

Q: *How do I know if my son/daughter needs a new physical?*

A: Call the school nurse or the athletic trainers. Pre-Participation Physical Evaluation forms are kept in your son/daughter's medical file in the school nurse's office. For students in grades 7-8 contact Monica Marino at 856-223-2755. For students in grades 9-12 contact Diana Lombardi at 856-223-2719. The athletic trainers Katie Skinner and Guy Midure can be reached at 856-223-2798 or 856-223-2778.

High School Example scenario #1: If your son/daughter is in the high school and their most recent physical on file in the nurse's office is dated 3/1/2016. That physical will expire on 3/1/2017. Because that expiration date falls just two days before the official start date of 3/3/17, he/she will need a new physical for their spring sport in 2017. *Please note that all athletic physicals must be reviewed and signed by our school physician. This is a 1-3 day turn around before final clearance to participate.*

Middle School Example scenario #2: If your son/daughter is in the middle school and their most recent physical on file in the nurse's office is dated 9/8/2016. That physical will expire on 9/8/2017. You must hand in a Health History Update Questionnaire to the school nurse the day after your online registration is complete. You do not have to hand in a new physical to be cleared for spring track and field.

High School Example scenario #3: If your son/daughter is in the high school and their most recent physical on file in the nurse's office is dated 4/20/2016. That physical will expire on 4/20/2017. A new physical is not needed for their spring 2017 sport but they need to hand in a Health History Update to the school nurse the day after the online registration is complete. You do not have to hand in a new physical to be cleared for your spring 2017 sport.

Middle School Example scenario #4: If your son/daughter is in the middle school and their most recent physical on file in the nurse's office is dated 3/17/2016. That physical will expire on 3/17/2017. Because middle school track and field begins on 3/21/17 you will have to hand in a new physical to the school nurse. *Please note that all athletic physicals must be reviewed and signed by our school physician. This is a 1-3 day turn around before final clearance to participate.*

Q: How do I know when my son/daughter is cleared for participation?

A: You will receive an e-mail (sent to the e-mail address (s) listed in the registration) from the athletic trainers confirming final clearance.

Q: Where can I obtain the Health History Update Questionnaire and/or Pre-Participation Physical Evaluation forms?

A: Links to download these forms are listed in the tool bar above under "Other Forms."

Q: When do I hand in my physical or health history update form and who should I give it to?

A: Health history updates only require a parent signature therefore, they should be handed in to the school nurse the very next day you complete the online athletic registration. Physical forms are handed into the school nurse as soon as your physician has completed it based on the date of your physical exam. Please hand in all forms directly to the school nurse.

Q: What if the sport I selected online is wrong or I wish to change my mind?

A: If the portal is still open (between 8 am 5/15/17 and 8 pm on 6/5/17) you can log into your family account and submit a new registration for the sport in which you now want to participate. You cannot cancel a previous registration. Please contact the athletic trainers to have them cancel the previous "old" registration. They can be reached at 856-223-2798. If the portal is closed, you cannot register for a new sport choice. You will have to contact the athletic trainers and have them make the switch. Once initial practices have concluded and teams are established, switches cannot occur.

Q: What if I have forgotten my username and/or password to log into my existing family account?

A: If you remember your username and have forgotten your password you can click the reset password link below the log in area. If you can't remember either you will have to contact the athletic trainers at 856-223-

2798. They can re-set your password over the phone or send you a link to re-set it on your own.

Q: *What if I have further questions?*

A: Contact the athletic trainers:

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