

# Sports Physical

## INFORMATION TO KNOW BEFORE YOU ARRIVE

- **Why offer physicals?** Sports physicals are best performed by the student-athlete's primary care physician. However, station based physical exams administered by athletic trainers and fellowship-trained sports medicine team physicians provide an appropriate and complete alternative to physicals that would be provided by an urgent care or other convenience based pharmacy/outpatient treatment setting. This sports physical (as well as ALL physician interaction during school coverage) is not meant to replace regular or as needed visits to your primary care physician (PCP). Physicals and on-site school or event coverage by an athletic trainer and/or physician are simply an adjunct intervention in an area of specialty.
- **Who can attend these physicals?** These sports physicals are open to students of any middle schools, high schools, or school districts that partner with OhioHealth. These exams are meant for athletes with relatively "clean" medical histories and are used to screen for and detect medical or physical conditions that may put the student athlete at risk for future problems. Any athlete who is currently under the care of their PCP for a medical condition/injury/illness or those with previously diagnosed medical conditions/injuries/illnesses, especially cardiac conditions that might preclude or limit participation in sports, are advised to get your medical exam from your PCP.
- **Can I go to any of the dates listed?** If your schools' primary date/time or location is not convenient, please feel free to attend one of the other regional locations.
- **How long will the exam take?** Athletes will be called back for their exams in the same order they signed in upon arrival. We will do our best to move through as quickly as possible but understand that the physicians want to make sure each athlete gets all their needs addressed completely and thoroughly.
- **Will I be charged for this exam?** OhioHealth is offering these services at no charge to the affiliated schools. Individual schools and/or districts may charge a fee; however, all proceeds will go back to the respective school and/or district. All associates including physicians of OhioHealth that are working these physicals are volunteering their time.
- **Can I go with my child through the exam?** Parents are **ENCOURAGED** to go to all the stations with their son/daughter as well as be in the room during the physician exam. If a parent or guardian is NOT present ***ALL pages of the approved physical form need to be fully completed, signed and dated in order for your athlete to receive a physical.***
- **What should I bring?** Prior to receiving a physical, the final two pages of the form must be FULLY COMPLETED including SIGNATURES, DOB, DATED, school contact info, and grade. Per OHSA rules, without a fully completed form, the athlete is ineligible to participate.
- **Our school is using PrivIT, what do I need to bring?** OHSA has partnered with PrivIT to provide an electronic PPE which is **NOT** mandatory to use, but has been recommended. Please check with your school's Athletic Director to see what physical form the school is requiring of their athletes. If the School is using PrivIT, **the health history page must be printed out and brought to the physician to sign.**

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INFO?

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