

## **Updated Information Regarding Physicals for MHS Sports**

The Governor of New Jersey has recently signed a waiver into effect regarding the requirement for certain student-athletes to participate in school-sponsored athletic activities during the fall athletic season of the 2020-2021 school year

- Any returning MHS student in grades 10-12 who was cleared to play a sport during the 2019-2020 school year or had a physical completed during the 2019-2020 school year, shall be granted a 90 day waiver for obtaining a new physical. Under this waiver, the student/parent must:
  - Fill out a [Health History Update Form](#) and submit it to the MHS Nurses. It can be mailed to MHS in c/o Health Office, scanned and emailed to Mrs. Rabbit ([brabbitt@mtsd.us](mailto:brabbitt@mtsd.us)) or Mrs. Lipschutz ([jlipschutz@mtsd.us](mailto:jlipschutz@mtsd.us)) or dropped off at the MHS Main Office weekdays between 8am and 2pm. This form must be submitted before you are cleared to participate in any Fall practice.
  - Provide proof (email confirmation of appointment from a physician's office or a scanned appointment card) that a physical examination is scheduled before Nov. 25th, 2020.
- All incoming Freshman and new MHS students (regardless of participation in sports) are required to obtain a physical and submit it to the MHS Health Office.
- We strongly encourage our student-athletes to get their physical completed before practices begin. Please contact your physician's office for more information.

Links:

- [Health History Update Questionnaire](#) (Updated for Fall 2020)
- [Athletic Physical Evaluation Form](#)