



STATE OF NEW JERSEY DEPARTMENT OF EDUCATION

A Memo from the New Jersey Department of Education

Date: August 28, 2020
To: Chief School Administrators, Charter School and Renaissance School Project Leads, Administrators of Nonpublic Schools, and Administrators of Approved Private Schools for Students with Disabilities
Route To: Principals, School Nurses, Athletic Directors, Athletic Trainers
From: Daryl Minus-Vincent, Acting Assistant Commissioner
Division of Field Services

Changes to Physical Examination Requirements for Fall Student-Athletes

This memo serves to advise all school districts, charter schools, Renaissance school projects, nonpublic schools, and approved private schools for students with disabilities (hereinafter referred to as “school districts”) that a recently signed law, *P.L. 2020, c. 63*, extends the deadline for completing the Preparticipation Physical Evaluation for certain student-athletes who intend to participate in school-sponsored athletic activities during the Fall athletic season of the 2020-21 school year.

Preparticipation Physical Evaluation for Student-Athletes

As a reminder, school districts must ensure that students enrolled in grades six to 12 receive a [preparticipation physical evaluation](#) prior to participation on a school-sponsored interscholastic or intramural athletic team or squad. The preparticipation physical evaluation must be conducted by a licensed physician, advanced practice nurse (APN), or physician assistant (PA), within 365 days prior to the first official practice in an athletic season (*N.J.S.A. 18A:40-41.7* and *N.J.A.C. 6A:16-2.2(h)*).

In addition, each student whose preparticipation physical evaluation was completed more than 90 days prior to the first official practice in an athletic season must submit a [health history update questionnaire](#) to the school district.

Preparticipation Physical Evaluation Deadline Extension for Fall 2020 Student-Athletes

Pursuant to *P.L. 2020, c. 63*, a Fall 2020 student-athlete who is unable to complete a preparticipation physical evaluation within the 365 days prior to the first official practice for the Fall 2020 athletic season shall still be permitted to participate if **all** of the following conditions are met:

- Prior to the first official practice:
 - The student-athlete’s parent or guardian provides the school district with proof that the student-athlete has a preparticipation physical examination scheduled for a date prior to the end of the Fall 2020 athletic season.
 - The student-athlete submits the health history update questionnaire.
- The student-athlete completes the preparticipation physical examination before the end of the Fall 2020 athletic season.

Health History Update Questionnaire

For those student-athletes who are eligible for an extension (as described in the above section), the health history update questionnaire is to be completed and signed by a student-athlete’s parent or guardian and submitted to the school district prior to the first official practice. The health history update questionnaire shall be reviewed by the school nurse and, if applicable, the school athletic trainer.

Pursuant to *P.L. 2020, c. 63*, if the student-athlete answers “yes” to any question on the health history update questionnaire, the student-athlete shall not participate on the school-sponsored interscholastic or intramural

athletic team or squad until he or she is evaluated by the school physician, or if the school physician is not available, any other licensed physician.

For those student-athletes who were able to receive a preparticipation physical evaluation within 365 days prior to the first day of official practice for the Fall 2020 athletic season, and therefore do not need an extension, completion of the health history update questionnaire is only required if their preparticipation physical examination was completed more than 90 days prior to the first official practice for the Fall 2020 athletic season.

Resources

The Preparticipation Physical Evaluation form and the Health History Update Questionnaire can be found on the Department's [Scholastic Student-Athlete Safety Act webpage](#). If you have questions, please contact the Office of Student Support Services at healthyschools@doe.nj.gov.

- c: Members, State Board of Education
- Kevin Dehmer, Interim Commissioner of Education
- NJDOE Staff
- Statewide Parent Advocacy Network
- Garden State Coalition of Schools
- NJ LEE Group