

Circle Sports:

Soccer

Basketball

Cheerleading

Volleyball

# Foundation Academy



## Sports Physical Requirements

- Any student who plans on participating in a sport must have a comprehensive physical. You must use the “Annual Athletic Pre-Participation Physical Evaluation Form” included in the packet. No substitutes such as doctor’s notes or other physical forms are acceptable.
- A current School Entrance/Sports Physical: **Date of exam within one calendar year (365 days) of first day of school or first day of practice, whichever is appropriate.**

### Steps to getting a **SPORTS PHYSICAL**:

1. Get physical forms from the FACS Athletic Director (Mr. Torino).
2. Part A: Health History Questionnaire (blue forms) must be completely filled out and signed by parent/guardian.
3. Parent should also complete Student information (top portion) of next section, Part B: Physical Evaluation (yellow forms).
4. Make appointment with your Doctor/Medical Home.
5. Pages 1 – 4 must be completely filled out, signed, and stamped by physician, APN, or PA.
6. Hand all completed paperwork into FACS Athletic Director (Mr. Torino).
7. If the student has a medical diagnosis that requires medication, either regularly or on an as needed basis, the “Medication Administration Form” must be completed and signed by both parent/guardian and physician and returned to the school nurse prior to clearance. Please contact the school nurse for the necessary forms.
8. If a student has authorization to self-medicate for asthma or anaphylaxis by his/her physician, the student must also sign the form. He/she is responsible for bringing the medication to all school/sports events.

If you do not have a Doctor or Health Insurance:

### **\*\*Henry J. Austin Health Center’s Open Access Program.**

321 No. Warren Street, Trenton, NJ

(609) 278\*5925

Hours: 8:00 AM – 5:00 PM Monday through Friday (call for an appointment).

They accept most insurances. If your student is not insured, Henry J. Austin offers physicals for a **sliding scale fee** if you bring proof of income.

### **\*\*Doctor’s Express Urgent Care (Walk In Clinic/Same Day) \$50.00 Fee**

2222 Route 33 Hamilton, New Jersey 08690

(609) 890-4100

Hours: Monday through Friday 8:00 AM – 8:00 PM

Saturday & Sunday 9:00 AM – 6:00 PM

If you do not have Health Insurance, you may be eligible for **NJ Family Care.**

For more information call (800) 701-0710 or visit website [www.njfamilycare.org](http://www.njfamilycare.org) to apply.

**All Sports Physical Information should go to Mr. Torino.**