

BLACK HORSE PIKE REGIONAL SCHOOL DISTRICT
Home of the Chargers, Mustangs & Tartans
Athletic Department

A parent/guardian should register by clicking on this link:
<https://www.familyid.com/black-horse-pike-regional-school-district>
and following these steps:

- 1.** Under the "Programs" title, click on the link for the program you want to sign up for. Scroll to bottom of page to either ***Sign Up as a Family or Individual*** if this is your first time using FamilyID, or ***Log In*** if you already have a FamilyID account.
- 2.** Sign Up for your secure FamilyID account by entering your family name, email address and password. You will receive an email with a link to confirm your new account. (If you don't see the email, check your spam or junk folders.)
- 3.** Click on the link in your email confirmation, which will log you in to FamilyID, and then complete the information requested on the registration form. When you have completed the form, click the "Save & Continue" button.
- 4.** Review your registration summary and click "Confirm Registration" to submit. Once completed, you will receive an email receipt from registratons@familyid.com. You can also view your completed registration on your Dashboard. You can log into <https://www.familyid.com> at any time to update your information and to check your registration(s).
- 5.** If you are having a physical exam done by your physician (once every year/365 days), then you must print the **[Physical Exam forms](#)** and take to your physician to be completed. However, if you played a sport already this school year and have a valid physical exam (within 365 days of the start of the season), you do not have to return to the physician's office again, but must print and complete the **[Health History Update form](#)**.
- 6.** The **[ImPACT Test](#)** (computerized baseline concussion test) is required by ALL athletes, however only has to be taken once every other year. For example: if taken as a freshman, the athlete will not have to take another baseline until his/her junior year.

****PLEASE BE AWARE THAT COMPLETING THE ONLINE REGISTRATION PROCESS AND DOCTOR'S PHYSICAL EXAM DOES NOT GUARANTEE THE ATHLETE'S ELIGIBILITY. ELIGIBILITY IS CONTINGENT UPON:**

- COMPLETED NJSIAA PAPERWORK
- A VALID PHYSICAL EXAM (EVERY 365 DAYS)
- ACADEMIC REQUIREMENTS
- BEHAVIORAL REQUIREMENTS
- NO OUTSTANDING SCHOOL ISSUED FINES

Black Horse Pike Regional School District

580 Erial Road, Blackwood, NJ 08012

ImPACT

All athletes must complete baseline ImPACT testing before being allowed to participate in their sport. ImPACT is a computerized concussion evaluation system that measures verbal and visual memory, processing speed and reaction time. To most effectively care for athletes who have sustained concussions, it is helpful to compare baseline data to post-concussion data so that any deficits can be determined and proper return-to-play decisions can be made.

INSTRUCTIONS FOR ATHLETES

Please understand that you cannot “fail” this test. It is extremely important, however, that you:

1. Set aside 30 minutes in a quiet place with **NO DISTRACTIONS**.
2. **READ** the instructions very carefully. Failure to do this can affect the test results and you may then have to re-take the test.
3. If you do not have Internet access at home and are unable to take the test anywhere else, please contact your certified athletic trainer.

TO TAKE TO THE TEST:

1. Go to Internet Explorer or other web browser
2. Type in the website: www.impacttestonline.com/schools/
3. Select “New Jersey”
4. Launch baseline test
5. Follow the directions. Make sure to read all instructions!

TCHS Customer ID Code: 542D7DC4DA

HHS Customer ID Code: ADDB273F4E

THS Customer ID Code: 44907883D4

**ANY QUESTIONS OR CONCERNS SHOULD BE DIRECTED
TO YOUR SCHOOL’S CERTIFIED ATHLETIC TRAINER LISTED BELOW.**

Highland Regional High School

Vincent Leavey
(856) 227-4100, ext. 4100
vleavey@bhprsd.org

Timber Creek Regional High School

Dominic Acchitelli
(856) 232-9703, ext. 6050
dacchitelli@bhprsd.org

Triton Regional High School

Karen Flint
(856) 939-4500, ext. 2078
kflint@bhprsd.org

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep a copy of this form in the chart.)

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? ☐ Yes ☐ No If yes, please identify specific allergy below.

☐ Medicines

☐ Pollens

☐ Food

☐ Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	30. Do you have groin pain or a painful bulge or hernia in the groin area?		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?			31. Have you had infectious mononucleosis (mono) within the last month?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			32. Do you have any rashes, pressure sores, or other skin problems?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?			33. Have you had a herpes or MRSA skin infection?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____			34. Have you ever had a head injury or concussion?		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Do you get lightheaded or feel more short of breath than expected during exercise?			36. Do you have a history of seizure disorder?		
11. Have you ever had an unexplained seizure?			37. Do you have headaches with exercise?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	39. Have you ever been unable to move your arms or legs after being hit or falling?		
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?			40. Have you ever become ill while exercising in the heat?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			41. Do you get frequent muscle cramps when exercising?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			42. Do you or someone in your family have sickle cell trait or disease?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			43. Have you had any problems with your eyes or vision?		
BONE AND JOINT QUESTIONS	Yes	No	44. Have you had any eye injuries?		
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			45. Do you wear glasses or contact lenses?		
18. Have you ever had any broken or fractured bones or dislocated joints?			46. Do you wear protective eyewear, such as goggles or a face shield?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			47. Do you worry about your weight?		
20. Have you ever had a stress fracture?			48. Are you trying to or has anyone recommended that you gain or lose weight?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			49. Are you on a special diet or do you avoid certain types of foods?		
22. Do you regularly use a brace, orthotics, or other assistive device?			50. Have you ever had an eating disorder?		
23. Do you have a bone, muscle, or joint injury that bothers you?			51. Do you have any concerns that you would like to discuss with a doctor?		
24. Do any of your joints become painful, swollen, feel warm, or look red?			FEMALES ONLY		
25. Do you have any history of juvenile arthritis or connective tissue disease?			52. Have you ever had a menstrual period?		
			53. How old were you when you had your first menstrual period?		
			54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

