



REQUIRED FORMS FOR SPORTS PARTICIPATION

WITHOUT THE APPROPRIATE FORMS STUDENTS WILL NOT BE ALLOWED
TO TRY-OUT

1. **Physical-** form must be NJ Dept. of Education Annual Pre-Participation Physical Exam form. Forms found on Woodcliff website under nurses' station. Physicals are valid for 365days from the date the physical was done.
2. **Health History Update-**if physical was completed more than 90days prior to tryouts this form must be completed. This form confirms that nothing has changed since last physical. Form found on the Woodcliff website also under nurses' station.
3. **Sudden Cardiac Death in Young Athletes-**form must be read, signed and returned to the nurse in order to try out. Form found on the Woodcliff website also under nurses' station.
4. **Sports-Related Concussion and Head Injury Fact Sheet-**form must be read and signed by both guardian and student. Form can be found on the Woodcliff website under nurses' station and should be returned to the nurse.

These forms are required for soccer, volleyball, basketball, softball, baseball and track club. Students should check with the nurse when they sign up for sports to confirm that they have valid forms on file. If you have any questions please contact Michelle Herrmans the school nurse at 930-5600 ext 207 or email mherrmans@woodcliff-lake.com.