

# Important! Please read!

*LCCS has a School Physician who reviews all Sports Physicals per NJ law. If the Sports Physical is incomplete, she will return it, delaying your child's participation on their team!*

## Here are tips for quickest approval of the Sports Physical:

- You **MUST** answer ALL parent/guardian questions on the first page. Important—>share your answers with your child's doctor! Please do not have your child complete the form.
- For any "yes" answers, write a short explanation at the right bottom of the page. Example: if you respond "yes" to the number 3 question, go to the space for explanation and write "#3" and then your explanation.
- **IMPORTANT:** Before the physical exam is done, ask the doctor if they have completed the professional development course needed to be able to do this type of physical (see the bottom signature line on the final "Clearance" page).
- If your child has a medical condition (such as asthma, EpiPen, seizure disorder, etc), the School Nurse will make sure the necessary paperwork is attached to the Sports Physical. All paperwork must be current. Older students who have been approved to carry inhalers **MUST** have them with them at all games and practices.
- All medications must not be expired.
- Make sure you have signed the document and the doctor has completed their portion.
- Your child's Sports Physical will be good for exactly One Year from the date of the exam.
- Make sure your child's doctor writes the child's pulse, blood pressure and vision screening (with glasses on if prescribed). These are sometimes overlooked and must be included!