

# DELAWARE REGIONAL HIGH SCHOOL

## ATHLETIC REGISTRATION

for 2019 - 2020 Opens May 15, 2019

<https://delawarevr-oar.rschoolday.com/>

### IMPORTANT DATES

Season	Medical Forms Submission Opens	Deadline for Submission:	First Day of Sport Season
FALL	5/15/19	7/15/19	08/12/19
WINTER	08/25/19	10/25/19	11/25/19
SPRING	12/06/19	02/06/20	03/06/20

#### FOR THE ATHLETIC OFFICE:

- 1. rSchool Registration:** Students must be registered through rSchool for each sport season. The rSchool Registration page can be found under the athletic tab at <https://delawarevr-oar.rschoolday.com>. Click on the green "Register Now" button. If you already have a parent account click on *Returning User* and login in. If not, click on *SetUp Your Family Account Login*.

Please note: This must be a parent (family) account, NOT a student account.

- 2. Preseason ImPACT Concussion Testing:** Freshmen, juniors and new athletic students must complete ImPACT Concussion testing during sports preseason. The athletic trainer and coach will schedule the testing.

#### FOR THE HEALTH OFFICE:

Paperwork must be turned in to health office as a complete package, by the deadline date. Missing information will result in a delay in medical clearance for participation.

- 1. Pre-participation Physical Evaluation – History Form & Physical Exam Packet (4 pages):**  
A medical examination is required once per year, within **365 days prior** of the first day of sports season.
  - **History Form** - completed, signed and dated by parent and athlete; physician must record exam date on line 1.
  - **Athletes with Special Needs Supplemental History Form** - when applicable; if not applicable, sign, date and write N/A.
  - **Physical Exam Form** - must be completed in its entirety; verify that nothing is left blank before leaving physician's office.
  - **Clearance Form** - must be completed in its entirety; physician must stamp, sign and date exam portion and also sign and date the *Completed Cardiac Assessment Professional Development Module*.

\*\* As of the 2015- 2016 school year, any physician that performs a New Jersey Sports Physical is required to complete the *Cardiac Assessment Professional Development Module* BEFORE performing the exam.

>>>> Not sure which medical forms are required for your athlete? <<<<

Please call the Health Office 908-996-2131

Nancy Braddee, RN, CSN ext. 6501

Irene Amante, Secretary ext. 6502

- 2. State of NJ DOE Health History Update Questionnaire:**  
Signed and dated no more than **90 days prior** to first day of sports season. This form should be provided if the physical exam & history forms meet the above criteria and have been previously submitted to Health Offices.
- 3. Medication Forms:** Required every school year as applicable, i.e. Asthma Inhaler, EpiPen, Medications, etc.

**PLEASE NOTIFY THE HEALTH OFFICE IMMEDIATELY IF YOUR CHILD HAS BEEN DIAGNOSED WITH ANY TYPE OF COMMUNICABLE DISEASE.**