



To: Student Athletes & Parents/Guardians (Grades 6-8)
From: Health Office
Re: Pre-participation Physical Evaluation (PPE)

Students interested in school sponsored interscholastic or intramural athletic teams in grades 6 through 12 are mandated to present a Pre-participation Physical Evaluation Medical Eligibility Form (PPME) to the Health Office, prior to participation. **This is a new process mandated by the state for this year, school year 2024-2025. We are no longer collecting the whole PPE.**

Therefore, in order to **participate in school sports** the PPME must be completed by your child's physician and submitted to the Health Office by the specified due dates per club. All health forms are reviewed by the school physician. Students will not be able to participate without the PPME and additional forms, listed below.

Required forms include:

- Pre-participation Physical Evaluation Medical Eligibility Form This form **must** be returned to the school nurse. This is the only clearance form the school nurse needs to collect.
- Pre-participation Physical Evaluation (signed by parent, student, and physician) – Must be completed within 365 days of the first official practice in an athletic season. This form is not returned to the school nurse, this form **is not** returned to the school nurse. Parents should keep these forms.
- Health History Update Questionnaire – must be completed if PPME was submitted more than 90 days from the first day of practice, or there have been recent significant changes in student's health. Return this to the school nurse only if the above criteria is met.
- Sudden Cardiac Death in Young Athletes Pamphlet – Review; acknowledgement form must be signed by parent/guardian and student athlete. Return this to the school nurse.
- Sports-Related Concussion and Head Injury Fact Sheet - Review; acknowledgement form must be signed by parent/guardian and student athlete. Return this to the school nurse.
- Opioid Drugs Fact Sheet - Review; acknowledgement form must be signed by parent/guardian and student athlete. Return this to the school nurse.
- Sports Related Eye Injury - Review

These state forms may be downloaded from our school website.

You may also contact the Health Office at 908-735-7929 x1103, to have the forms sent home with your child. Please be sure to return completed forms in a sealed envelope addressed to: **Attn: School Nurse, PPE.**