



Cranford Athletic Department

Darren Torsone, Director of Athletics

Dear Cranford High School Families:

We are looking forward to hosting winter sports physicals on October 27th at Cranford High School from 6:00 pm - 9:00 PM. In order to maintain the safest conditions possible for students, staff and our physicians, we are requesting that you follow all guidelines below on the day of the physicals. **Physicals are valid for a calendar year. Any athlete who had a physical for a fall sport will only need to register on FamilyID.**

- All athletes participating in a winter sport **must register on FamilyID**. Registration can be found on the high school website under Athletics/Sports Physical Information & Registration.
- Arrive at your designated time and have all five sports physical forms printed out and ready. Physical forms can also be found in the Athletic portion of the high school website under Sports Physical Information & Registration. Please fill out the first 3 pages completely including the Preparticipation Form, Health History Update as well as the Athlete with Special Needs Form.
- Enter through the side doors by the gymnasium - MASKS MUST BE WORN AT ALL TIMES.
- Students will be directed to the upper gym to have the pre physical portion of the sports physical performed by our school nurses.
- Following completion of the pre physical, students will be directed to the Nurse's Office for the physical by a school physician.
- Following the physical, students will be directed to exit through the front door of the building. A parent/guardian should pull around to the front of the building for pick up after students enter the building for their pre physical.

All private physicals must be completed using the five pages found on the CHS website in addition to registration on FamilyID. Any student athlete having a pre-existing medical condition, for example, immunocompromised conditions, asthma, diabetes, etc. will need an additional clearance from their physician. Also any athlete that had COVID or a close family member that had COVID will also need an additional clearance. The winter season start date for first practice/tryouts is November 8 for bowling, ice hockey and swimming; as a result ALL forms will be due to the school nurse by November 1.

Please see the schedule below for sports physicals on October 27th:

5:45 Cheerleading	7:15 Ice Hockey
6:00 Girls Basketball	7:30 Winter Track
6:15 Boys Basketball	8:00 Bowling
6:45 Wrestling	8:30 Boys/Girls Swimming

Sincerely,

Darren Torsone

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Director of Athletics