

Regulation

INTRAMURAL COMPETITION; INTERSCHOLASTIC COMPETITION

Procedures for medical examination to determine eligibility to participate in intramural or interscholastic competition shall include:

- A. All students participating in intramural or interscholastic athletics must be given a medical examination within one year from the date of the first practice session, with a health history update if the examination was completed more than 60 days prior to the first practice session of the first sport in which they participate;
- B. Examinations are made available throughout the school year consistent with the athletic schedule;
- C. Examinations are provided by the school physician;
- D. Parents may choose to use the services of another physician, but information of that examination must be recorded on the district form and contain the information specified by the board of education. This examination will not be performed at the board's expense;
- E. Parents shall complete a medical history and the examining physician shall complete all information on the district form;
- F. The medical history shall include:
 - 1. Medical information excluding participation in any sport;
 - 2. Current doctor's care status and reasons;
 - 3. History of loss of consciousness, fracture or dislocation, surgery;
 - 4. Current use of medication, names of medication and the reason;
 - 5. History of allergies, chest pains or palpitations, fatigue or undue tiredness, fainting with exercise;
 - 6. Information concerning sudden death of family members;
- G. The physical examination shall include:
 - 1. Measurement of weight, height, and blood pressure;
 - 2. Examination of the skin to determine the presence of infection, scars of previous surgery or trauma, jaundice, and purpura;
 - 3. Examination of the eyes to determine visual acuity, use of eyeglasses or contact lenses, and examination of the sclera for the presence of jaundice;
 - 4. Examination of the ears to determine the presence of acute or chronic infection, perforation of the eardrum and gross hearing loss;
 - 5. Examination of the nose to assess the presence of deformity which may affect endurance;
 - 6. Assessment of the neck to determine range of motion and the presence of pain associated with such motion;
 - 7. Examination of the chest contour;
 - 8. Auscultation and percussion of the lungs;
 - 9. Assessment of the heart with attention to the presence of murmurs, noting rhythm and rate;
 - 10. Assessment of the abdomen with attention to the possible presence of hepatomegaly, splenomegaly, or abnormal masses;
 - 11. Assessment of the back to determine range of motion and abnormal curvature of the spine;
 - 12. Examination of extremities to determine abnormal mobility or immobility, deformity, instability, muscle weakness or atrophy, surgical scars and varicosities;
 - 13. Examination of the testes to determine the presence and descent of both testes, abnormal masses or configurations, or hernia;

INTRAMURAL AND INTERSCHOLASTIC COMPETITION (regulation continued)

- 14. Assessment of physiological maturation;
 - 15. Neurological examination to assess balance and coordination and the presence of abnormal reflexes;
- H. Parents/guardians shall be sent written notification signed by the examining physician testifying to the student's physical fitness to participate in athletics. The reason for the physician's disapproval of the student's participation shall be included in the notification;
- I. The health findings of the medical examination for participation in athletics shall be made part of the general health examination record.

Adopted:	No date
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