

RUMSON-FAIR HAVEN REGIONAL HIGH SCHOOL
74 RIDGE ROAD
RUMSON, NEW JERSEY 07760-1896
www.rfhrhs.org

Chris Lanzalotto
Athletic Director

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VERY IMPORTANT – PLEASE REVIEW ENTIRE LETTER

May 11, 2021

Dear Parent(s)/Guardian(s):

In accordance with the implementation of the Scholastic Student-Athlete Safety Act, **Pre-participation Physical Evaluation forms** must be used for all student physical examinations prior to participation in school-sponsored interscholastic and intramural sports.

Pursuant to and in accordance with N.J.A.C. 6A:16-2.2, all students must have a physical examination form reviewed by the school physician PRIOR to athletic participation (this includes “try out” practices). New Jersey Administrative Code indicates the examination shall be conducted within 365 days prior to the first practice session. **No student will be permitted to practice/participate without a physical reviewed by our school physician. A Health History Update must be submitted prior to every season.** All fully completed physical forms are due to Mrs. Knific, School Nurse according to the schedule below:

<u>Season</u>	<u>Submission Deadline/Main Office</u>
Summer – Voluntary Workouts (Health History Update and updated physical only)	June 15th, 2021
<u>Season</u>	<u>Submission Deadline/Main Office</u>
Fall Sports	July 19 th , 2021
Winter Sports	October 18 th , 2021
Spring Sports	February 14 th , 2022

Students submitting physical forms to the Nurse’s Office after said deadlines **WILL NOT** be eligible to participate during the active season. Coaches are not permitted to accept the completed physical forms.

PLEASE BE ADVISED THAT RFH WILL NOT BE SCHEDULING PHYSICALS WITH OUR SCHOOL DOCTOR.

For your convenience, we have attached the *Pre-Participation Physical Evaluation* form and a corresponding instruction sheet; these documents are also available on the RFH website at www.rumsonfairhaven.org.

An updated Health History Update form must be completed for each season a student participates in a sport. Any student-athlete who has tested positive for Covid-19 must submit a clearance note from their respective doctor (note is good for one calendar year).

A checklist of forms that are due for every school year is listed below:

- _____ Health History Update (****due for every season****)
- _____ Sudden Cardiac Death Sign Off Form
- _____ Opioid Sign Off Form
- _____ Opioid Education Video Sign Off Form (due for every season)
- _____ Concussion Consent Sign Off Form
- _____ Random Steroid Testing Sign Off

All forms are available for download at <https://www.rumsonfairhaven.org/domain/24>

Forms can be scanned and emailed to swankel@rumsonfairhaven.org or mailed to the high school, attention: Athletic Office.

Feel free to contact me directly should you have any questions about physicals and/or paperwork, clanzalotto@rumsonfairhaven.org

To ensure compliance with the State of New Jersey and the NJSIAA, the above procedures and deadlines must be adhered to. There will be no exceptions.

I thank you for your anticipated cooperation.

Sincerely,

Chris Lanzalotto

Chris Lanzalotto
Athletic Director