



Keansburg High School Athletic Physical Guide

“Long Form”

(Free) SCHOOL provided physical procedure:

<https://www.state.nj.us/education/students/safety/health/records/athleticphysicalsform.pdf>

1. ON PAPER:
 - a. Complete **HEALTH HISTORY FORM on Page 1**
 - i. EXPLAIN ANY “YES” RESPONSE
 - ii. GUARDIAN AND STUDENT SIGN
 - iii. *Only if necessary, complete Page 2: “Special Needs- Supplemental History”*
 - b. RETURN SIGNED HEALTH HISTORY FORM TO MAIN OFFICE
2. ONLINE COMPONENT:
 - a. Log into the **PARENT PORTAL** in Genesis
 - b. Under “FORMS” complete the “Athletic Physical Long Form”
3. You will be notified that your son/daughter has been scheduled for an in-school free physical and the time and date if you choose to accompany him/her.

“Long Form”

Primary MD physical form and procedure:

<https://www.state.nj.us/education/students/safety/health/records/athleticphysicalsform.pdf>

1. ON PAPER:
 - a. Complete **HEALTH HISTORY FORM on Page 1 and bring to PMD**
 - i. EXPLAIN ANY “YES” RESPONSE
 - ii. GUARDIAN AND STUDENT SIGN
 - iii. *Only if necessary, complete Page 2: “Special Needs- Supplemental History”*
 - b. Obtain Primary Medical Doctor examination for Sports Physical where PMD will sign and stamp on pages 3 and 4 indicating clearance or restrictions
 - c. RETURN SIGNED and STAMPED Form (4 pages) to the Main Office
2. ONLINE COMPONENT:
 - a. Log into the **PARENT PORTAL** in Genesis
 - b. Under “FORMS” complete the “Athletic Physical Long Form”

“Short Form” Required for ALL physicals over 90 days old

1. ONLY ONLINE COMPONENT:
 - a. Log into the **PARENT PORTAL** in Genesis
 - b. Under “FORMS” complete the “Athletic Physical SHORT Form”