

**RUMSON-FAIR HAVEN REGIONAL HIGH SCHOOL**  
**74 RIDGE ROAD**  
**RUMSON, NEW JERSEY 07760-1896**  
[www.rfhrhs.org](http://www.rfhrhs.org)

Chris Lanzalotto  
Athletic Director

Phone (732) 842-1597  
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**VERY IMPORTANT – PLEASE REVIEW THE ENTIRE LETTER**

May 6, 2024

Dear Parent(s)/Guardian(s):

In accordance with the implementation of the Scholastic Student-Athlete Safety Act, **Pre-participation Physical Evaluation forms** must be used for all student physical examinations prior to participation in school-sponsored interscholastic and intramural sports. RFH requires a hard copy of that form.

Pursuant to and in accordance with N.J.A.C. 6A:16-2.2, all students must have a physical examination form reviewed by the school physician PRIOR to athletic participation (this includes “try-out” practices). New Jersey Administrative Code indicates the examination shall be conducted within 365 days prior to the first practice session. **No student will be permitted to practice/participate without the review of their physical by our school physician. In addition, a Health History Update must be submitted prior to every season.**

All fully completed physical forms are due to the Athletic Office according to the schedule below:

<u>Season</u>	<u>Submission Deadline/Athletic Office</u>
Summer – Voluntary Workouts (Health History Update and updated physical only)	June 14, 2024

<u>Season</u>	<u>Submission Deadline/Athletic Office</u>
Fall Sports	July 19, 2024
Winter Sports	October 18, 2024
Spring Sports	February 14, 2025

Students submitting physical forms to the Nurse’s Office after said deadlines **WILL NOT** be eligible to participate during the active season until cleared by the school’s physician. Coaches are not permitted to accept the completed physical forms.

**PLEASE BE ADVISED THAT RFH WILL NOT BE SCHEDULING PHYSICALS WITH OUR SCHOOL DOCTOR.**

For your convenience, we have attached the *Pre-Participation Physical Evaluation* form and a corresponding instruction sheet; these documents are also available on the RFH website at [www.rumsonfairhaven.org](http://www.rumsonfairhaven.org).

**All registration for Athletics and Activities will be done in rSchools, beginning on June 1<sup>st</sup>, 2024. Please access rSchools by clicking here: <https://rumsonfairhaven-ar.rschooltoday.com/> You will use the same Family Account for registration, please do not try to create a new account. New students will need to have their child's RFH Student ID number and RFH email account (both will be sent home prior to June 1<sup>st</sup>) in order to create a new Family Account. Families adding a sibling, just need to add the child to their current account.**

Required paperwork from RFH and/or the NJSIAA will now be part of the registration process and will be done electronically with a digital signature, or uploaded. The forms include:

\_\_\_\_\_ Sudden Cardiac Death Sign-Off Form

\_\_\_\_\_ Opioid Sign-Off Form

\_\_\_\_\_ Opioid Education Video Sign-Off Form (due for every season)

\_\_\_\_\_ Concussion Consent Sign-Off Form

\_\_\_\_\_ Random Steroid Testing Sign-Off

\_\_\_\_\_ Health History Update

**\*Please note: A hard copy of the Pre-participation Physical Evaluation form must be submitted to the Athletic Office. Please make sure all sections are completed.**

Feel free to contact me directly should you have any questions about physicals and/or paperwork, [clanzalotto@rumsonfairhaven.org](mailto:clanzalotto@rumsonfairhaven.org)

To ensure compliance with the State of New Jersey and the NJSIAA, the above procedures and deadlines must be adhered to. There will be no exceptions.

I thank you for your anticipated cooperation.

Sincerely,

Chris Lanzalotto  
Athletic Director