



## Athletics Participation FAQs

### Registration

- ★ Do I need to register my son/daughter prior to each sport season?
  - Yes
- ★ Where can I register?
  - <https://henryhudson-ar.schooltoday.com/>

### Physicals/Medical Forms

- ★ Does my son/daughter need a Pre- Participation Physical to participate in HHRS Athletics?
  - Yes, Pre- Preparticipation Physicals that are submitted are reviewed by the school physician for approval, approved physicals will allow your son/daughter to participate.
- ★ Can I submit a Pre- Participation Physical form filled out by my PCP?
  - Yes
- ★ Does all Pre- Participation Physicals get reviewed by the school physician?
  - Yes
- ★ Does all Pre- Participation Physicals need to be Approved by the school physician before my son/daughter is cleared to play?
  - Yes
- ★ When does Pre- Participation Physicals expire?
  - Pre- Participation Physicals are expired 365 days following the date of exam.
- ★ Where can I find the Pre- Participation Physical Form?
  - The Pre-Participation Physical Form can be found on the HHRS website under the athletics tab,  
<http://www.henryhudsonreg.k12.nj.us/common/pages/DisplayFile.aspx?itemId=387961>



- ★ How do I submit my son/daughter's Pre-Participation Physical?
  - Physicals can be dropped off at HHRS Monday-Friday between 7:30am-3pm, Physicals must be in a sealed envelope with the student's name on it.
- ★ What if my child's private doctor has a valid physical on my child but I never submitted one?
  - Most doctors will just complete the form for you without having to schedule a new physical appointment. However, please check with your private doctor to see what their policies are.
- ★ Is a Health History Questionnaire also required at this time?
  - Yes
- ★ Does my son/daughter need another Pre- Participation Physical if they played a sport in the previous season?
  - No, if he has a valid physical he only needs to fill out a Health History Questionnaire
- ★ Where can I find the Health History Questionnaire form?
  - The questionnaire can be found on the HHRS website under the athletics tab, <http://www.henryhudsonreg.k12.nj.us/common/pages/DisplayFile.aspx?itemId=493086>
- ★ Are there additional forms if my son/daughter has Asthma or Allergies?
  - Yes, If your son/daughter has a prescription for an inhaler or epi-pen for Asthma or Allergies an additional Medication Order form is Required for clearance.
- ★ Where can I find a Medication Order form?
  - The Medication Order Form can be found on the HHRS website under the athletics tab, <http://www.henryhudsonreg.k12.nj.us/common/pages/DisplayFile.aspx?itemId=387951>