

Sports Paperwork Directions for Parents

The State of New Jersey requires that the paperwork below must be completed by every athlete before they can be cleared to practice or compete in a sport or club. You can check the status of your student(s) using the ACA Sports Clearance Google Spreadsheet Link provided by the school nurse each school year. All of the needed forms are available on the ACA school website under the athletics tab. Please reach out to Kristin Vander Pyl the ACA School nurse at kvanderpyl@ambassadornj.org or (732) 341-0860 ext 104 with any questions.

Sports Physical Paperwork to be Completed by the Doctor

Athletes must have a specific state approved sports physical completed by their medical provider. This sports physical is good for one calendar year from the date of the physical examination. If an athlete has a current sports physical on the first day of practice, they are considered cleared for the entire season even if their physical expires in the middle of the season. If an athlete does not have a current physical, their status will be listed as “expired” on the ACA Sports Clearance Google Spreadsheet.

Sports Health History Update Questionnaire

This form is required at the start of any new sports season when it has been more than 90 days since the athlete’s physical examination by the doctor. This form is completed by a parent. If a parent marks yes to any of the questions, additional medical clearance may be needed. This will be determined by the ACA School Nurse. If a student is missing the Health History Update Questionnaire, their status will be listed as “Update” in the status column of the ACA Sports Clearance Google Spreadsheet.

Sports Education Sign-Off Sheets

Every school year, athletes and their parents are required to complete three sign-off sheets that state that they have read and reviewed the provided educational materials. These three sign-off sheets are for Sudden Cardiac Death, Sports related Concussions, and Opioid Use and Misuse. There is a fourth educational handout on Sports Related Eye Injuries that is available on the website but does not have a sign-off sheet. If a student is missing these forms, they will have the words “sign-offs” as their status on the ACA Sports Clearance Google Spreadsheet.