



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

Beth English  
Athletic Director

Phone (732) 842-1597

**VERY IMPORTANT – UPDATED PRE-PARTICIPATION PHYSICAL EVALUATION**

June 2, 2025

Dear Parent(s)/Guardian(s):

The Pre-Participation Physical Evaluation (PPE), commonly referred to as the “sports physical form,” has been updated. The PPE was updated jointly by the American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine in 2019 and 2023. The sports physical form has been tailored to comply with New Jersey law and has been adopted by the New Jersey Department of Education (NJDOE).

There has been a change in the requirements for submission of the updated PPE. The History Form and the Physical Examination Form within the packet **do not need to be submitted to the student’s school**. The History Form and the Physical Examination Form should be kept by the healthcare provider who completes the PPE. **Only the completed Medical Eligibility Form should be submitted to the school**. The Medical Eligibility Form provides space for the healthcare provider to share relevant health information with the school if necessary and includes a recommendation regarding the student’s ability to participate in athletics. It is important to note that the PPE must be conducted by a licensed physician, advanced practice nurse, or physician assistant who has completed the student athlete cardiac assessment professional development module developed by the NJDOE.

The updated forms and a frequently asked questions document are available on the [NJDOE Information for Student Athletes page](#).

The Pre-Participation Physical Evaluation Medical Eligibility Form and the Health History Update Questionnaire 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 Questionnaire and Medical Eligibility Form)	June 13, 2025

<u>Season</u>	<u>Submission Deadline/Athletic Office</u>
Fall Sports	July 18, 2025
Winter Sports	October 17, 2025
Spring Sports	February 13, 2026

Forms must be submitted to Mrs. Wankel at [swankel@rumsonfairhaven.org](mailto:swankel@rumsonfairhaven.org) as a PDF.

Students submitting physical forms to the Athletic 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 the *Pre-Participation Physical Evaluation* form and The Health History Update Questionnaire Form are available on the RFH Registration website at <https://rumsonfairhaven-ar.rschooltoday.com/>

**All registration for Athletics and Activities will be done in rSchools, beginning on June 15<sup>th</sup>, 2025. Please access rSchools by clicking here:**

**<https://rumsonfairhaven-ar.rschooltoday.com/home>.**

**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 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.

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

Sincerely,

Beth English  
Assistant Principal of Athletics and Student Activities