATION:**

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Year in School (circle) 6 7 8 9 10 11 12

Address \_\_\_\_\_

City \_\_\_\_\_ Zip code \_\_\_\_\_ Phone # \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION:**

Primary Contact Name \_\_\_\_\_

Relationship \_\_\_\_\_ Primary phone# \_\_\_\_\_

Alternate phone # \_\_\_\_\_

Name of Alternate contact person \_\_\_\_\_

Relationship \_\_\_\_\_ Phone # \_\_\_\_\_

Alternate phone # \_\_\_\_\_

**HEALTH CONDITIONS**

**(CHECK OFF ALL THAT APPLY):**

\_\_\_\_\_ Asthma (**Asthma Action Plan must be on file with the nurse for the current school year**)

\_\_\_\_\_ Diabetes (**Diabetic Medical Management Care Plan must be on file with the nurse for current school year**)

\_\_\_\_\_ Epilepsy (**Seizure Action Plan must be on file with the nurse for the current school year**)

\_\_\_\_\_ Food Allergies (**Food Allergy and Anaphylaxis Emergency Care Plan must be on file with the nurse for the current school year**)

\_\_\_\_\_ Other (please list) \_\_\_\_\_

**In case of emergency, I give permission for my information to be released for emergency purposes. I also agree that any of my emergency contacts listed may be notified in an emergency, as needed.**

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



## New Jersey Department of Education Health History Update Questionnaire

Name of School: \_\_\_\_\_

To participate on a school-sponsored interscholastic or intramural athletic team or squad, each student whose physical examination was completed more than 90 days prior to the first day of official practice shall provide a health history update questionnaire completed and signed by the student's parent or guardian.

Student: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Date of Last Physical Examination: \_\_\_\_\_ Sport: \_\_\_\_\_

**Since the last pre-participation physical examination, has your son/daughter:**

1. Been medically advised not to participate in a sport? Yes  No

If yes, describe in detail:

2. Sustained a concussion, been unconscious or lost memory from a blow to the head? Yes  No

If yes, explain in detail:

3. Broken a bone or sprained/strained/dislocated any muscle or joints? Yes  No

If yes, describe in detail:

4. Fainted or "blacked out?" Yes  No

If yes, was this during or immediately after exercise?

5. Experienced chest pains, shortness of breath or "racing heart?" Yes  No

If yes, explain

6. Has there been a recent history of fatigue and unusual tiredness? Yes  No

7. Been hospitalized or had to go to the emergency room? Yes  No

If yes, explain in detail

8. Since the last physical examination, has there been a sudden death in the family or has any member of the family under age 50 had a heart attack or "heart trouble?" Yes  No

9. Started or stopped taking any over-the-counter or prescribed medications? Yes  No

10. Been diagnosed with Coronavirus (COVID-19)? Yes  No

If diagnosed with Coronavirus (COVID-19), was your son/daughter symptomatic? Yes  No

If diagnosed with Coronavirus (COVID-19), was your son/daughter hospitalized? Yes  No

Date: \_\_\_\_\_ Signature of parent/guardian: \_\_\_\_\_

**Please Return Completed Form to the School Nurse's Office**