



# West Irondequoit Central School District

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## Parental Permission for Preparticipation Sports Physical Examination

There are many benefits when students participate in athletic activities during their scholastic career. Sports participation can enhance fitness and coordination, increase self-esteem, and provide a positive social experience for young athletes. However, these benefits can only be achieved if the athlete is in optimal physical condition and free from any illness or injury that could impair their performance.

The preparticipation physical evaluation is not intended to substitute for a student's regular health maintenance examination. Ideally, the health care provider that is most familiar with the student should perform this examination and counsel the student on health related issues especially as they relate to a specific sport. If this is not possible, a physical examination and medical history review can be performed by a licensed health care provider employed by the West Irondequoit Central School District.

The objective of this evaluation is to detect conditions that may predispose to injury or that may be life-threatening or disabling. Its purpose is not to exclude athletes but to promote safe participation. This is required annually, but the health history should be completed and reviewed before every sports season to ensure that no pertinent changes have occurred in the family or student's health.

The physical examination is a screening tool with emphasis on the areas of greatest concern in sports participation and areas previously identified as problems in the health history. Every effort will be made to preserve the privacy and comfort of the student. The exam begins with measurements of height, weight, blood pressure and visual acuity performed by the school nurse. The remainder of the exam is similar to what is done in a primary care medical office. The eyes, ears, oral cavity and nose are then evaluated. The lungs and heart are auscultated with a stethoscope, and the femoral and radial pulses are compared. The abdomen is palpated to evaluate for masses, areas of tenderness and enlarged organs. In males, examination of testicles is performed to evaluate for a single or undescended testicle, a mass or a hernia. Special note is also taken of all areas of the skin. Finally, all joint function and muscle mass are examined.

Only 0.3% to 1.3% of athletes are denied clearance to play their selected sport. Some athletes require further evaluation before a decision can be made. An athlete who is not cleared for participation because of illness, injury, or a concern based on health history is referred to their primary physician for consultation and treatment. Any decision to limit a student's athletic participation is based on recommendations from the American Academy of Pediatrics Committee on Sports Medicine and Fitness. Any concerns will be discussed with the student and parent.

Respectfully submitted,

Larry Denk, M.D.  
WICS D Physician

Mary Lou Pulcino, M.S., P.N.P.  
WICS D Pediatric Nurse Practitioner

I give permission for \_\_\_\_\_ to have a physical examination on (date) \_\_\_\_\_

Parent/Guardian (signature): \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to above named student: \_\_\_\_\_