



Franciscan HEALTH SPORTS MEDICINE

PRE-PARTICIPATION SPORTS SCREENING EXAMINATIONS

Dear Parents,

Franciscan Health Sports Medicine Center will be providing pre-participation sports screening exams for your son or daughter's school for the interscholastic sports season. If you plan to participate in this program, please read the following information thoroughly.

The pre-participation sports screening exam being conducted fulfills all IHSAA requirements necessary to participate in the interscholastic sports program. The purpose of the sports screening is to:

1. Determine or detect any pre-existing condition(s), which may predispose the athlete to injury during athletic activity
2. Determine or detect any contraindications to sports participation
3. Provide a summary of physical findings to parents, coaches, and athletic trainers.

An IHSAA pre-participation exam form is included with this letter. Please answer all the medical history questions thoroughly, and remember to **sign and date the form on BOTH the required places on the "Parental Consent" portion. Franciscan Health cannot perform the physical without both the signatures and the medical history completed.**

Athletes should **avoid vigorous physical activity** for at least one hour prior to their exam to avoid false high blood pressure readings.

Athletes requiring vision correction should **bring their glasses or contacts** in order to avoid delays in completing the exam.

Parents should be aware that if your athlete is currently being treated (or under current medical supervision) by a physician for medical condition, this same physician must clear the athlete from that condition before the athlete can participate in sports. The athlete must have a letter of clearance from the attending physician and present it at the time of the sports screening, or have the sports screening done entirely by the attending physician.

*****VERY IMPORTANT MESSAGE*****

The pre-participation sports screening should not be considered as a substitute for the annual physical examination performed by your family physician. We encourage all parents to have annual physical exams for their children as part of their continuing preventative medical care.

If you have any questions concerning the pre-participation sports screenings, please call Franciscan Health Sports Medicine at **781-1133** or contact the athletic director at your son or daughter's school. Thank you in advance for your cooperation.

YOUR SPORTS SCREENING INFORMATION:

Date: **4-23-18**

Time: **6PM to 8PM**

Cost: **\$15**

Please make checks payable to: **Lutheran High School**