■ PREPARTICIPATION PHYSICAL EVALUATION THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

PARENT/GUARDIAN FORM

**ONLY use this form for disabilities.
DO NOT use for injuries.**

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

1. Type of disability		
2. Date of disability		
3. Classification (if available)		
4. Cause of disability (birth, disease, accident/trauma, other)		
5. List the sports you are interested in playing		
	Yes	No
6. Do you regularly use a brace, assistive device, or prosthetic?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or any other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "yes" answers here

Please indicate if you have ever had any of the following.

	Yes	No
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

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New Jersey Department of Education 2014; Pursuant to P.L.2013, c. 71

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).



Physician/Provider's Stamp

EXAMINATION		
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP / (/)	Pulse	Vision R 20/ L 20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) 		
Eyes/ears/nose/throat <ul style="list-style-type: none"> Pupils equal Hearing 		
Lymph nodes		
Heart ^a <ul style="list-style-type: none"> Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PMI) 		
Pulses <ul style="list-style-type: none"> Simultaneous femoral and radial pulses 		
Lungs		
Abdomen		
Genitourinary (males only) ^b		
Skin <ul style="list-style-type: none"> HSV, lesions suggestive of MRSA, tinea corporis 		
Neurologic ^c		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional <ul style="list-style-type: none"> Duck-walk, single leg hop 		

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

^bConsider GU exam if in private setting. Having third party present is recommended.

^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- ☐ Cleared for all sports without restriction
- ☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____
- ☐ Not cleared
- ☐ Pending further evaluation
- ☐ For any sports
- ☐ For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, a physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician, advanced practice nurse (APN), physician assistant (PA) (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician, APN, PA _____

PREPARTICIPATION PHYSICAL EVALUATION
CLEARANCE FORM

Name _____ Sex ☐ M ☐ F Age _____ Date of birth _____

☐ Cleared for all sports without restriction

☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

☐ Not cleared

☐ Pending further evaluation

☐ For any sports

☐ For certain sports _____

Reason _____

Recommendations _____

EMERGENCY INFORMATION

Allergies _____

Other information _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician, advanced practice nurse (APN), physician assistant (PA) _____ Date _____

Address _____ Phone _____

Signature of physician, APN, PA _____

Completed Cardiac Assessment Professional Development Module

Date _____ Signature _____

This page is to be completed by Parent/Guardian and Physician

Form 4

Black Horse Pike Regional School District -Medication – Dispensing Form

List only one medication on a form, additional forms available upon request.

P
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PARENTS SHOULD FILL OUT THE BOLDDED AREAS

I request the enclosed medication, in the original container, to be administered to my child and shall release school personnel from all liability. I give the School Nurse permission to contact the physician and/or pharmacist with any question concerning the medication.

Name of Child _____

Name & Strength of Medication _____

Dosage _____

Signature of Parent/Guardian X _____

INHALER AND EPI-PEN PATIENTS ONLY

In case of ASTHMA or potentially life threatening illness, will the student be giving himself/herself this medication?

☐ Yes ☐ No If yes, please sign below

We the parents or guardians of the pupil, acknowledge that the district shall incur no liability as a result of any injury arising from the self-administration of medication by the pupil and that we shall indemnify and hold harmless the district and its employees or agents against any claims arising out of the self-administration of medication by the pupil. The permission is effective for the school year for which it is granted.

Signature of Parent/Guardian X _____ Date _____

Both sections must have completed information and required signatures.

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DOCTORS MUST COMPLETE ALL BOLDDED INFORMATION

Students Name _____ Age _____ Grade _____ School _____

Name & Strength of Medication _____ Dosage _____

Time & Route of Administration in School _____

Reason for Medication _____

Effective Dates: from _____ to _____

Most common side effects: _____

It is my understanding the School Nurse charged with the administration of medication may rely upon my direction as contained in this document. I further certify that I am the physician who prescribed the medication and that the student named above is under my supervision as a patient for diagnosis and treatment. Any alteration to the above will occur only with written directions from the attending physician.

Doctor's Name (Print) _____ X _____
Doctor's Signature

Patient's Medication Allergies _____ Doctor's Address _____

Date _____ Doctor's Telephone Number _____

INHALER AND EPI-PEN PATIENTS ONLY

I certify that the pupil has asthma or another life threatening illness and is capable of, and has been instructed in, the proper method of self-administration of medication.

In case of ASTHMA or potentially life threatening illness, will the student be giving himself/herself this medication?

☐ Yes ☐ No X _____

Doctor's Signature REQUIRED