

Annual Sports Physical Checklist

You can help avoid delays in sports physical clearance by checking the list below. **Note:** Sports Physicals are valid for 365 days from the date of exam.

My child does NOT have a valid Sports Physical on file:	My child DOES have a valid Sports Physical on file:
<ul style="list-style-type: none"> <input type="checkbox"/> Be sure that your medical provider has completed the Student-Athlete Cardiac Assessment Professional Development Module and sign date of completion on bottom of page 4. <input type="checkbox"/> Complete page one of the sports physical form PRIOR to the physician visit. Be sure to explain all yes answers. <input type="checkbox"/> Make sure ALL sections of the Physical Form are completed in INK: <ul style="list-style-type: none"> <input type="checkbox"/> Vision <input type="checkbox"/> Pulse <input type="checkbox"/> Blood pressure <input type="checkbox"/> Height/Weight <input type="checkbox"/> Date of exam <input type="checkbox"/> Is clearance box checked? <input type="checkbox"/> Signed and dated by the Physician, APN or PA <input type="checkbox"/> Incomplete forms will be returned and may delay clearance. <input type="checkbox"/> Proceed to next column once the Sports Physical Form is completed. 	<ul style="list-style-type: none"> <input type="checkbox"/> ** NEW 2018**Review the Opioid Use/Misuse Fact Sheet with your student and sign the acknowledgement form. (submitted each school year) <input type="checkbox"/> Review the Sudden Cardiac Death in Young Athletes Pamphlet with your student and sign the acknowledgement form. (submitted each school year) <input type="checkbox"/> Review the Sports-Related Concussion and Head Injury Fact Sheet with your student and sign the acknowledgement form. (submitted each school year) <input type="checkbox"/> Complete the Athletic Emergency Contact Information Form <input type="checkbox"/> Complete Health History Update Questionnaire if the student's sports physical is more than 90 days old.

Be sure to check over all forms before submitting to ensure that they are complete.