

Spring Sport Physical Information- Schedule for Wednesday May 17th

Please read the following in its' entirety.

If you have any questions contact Andrew Liu, ATC, Athletic Trainer ext.2082

Dear Student Athlete, Parents and Guardians

On **Wednesday May 17th** beginning at **3:00 PM** and ending at **5:30PM** physicians from Kaiser Permanente Sports Medicine Program will be performing pre-participation physicals for the athletes at Rancho Cucamonga High School. The examination will be conducted in multiple rooms in the lower level of the gym. This examination is only open to RCHS student athletes as well as incoming RCHS student athletes. **Arrival time for incoming students is at 4:30PM.** It is on a first come first serve basis, we will attempt to accommodate everyone but no late arrivals will be seen. The cost will be **\$20 cash only.** Money raised from this fundraiser directly benefits the RCHS Athletic Training Program; it will be used for supplies, equipment and educational materials. Please see that you are on time and dress appropriately for the evaluation, **in shorts and T-shirts.** Late arriving athletes may not be seen.

The most important part of the evaluation is the **medical history questionnaire.** Please be sure that it is completely filled out and signed both by the student athlete and the parents or guardians **before the exam.**

IF THE FORMS ARE NOT COMPLETED, THE EXAM CANNOT BE DONE

Pre-participation examinations are designed to screen athletes for previous injuries and risks for participation in sports for healthy athletes. They are by no means a complete and comprehensive physician examination. Testicular, breast, or hernia examinations are not performed and significant problems may not be discovered. If there are medical concerns, please have the athlete be seen by their primary care physician. If the athlete has an injury at the time of the exam, they may not be fully cleared and need to see their treating physician before being allow to participate.

THESE EXAMINATION CANNOT RULE OUT POTENTIAL INJURY, ILLNESS OR SUDDEN DEATH IN SPORTS

While sudden death in sports is exceedingly rare, much attention is given in the press causing understandable concern amongst parents, guardians, physicians, coaches, and athletic trainers. If these are of concern to you, please feel free to have the examination done by the athlete's primary care physician who has access to their medical record and conduct further testing if necessary.

The physicians are volunteers and are not paid for conducting these exams. A donation is made to the Kaiser Permanente Residency Fund, allowing the team physician program to purchase equipment and supplies for care of the student athletes.

Sincerely

RGHS Sports Medicine Program

Kaiser Permanente Sports Medicine Program