

2019 Sports Physicals Schedule

Free sports physicals are available to students (Grades 7-12 for the 2019-20 school year) who will be participating in school sports/activities at Mount Gilead, Northmor, Cardington, Gilead Christian or Highland. These will be the only dates *free* physical exams will be offered by Morrow County Hospital.

MCH Primary Care Northfield

Thursday, May 16 | 4 to 6 p.m.

6519 U.S. Highway 42
Mount Gilead, Ohio 43338

MCH Primary Care Mt. Gilead

Tuesday, May 21 | 4 to 6 p.m.

900 Meadow Drive
Mount Gilead, Ohio 43338

MCH Primary Care Cardinal Center

Wednesday, May 22 | 4 to 6 p.m.

73 Sportsman's Drive
Marengo, Ohio 43334

No appointment necessary! Please wear loose-fitting clothing, preferably no jeans or jean shorts. Also, **you must bring corrective eyewear.** See the following page for more details.

To download a copy of the OHSAA Pre-Participation Exam form, visit https://ohsaa.org/Portals/0/Sports-Medicine/PPE_2019-20.pdf

If you missed our free sports physicals this year, visit our Urgent Care Monday-Friday from 3-9:30 p.m. or schedule with your primary care provider.

➤ **Why offer physicals?** Sports physicals are best performed by the student-athlete's **primary care provider (PCP)**. However, station-based physical exams administered by our medical team provide an appropriate and complete alternative to physicals performed at an urgent care or other convenience-based (pharmacy/outpatient treatment) settings. **This sports physical is not meant to replace regular or as-needed visits to your primary care provider (PCP).**

➤ **Who can attend these physicals?** We welcome current 6th-11th grade (7th-12th graders for the 2019-2020 school year) student-athletes of Gilead Christian, Cardington-Lincoln, Northmor, Mount Gilead, and Highland. 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 are advised to get your medical exam from your PCP.**

➤ **Can I go to any of the dates listed?** Yes.

➤ **How long will the exam take?** Once all paperwork is completed athletes will start 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 providers want to make sure each athlete gets all their needs addressed completely and thoroughly. We will not be able to begin before the starting time of 4 p.m.

➤ **Will I be charged for this exam?** Morrow County Hospital is offering this service on these dates for free.

➤ **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 to receive a physical.**

➤ **What should I bring?** **Corrective eyewear and a fully completed form. Bring eyeglasses or wear your contact lenses.** Per OHSAA rules, without a fully completed form, the athlete is ineligible to participate.

Fully completed forms include the following:

- Page 1—completed **entirely** with assistance of parent/guardian. Questions answered "yes" should have a few details written in the area provided.
- Page 2 -- completed **only if** the student has a special need or disability.
- Page 3 —**name and DOB**; the remainder of this page is completed during the exam.
- Page 4 —**name, sex, age, DOB** and the **emergency information** section.
- Pages 5 & 6 — reviewed and completed/signed in **all areas**.

➤ **Our school uses FinalForms, what do I need to bring?** FinalForms produces a complete physical form approved by OHSAA. Please complete all fields through FinalForms, then print and take all pages to your provider.

➤ **What should I expect after the physical?**

- If you **did not clear** the physical, you should **keep** the form. The reason for not being cleared will be written on page 4. Schedule with your provider for your next steps.
- If you **cleared** the physical, **leave the form with us at checkout** and we will give your form to your school's athletic director.