

**MONTAGUE SCHOOL AFTER SCHOOL INTRAMURAL SPORTS PERMISSION FORM**

Grades 5-8

Name of Intramural \_\_\_\_\_ Soccer \_\_\_\_\_ Flag Football \_\_\_\_\_ Cross Country Track \_\_\_\_\_ Basketball \_\_\_\_\_ Volleyball

Location to meet: Gym/Field

Days of the Week: Tuesday, Wednesday, Thursday beginning : \_\_\_\_\_

**NJ sport physical requirements must be completed before a child can participate in any intramural sport.**

**BEFORE SIGNING THIS FORM** please be sure that your child has no conflicts that will interfere with these meeting days. Regular attendance is expected.

I, \_\_\_\_\_ (Parent signature), give permission for my child, \_\_\_\_\_  
(Print child's name), Grade \_\_\_\_\_ to participate in \_\_\_\_\_ (Name of Intramural sport)

Any current medical concerns/health conditions: \_\_\_\_\_

Students requiring an asthma inhaler prior to participation in the sport must have a **SELF-ADMINISTRATION MEDICATION FORM ON FILE AND MUST CARRY HIS/HER OWN INHALER. THIS FORM CAN BE OBTAINED FROM THE SCHOOL NURSE.**

Parent/Guardian Phone # for emergency contact: \_\_\_\_\_

Parent cell \_\_\_\_\_ Parent email \_\_\_\_\_

My child's health insurance carrier is \_\_\_\_\_ **(All children who participate must be covered by health insurance.)**

My child will be picked up by \_\_\_\_\_ (Name of person to pick up child)

Any change of transportation plans should be in writing the day of the change and presented to the advisor by your child.

**All students in grades 6-8** who participate in the intramural school sports must have a physical exam done within 365 days of the start of the sport. This exam must be completed on the 4 page NJ State Department of Education's approved **Intramural Sports Forms** found on the school website. (Have your child check with the school nurse if you think a current physical is already on file.) Once these forms are received at Montague, they need to go to our SCHOOL PHYSICIAN for clearance. This process may take a week or more. Your child will not be able to participate until cleared by our SCHOOL PHYSICIAN. The following information sheets must be read and the form stating that you have read them must be signed by both a parent/guardian and your child: Concussions, Sudden Cardiac Death in Student Athletes and Eye Injury.

\*\*\*NJ State Sports Physical Forms are valid for ONE CALENDAR YEAR (365 days) from the **DATE OF THE EXAM, NOT FROM THE DATE THE FORMS WERE FILLED OUT.**

If your child's physical exam was done more than 90 days before the start of the sport, a separate **Health History Update Questionnaire** must be completed (also found on the district/school website).

**Students in grade 5** will only need a regular physical exam and documented on a simple, one page physical exam form, also found on our school website homepage. All other forms in the sports packet must be read, signed where appropriate and returned to the school nurse prior to the start of the intramural sport.