



SCHOOL DISTRICT OF THE CHATHAMS

CHATHAM HIGH SCHOOL
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Procedure to complete NJSIAA Sports forms that are required to participate in an interscholastic sport.

Physical exams are required to participate in the CHS Sports Program.

This includes a History Form and a Physical Exam. A physical is valid for 365 days from the day it was done. If it was done more than 90 days before the sport begins, an update form is also required.

Every season, every athlete and every sport requires an emergency form.

**Complete the five forms (#1-#5) when your child has their annual physical.
Please take the forms with you to the physician**

- 1) NJSIAA History Form- this is a health history completed and signed by parents.
- 2) NJSIAA Physical Exam Form- this is the physical completed by your own physician.
- 3) ImPact Concussion Consent Form
- 4) Sign-Off Form for Parent Code of Conduct and Steroid Testing/Concussion Information/Cardiac Arrest and Sudden Death/Sports Related Eye Injury Form
- 5) Emergency Form-contact information for your coach and the athletic trainer

If your child's physical is valid and on file in the Nurse's office, the following forms are needed

- 1) Update Form- Needed if the physical was done more than 90 days before sports season starts and is valid and on file in Nurse's Office.
- 2) Emergency Form-contact information for your coach and the athletic trainer.

Forms can be obtained in the Health Office or on the Chatham High School website, under athletics. A sports physical is valid for 365 days.

Forms are due, July 26th for fall sports, November 1st for winter sports, and January 31st for spring sports.

Forms cannot be turned in more than 90 days before the start of the season.

Please call the Athletic Department at 457.2534 or the Nurse at 457.2505 ext 2006 with any questions.